

# THE DINNER TABLE PROJECT

A program to encourage families to eat together, have fun, and grow closer through conversation.

## English Muffin Pizzas



### Ingredients:

- Whole-grain English muffins (1 per 2 children)
- Pizza sauce (1 tablespoon per child)
- Shredded mozzarella cheese (1 tablespoon per child)
- Variety of vegetables (2 tablespoons per child)

### Directions:

- Give each child one-half of a muffin, a tablespoon each of pizza sauce and cheese, and 2 tablespoons of vegetables.
- Allow them to make their pizzas.
- If an oven is available, toast the pizzas until the cheese melts (optional).

### Conversation Starters

If you could write a book, what would happen to your main character?

Describe the best day ever.

Make a silly song that starts with, "I have a little nose....".

### Questions To Ask Everyday

What are 3 things you are thankful for today?

What did you learn today?

How did you make someone smile today?



# Have a Beach Day!

Can't go on a vacation? Pretend it's blazing hot out, put on your bathing suits, shades, some sunny music, and have a beach party!

## Activities ideas:

- Decorate your living room, porch, or yard to make it look like you are at the beach
- Bring the beach home with a kiddie pool or a tray of kinetic sand
- Have beach-themed snacks
- Do beach-themed crafts
- Read a book and relax

**More Tips...**



## Developmental Relationships

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

### **Provide Support – Set Boundaries**

#### Tips:

- Ensure clear communication
- Be consistent in enforcing limits
- Acknowledge your child's feelings

## DTP On the Go

The summer is the perfect time to spend more time with family, even if you are in the car. During the summer you can travel to new and exciting places that your family has never been to before whether that be the beach or your local park. You can take the time in the car to discuss future trips you want to take or things you want to do this upcoming summer.



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