

# The Dinner Table Project

August 2019

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

## Welcome back to school!

The Dinner Table Project was created in 2015 with the basic idea that families that eat together have better relationships. If children have better relationships with their caregivers and other family members, they are less likely to try drugs and alcohol. Then we found out that the children of families that share meals together regularly also have better academic performance, higher self-esteem, a greater sense of resilience, lower risk of teen pregnancy, lower risk of depression, lower rates of obesity, and a lower likelihood of developing an eating disorder! Please join us and welcome back to school!



## New to The Dinner Table Project? Get started here!

- ★ We release a new newsletter every month
- ★ Follow along to easy recipes
- ★ Play the fun games around your dinner table
- ★ Join a community of people from around Kentucky
- ★ Tips on the 40 Developmental Assets
- ★ Conversation starters to get your young person talking
- ★ No phone or electronics during meal time

## Conversation Starters

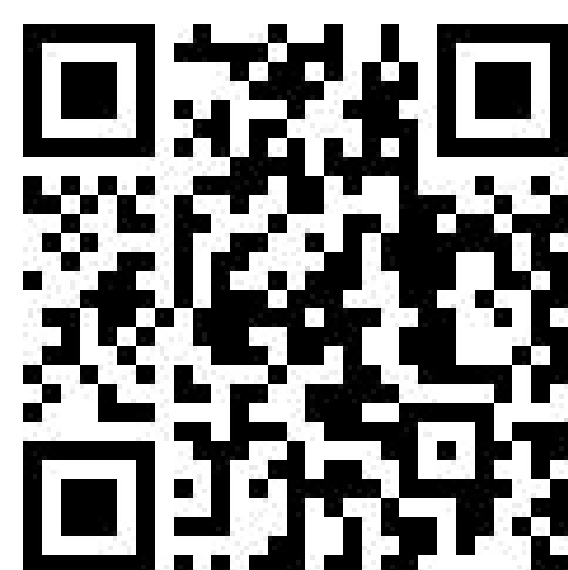
- Name three books that you would love to read this school year.
- What are you most excited about learning this year?
- What is your favorite part about school?
- Name three things that you learned last school year.
- What is your favorite thing about yourself?
- Imagine that it's 25 years from now and you have a son or daughter exactly the same age as you are now. What would you say to him or her about drinking alcohol and drugs?

## Dinner Table Game

### YES OR NO

The oldest person at the table goes first. Choose who you want to be, past or present, famous or not. Everyone else at the table can ask you any question they want to try to figure out who you are. However, you can only answer with a "yes" or "no". Don't let the game go on for too long, if you get stuck, reveal who you are and let the next person give it a try!

The Dinner Table Project



#KYDinnerTableProject

[thedinnertableproject.org](http://thedinnertableproject.org)





# Upgrade Your Instant Ramen

We know that starting a new school year can be hectic, so give this traditional quick dinner a new look and add a vegetable and protein to make it a complete meal!

- ★ Put a hard boiled or fried egg on it!
- ★ Add cheese
- ★ Add peas and carrots
- ★ Add beef, chicken, bacon, or shrimp!
- ★ Add sriracha



**Start each dinner with having everyone at the table answer the question: What is one thing that you learned today?**  
**\*Adults have to answer, too!**

## The 40 Developmental Assets

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. In each newsletter, we introduce our readers to these assets and provide tips to include in everyday life! Go to our website or to [search-institute.org](http://search-institute.org) for more.

### Positive View of Personal Future

Your child should find the world interesting and enjoyable, and feel that they have a place in it.

TIP: Have your child help you work on a family tree, ending with them!

### Motivation to Mastery

Your child responds to new experiences with curiosity and energy.

TIP: Find a new hobby the whole family can enjoy! Putting a large puzzle together can be rewarding and everyone can participate!

### Peaceful Conflict Resolution

Your child responds to conflict nonviolently.

TIP: When your child gets angry, practice deep breathing and counting with them. Encourage them to use these skills before responding to their feelings.

## Talk. They Hear You.

High rates of youth alcohol use, shifting state laws regarding marijuana, and the nation's opioid crisis are prevalent health concerns that affect America's parents and caregivers. Preventing underage alcohol and substance use is critical. According to the 2018 KIP State and Regional Data Report, alcohol is the second most commonly used substance among young people in Kentucky. E-cigarettes is now ranked as the most widely used substance (KIP, 2018). "Talk. They Hear You." is a national campaign that empowers parents and caregivers to talk with children early about alcohol and other drug use. Consequences of underage drinking and substance use include injury or death from accidents, poor school performance, and poor judgment and decision-making. Alcohol and other drugs can also harm child brain development. Learn more at: <https://www.samhsa.gov/underage-drinking>.



Send us your original recipes to be featured in a future newsletter by typing it in the message box on our website home screen or direct message us on Facebook or Instagram!

★ To get the monthly newsletters in your inbox, sign-up at [thedinnertableproject.org](http://thedinnertableproject.org) ★