

The Dinner Table Project

November 2019

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

Conversation Starters

What was your favorite part about today?

How does it feel to do something nice for someone?

How do you show kindness to others?

What is your favorite part about your home?
Why?

What would you do if someone tried to offer you drugs?

Who did you sit by at lunch today?

Character Word of the Month

Citizenship

Citizenship is being a member of and supporting one's community and country.

Start the conversation about citizenship with your child by asking them to describe what would happen if there were no rules or laws at home, in school, in traffic or against stealing, etc.

FUN FOOD FACT!



Turkey was not at the first Thanksgiving in 1621!



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thedinnertableproject.org

Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets. Go to www.search-institute.org to learn more or see the full list on our website!

Service to Others

It is important that your child has opportunities to perform simple but meaningful and caring actions for others.

TIP: Talk to your child about the importance of helping people. Help them come up with a list of five things that they are going to do this month to help someone else.

Positive View of Personal Future

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

TIP: Talk to your child about your family traditions and where they came from. Ask them if there are any new traditions that they want to do with their future family. It will show your child the importance of the past and the future!

The Gratitude Game

Need: Bag of Skittles or M&Ms

This after-dinner game is tasty and fun! Start with the youngest player and have them pull out one piece of candy. They have to answer the question that goes with the color they got! The person to their left gets the bag and keep going! If you use M&Ms, use brown for the last question. For Skittles, use purple.

Tell us about an experience you are grateful for having.

Name one person you are grateful for and why.

Tell us a skill you are grateful you have.

What is a memory you are grateful for?

Name an object you are grateful for and why?

Adapted from <https://brooklynactivemama.com/thanksgiving-gratitude-game>

Easy Broccoli Chicken Bake



What you'll need:

- 2 cups water
- 2 cups uncooked instant rice
- 2 (10 ounce) cans chunk chicken, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup butter
- 1 cup milk
- 1 (16 ounce) package frozen chopped broccoli
- 1 small white onion, chopped
- 2 blocks (1 pound) of Velveeta, cubed. (Or 1 lb. of any processed cheese food)

Directions:

Preheat oven to 350 degrees.

In a medium saucepan, bring the water to a boil. Mix in the instant rice, cover, and remove from heat. Let stand 5 minutes.

In a 9x13 inch baking dish, mix the prepared rice, chicken, cream of mushroom soup, cream of chicken soup, butter, milk, broccoli, onion, and processed cheese.

Bake for 30 to 35 minutes, or until cheese is melted. Stir halfway through cooking to help cheese melt evenly.

Recipe adapted from:

<https://www.allrecipes.com/recipe/25490/broccoli-rice-cheese-and-chicken-casserole/>

Questions to ask & answer everyday:

What is one thing you learned today?

What are three things that you are thankful for?

Talk. They Hear You.

Parents and caregivers have a significant influence on whether or not their children try drugs or alcohol. The earlier we start the conversation, the better.

Children are more likely to avoid drinking and drug use when they have a strong relationship with their parent/caregiver. So, get into the habit of talking to your child everyday. Build an open, two-way conversation with them and remember that a lot of little talks are more effective than one long lecture.

Here are some tips!

Make your views and rules clear.

Change the conversation and give more information as your child gets older.

Remember that the conversation goes both ways.

Show that you are a good source of information.

What you do is just as important as what you say.

Find more information at:

<https://www.samhsa.gov/underage-drinking>



Prepare for one of the most important conversations you may ever have with your child about underage drinking. SAMHSA's "Talk. They Hear You." app is available on desktop computers and on the go.

**November
Health
Observances**

National Parental Involvement Day

November 17th

www.projectappleseed.org/national-parent-day

Great American Smokeout

November 21st

www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html

International Survivors of Suicide Loss Day

November 23rd

afsp.org/find-support/ive-lost-someone/survivor-day/