



The Dinner Table Project

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

December 2019

Conversation Starters



This holiday season, have your family and friends leave their phones at the door for uninterrupted fun and conversation!

When you are sad, how do you make yourself feel better?
What was the first thing you thought about when you woke up this morning?
If you wrote a book, what would it be about?
Who do you play with at school?
What are you proud of?

If you earn your child's trust with the little stuff, and show that you are a good listener, they will be more likely to come to you about the big stuff!

What you'll need:

- 1 lb penne pasta, cooked and drained
- 2 cups cooked, shredded chicken
- 6 slices of cooked, crumbled bacon
- 1 jar of Alfredo sauce
- 1/2 cup of ranch dressing
- 2 cups shredded mozzarella cheese

Directions:

Preheat oven to 350 degrees. In a large mixing bowl, add cooked pasta, chicken, Alfredo sauce, and ranch dressing. Mix together and spread evenly into 13x9 baking dish. Sprinkle the top with cheese and bacon. Bake for 15-20 minutes. Let stand for 5 minutes before serving.

Adapted from: <https://www.pillsbury.com/recipes/chicken-bacon-ranch-baked-penne/7b559c57-b32e-4eeb-971f-a56042ea323a>



Chicken Bacon Ranch Baked Penne

Character Word of the Month

Caring

5 Ways to Teach Your Child to Care

- Talk about your feelings and encourage your children to talk about theirs
- Set an example and help people in need
- Expose your children to differences and encourage them to talk to kids that may not look, walk, or talk like them
- Take ownership of your own mistakes
- Volunteer as a family in your community



Fun Food Fact!
There are more than 600
pasta shapes worldwide!

thedinnertableproject.org

December is National Drunk & Drugged Driving Prevention Month

In 2018, 124 Kentuckians were killed in fatal collisions involving a drinking driver.

There were 1,488 drug related collisions, 53 were fatal.

This holiday season, before drinking, choose a non-drinking friend as a designated driver.

If you are hosting a party, make sure all guests leave with a sober driver.

If you see an impaired driver on the road, call 911 immediately.

Always wear your seat belt, it's the best defense against impaired drivers.

Questions to ask & answer everyday:

What is one thing that you learned today?
What are three things that you are thankful for?



INDOOR SNOWBALL FIGHT

After-Dinner Table Game

You can use:

- Rolled up balls of white paper
 - Folded white socks
 - Purchase "indoor snowballs" at Walmart, Amazon, or Bed Bath & Beyond
 - Make your own out of Styrofoam, cotton, or fabric!
- You will also need a timer

Rules:

Divide into even teams and mark an area on the floor to divide the room in half (you can use tape, a blanket, etc.)
You are racing against the clock to clear all the snowballs off your side by throwing snowballs from your side onto your opponents side, the goal is not to hit each other
To make it harder, only throw snowballs with one hand
All snowballs must be thrown across, no pushing them over the line
Once the timer sounds, the game is over and no more throwing is allowed
Count the number of snowballs on your side to determine the winner!
Set the timer for one minute and go!

Fun Fact: Canada is home of the largest snowball fight with over 7,600 participants! It was outdoors, of course!

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 it into your everyday life. See the full list of assets on our website or go to www.search-institute.org!

POSITIVE FAMILY COMMUNICATION

It is important that child and caregiver communicate openly, respectfully, and often.

TIP: Find natural ways to talk about serious topics. For example, if you observe bullying on a TV show or movie, talk to your child about it; ask how it made them feel or if they have seen someone at school get bullied and how they handled it.

SELF-REGULATION

It is important for the caregiver to encourage their child's growth in regulating their own emotions and behaviors.

TIP: When your child gets angry or upset, have them stop what they are doing, close their eyes and take three big, deep breaths. Do it with them to show them the first few times.

ACHIEVEMENT MOTIVATION

It is important that your child remains curious about school and is interested in doing well.

TIP: Plan family activities that encourage learning. Take a trip to the library or city hall! Also, let them see you reading and talk to them about what you are reading.



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