

# The Dinner Table Project

## April 2019

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

### Conversation Starters

If you could change one thing about yourself what would you change?  
Do you have a role model? Why is that person your role model?  
Where is your dream vacation spot?  
Which of your friends do you admire the most and why?  
What is your favorite thing to do on a rainy day?

The Search Institute 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 it in your everyday life.

See the assets on our website or go to [www.search-institute.org](http://www.search-institute.org)

#### Early Literacy

The child enjoys a variety of pre-reading activities, including adults reading to her or him daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters, and numbers.

Tip: Parents take your children to the local library and help them pick out age appropriate books. Children can check out up to 10 books each.

#### Time at home

The child spends most of her or his time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.

Tip: once or twice a week parents have a designated family night, play board or card games. Start a puzzle that you and the family could work on.

#### Developmental Assets

#### Adult Role Models

Parent(s), caregivers, and other adults model self-control, social skills, engagement in learning, and healthy lifestyles.

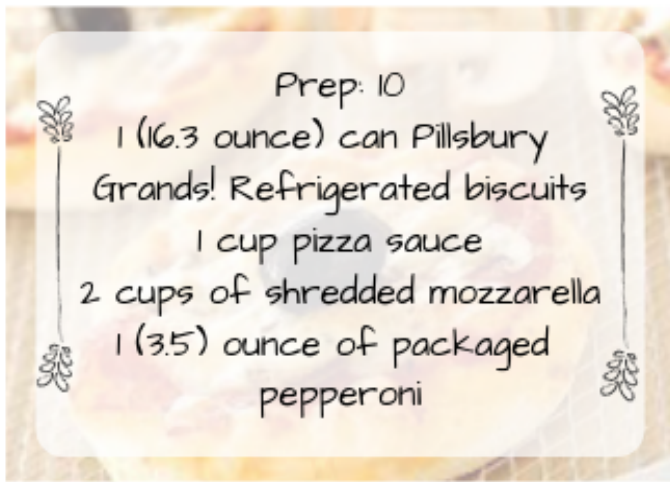
Tip: Parents start small and sign up for local 5K, you could even walk it. This will help promote a healthy lifestyle that your children could model after.

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Table Project

REGIONAL  
PREVENTION  
CENTER



270.442.8039  
[spowell@4rbh.org](mailto:spowell@4rbh.org)



Prep: 10

- 1 (16.3 ounce) can Pillsbury Grands! Refrigerated biscuits
- 1 cup pizza sauce
- 2 cups of shredded mozzarella
- 1 (3.5) ounce of packaged pepperoni

## Mini Pizzas, Anyone?

Ready: 25

Press each biscuit into 6-inch round. Place on 2 large or 3 small greased cookie sheets. Top each round with pizza sauce, cheese and pepperoni. Bake at 375 degrees F 10 to 15 minutes or until bottoms are deep golden brown and cheese is bubbly. Veggie Lover's Pizzas: Omit pepperoni. Cook chopped onions, sliced mushrooms and sliced red bell pepper in 1 tablespoon olive oil about 5 minutes or until peppers are limp. Top each biscuit with pizza sauce, cheese and veggie mixture. Tropical Pizzas: Omit pizza sauce and pepperoni. Top each biscuit with cheese, canned pineapple tidbits, diced green bell pepper and sliced Canadian bacon or ham.

<https://www.allrecipes.com/recipe/229221/grands-mini-pizzas/>

## April is Child Abuse and Alcohol Awareness Month

In the state of Kentucky everyone is mandated to report child abuse.

ANY person having reasonable cause to believe a child is dependent/neglected/abused, shall immediately report orally or in writing to: local law enforcement, KSP, CHFS, Commonwealth Attorney, or County Attorney.

If you believe a child is being abused, neglected, or is dependent, please call the Child Protection Hotline.

Child Protection Hot Line: 1-877-597-2331

<https://kcadv.org/resources/laws/mandatory-reporting>

Ways to build awareness:

Parents, talk with your kids about the short and

long-term risks of alcohol use.

Encourage family and friends to talk to their doctors about the benefits of drinking less or quitting.

<https://healthfinder.gov/NHO/AprilTooKkit.aspx>

## Dinner Table Game: Things

If you have ever played The Game of Things, you'll be able to play my version of the game. Instead of paying full price for the actual game, just make up the questions yourself.

How to Play,

One person is "it" and will say a statement that will have a thing as the answer, such as "Things you shouldn't do in a restaurant." Everyone then writes on a piece of paper something that shouldn't be done in a restaurant, such as sleep. The person who is "it" then collects all the answers and reads them out loud. Then, go around the room letting people guess a match-up of a person and an answer. If they are correct, that person gets a point, and the person whose answer was guessed is out. Continue going around the room until one person is left. That person gets three points.

## Health Fact

How can you get a healthful attitude about food  
-Eat breakfast and pack a healthy lunch to get you through the day.

-Try to grow some of your own vegetables like tomatoes or greens.

-Try to purchase at least some of your foods from local growers and producers.

-Prepare meals at home to share with family and friends.

<http://www2.cauky.edu/agcomm/pubs/fcs3/fcs3537/fcs3537.pdf>



### Fun Food Fact:

Did you know honey is the only edible food that doesn't go bad? Try some local honey to help with allergies!

## Character Word of the Month

### Trustworthiness

The ability to be relied on as honest or truthful.