

The Dinner Table Project

April 2020

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

Word of the Month

Courage

Courage is the ability to face fear. Also known as, being brave! Kids need to be courageous to try new things, like riding a bike. Encourage your child to face a new fear this month!



There is no doubt most of our schedules have been altered due to COVID-19. While limiting screentime is important, during this time encourage your kids to use their devices for connecting and learning! FaceTime a school friend or learn something new as a family from a YouTube video!



April is the Month of the Military Child

We used purple in this month's newsletter because purple is the color of the military child, and the dandelion is the official flower. The dandelion can put roots down anywhere and it is almost impossible to destroy. It is a survivor of a broad range of climates. Military children bloom anywhere the winds take them. Their roots are strong, deeply connected to the culture of the military. They are always ready for new adventures, new places, and new friends. They are a wonderful example of our word of the month, courage.

Challenge: Create a family motto like one of the military branch mottos. For example, "Your last name" Strong.

Conversation Starters

Have you ever taught someone how to do something? Tell me about it.

If you were invisible for one day, what would you do?

What is your favorite meal?

What has been the happiest day of your life so far?

What made you smile today?

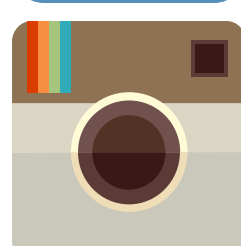
Where is a place you feel safe?

After Dinner Table Game

Fashion Show

Beat the boredom by having a family fashion show! Have the whole family decide on what you will be scoring on. For example, most colorful or silliest outfit. Set up a runway, a judges table, and create the scorecards. Then, take turns putting outfits together and modeling for the whole family! The overall winner gets to choose what's for dinner tomorrow night or the movie for a family movie night!

Follow us on Facebook and Instagram for more ideas on how to #beattheboredom





Oven Baked Chicken Spaghetti

What you'll need:

- 1 16 oz box of uncooked spaghetti noodles
- 2 cups cooked and diced chicken
- 2 10 oz cans cream of chicken soup
- 1 cup of salsa
- 1 cup sour cream
- 2 cups Mexican cheese blend, divided
- 1 tsp taco seasoning
- chopped cilantro

Directions:

Preheat oven to 350 degrees. Cook pasta according to package and drain. Mix together cooked pasta, cooked and diced chicken, cream of chicken soup (do not dilute), salsa, sour cream, taco seasoning, and 1 1/2 cups of cheese. Stir to combine. Pour into a greased 9x13 baking dish. Top with the rest of the cheese and chopped cilantro. Cover with foil and cook in the oven for 25 minutes, until cheese begins to bubble.

Adapted from: <https://lilluna.com/chicken-spaghetti/#wprm-recipe-container-94961>

Developmental Assets

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to 2-3 assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to www.search-institute.org!

Family Support

It is important that family life provides high levels of love and support.

TIP: Check in with your kids after they see something about COVID-19 and ask them how they feel. Provide extra hugs and kisses during this time!

Family Boundaries

It is important that the family has clear and consistent rules and consequences.

TIP: If you don't already have one, take the time to create a set of family rules and display them in a common area of the house!

Did you know that COVID-19 stands for Coronavirus Disease 2019?

Show Us How You Are Being #HealthyAtHome

Use Governor Andy Beshear's hashtags:

- #TeamKentucky
- #TogetherKY
- #HealthyAtHome
- #Patriot

Are you cooking with your family, enjoying extra time around the table, or using our dinner table games? Take a picture for Facebook or Instagram and add #KYDinnerTableProject to show us!

Talking to Your Child About COVID-19

Remain calm and reassuring

Be honest and provide accurate information

Avoid stigmatizing language

Reduce the amount of screen time that focuses on the virus

Be available to answer questions

Find more at: cdc.gov/coronavirus

Fun Food Fact!

Scientists can turn peanut butter into diamonds!

Questions to ask & answer everyday

What is one thing you learned today?

What are three things that you are thankful for?