

# The Dinner Table Project

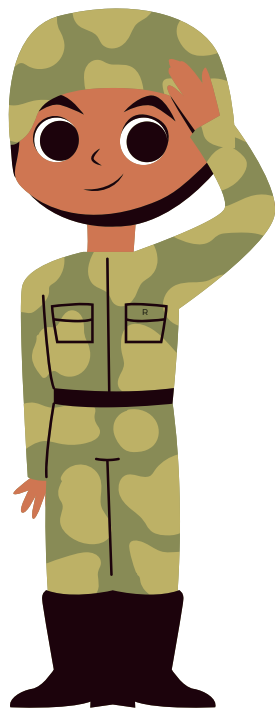
A program to encourage families to eat together, have fun and grow closer through conversation.

## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



## April is the Month of the Military Child!

April is set aside as a time to recognize military kids for their sacrifice and bravery on the homefront. Military children deal with separations, deployments, frequent moves, and even their parents' injuries as part of the life they were born into or entered with their families. Take time this month to thank the military children in your life!



## Apple Carrot Bake

- 1 (14.5 ounce) can sliced carrots (may use 2 cups fresh or frozen steamed carrots)
- 5 medium apples, peeled and sliced (about 4 cups)
- ¼ cup light brown sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 2 tablespoons unsalted butter
- ½ cup orange juice



Preheat oven to 350 degrees F. Arrange apples and carrots in a 1½ quart greased casserole dish. In a small bowl, combine brown sugar, flour and cinnamon; sprinkle over carrots and apples. Dot carrot and apple mixture with butter and cover with orange juice. Bake uncovered for one hour or until sugar mixture caramelizes.

8 Servings Size: 3/4 cup

## Conversation Starters

When is a time you displayed courage?

What is something that makes you feel hopeful?

If you could live in a tv show, what show would that be?



# Kentucky Purple Star Award



The Purple Star Award is a state-sponsored recognition for schools' dedication and support of military-connected youth. The mission of the Purple Star Award Program is to instill a sense of connection and strengthen resilience within Kentucky's military-connected youth. The Purple Star Award designation lets military parents know, whether they are on active duty or in the National Guard and Reserves, that a school is dedicated to helping their child gain the educational skills necessary to be college-, workforce- and life-ready.

## Fun Fact

There are 71 Purple Star schools in Kentucky! Is your school a Purple Star School?



## 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 two 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](http://www.search-institute.org)



## External Asset - Family Support

It's important for your child to feel love and support. Love and support can be shown by stopping what you're doing and giving your child your undivided attention when they come to you with a problem, question, or concern; eye contact goes a long way! Love and support can also be shown by asking your child what their "highs" and "low" of the day were and helping your child find ways to improve on their "lows."

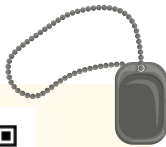
## Internal Asset - Cultural Competence

Increase your child's cultural competence by welcoming differences. This can be done by discussing your own culture with your child as well as highlighting differences among other cultures. Help your child understand that differences are positive things and make us who we are. Find ways to incorporate cultural differences in your child's everyday life by watching movies by people who do not look like them or by having them help you cook a dish for dinner from another country.



## DTP...On The Go!

As parents, we have the ability to teach our children empathy and compassion toward others. This can be achieved by showing respect, empathy and kindness toward others. Traveling in a car is a great time for family members to share and brainstorm different ideas on how they can make a positive difference in their communities and schools by volunteering. There are several non-profit organizations such as animal shelters, homeless shelters, food pantries and churches who welcome volunteers' help.



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