THE DINNER TABLE PROJECT NEWSLETTER

DECEMBER 2026





Peppermint Bark

Ingredients:

- 12 oz (2 cups) semisweet or dark chocolate chips
- 12 oz (2 cups) white chocolate chips (or white melting wafers)
- ½ teaspoon peppermint extract (optional but adds flavor)
- 4–5 candy canes, crushed (about ½ cup)

Instructions:

1. Line a 9×13 pan with parchment or foil.
2. Melt the dark chocolate in the microwave, stirring every 20–30 seconds until smooth. Stir in peppermint extract if using.
3. Spread the dark chocolate evenly in the pan and chill 10–15 minutes, until slightly firm.
4. Melt the white chocolate the same way and let it cool for a minute.
5. Spread the white chocolate over the dark layer.
6. Sprinkle crushed candy canes on top and press gently.
7. Refrigerate about 30 minutes, then lift out and break into pieces.

Conversation Starters

- What's your favorite **holiday** you look forward to every year?
- If you could only listen to one **Christmas or holiday song** all season, which would it be?
- Would you rather have to wrap **100 presents** or untangle **100 strands** of lights?
- What's the **best gift** you have ever gotten?

Questions to ask Everyday

- What did you **learn** today?
- What was your **favorite moment** of the day?
- Who **helped** you today, and how did it make you feel?



The December 2026 DTP newsletter was developed by the Mountain Regional Prevention Center.



KENTUCKY REGIONAL PREVENTION CENTERS

Story Chain: Holiday Edition

Objective:
Create a silly or magical holiday story together, one sentence at a time, encouraging creativity, listening, and cooperative storytelling.



How to Play:

- Choose one person to start the story with one sentence.
- Go around the table and have each person add one sentence.
- Keep the story connected as it grows.
- Add fun holiday or winter details like snow, elves, cocoa, or lights.
- Be silly and creative—fun matters more than perfection!

Developmental Relationships

Planning and Decision-Making

Gift Budget Challenge
Activity: Give your child a small budget (real or pretend) to buy or make gifts for family/friends.
Planning Skill: They must plan how to spend wisely, make a list, compare prices, and decide who to give a gift. Talk about how thoughtful gifts don't have to cost money—like making crafts or writing notes.

Plan a Family Night In
Activity: Let your child be the "event planner" for one December evening at home (board games, hot cocoa bar, lights tour, etc.).
Skill: They make the plan, gather supplies, and manage timing—with parent support.

DTP on the Go...

Objective: Spot Holiday lights while riding in the car. The person who spots the most lights wins.

How to Play:

- Everyone in the car can play. Choose someone to keep score (or track your own).
- As you drive, call out "Holiday lights!" when you see a house or place with lights.
- Only lights count (no inflatables or other decorations).
- The first person to call a house gets the point—each house only counts once.
- At the end of the drive, count points. Whoever has the most wins!

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