

THE DINNER TABLE PROJECT

October 2019

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

CONVERSATION STARTERS

- 🍁 How do you know when someone is feeling happy or sad?
- 🍁 Do you ever think negative things about yourself? How do you think you can stop those thoughts from happening?
 - 🍁 What is the hardest thing you have ever done?
 - 🍁 What is something you do well?
 - 🍁 What would you do if you were a king or queen?

Down time is good! Constantly being on your phone can affect sleep, concentration, school, and other things that deserve your time and focus. You need your sleep, and people who care about you should understand there are times you just need to power down.



DINNER TABLE GAME

Easy and fun! Choose a topic like movie titles, animals, or candy. Start with the youngest player and move to the left taking turns around the table. Each player names something within the topic. Anyone who cannot come up with an answer in 30 seconds is out. There are no repeats. For younger children, another try is given. For older players, if they repeat an answer, they are out. The last person left must end the game with one last answer to win!

CHARACTER WORD OF THE MONTH

R-E-S-P-E-C-T

FIND OUT WHAT IT MEANS TO US!

Respect includes both how you feel about someone and how you treat people. Having respect for someone means you think good things about who a person is or how he/she acts. You can have respect for others, and you can also have respect for yourself. Showing respect to someone means you act in a way that shows you care about their feelings and well-being. Showing respect for others includes things like not calling people mean names, treating people with courtesy, and caring enough about yourself that you don't do things you know can hurt you.



FUN FOOD FACT

The word "pumpkin" showed up for the first time in the fairy tale Cinderella.

QUESTIONS TO ASK & ANSWER EVERYDAY:

🦇 What is one thing that you learned today?

🦇 What are three things that you are thankful for?

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CROCK POT

CREAM CHEESE

CHICKEN

CHILI



- What you'll need:
- 1 can black beans, drained and rinsed
 - 1 can corn, undrained
 - 1 can Rotel, undrained
 - 1 package ranch dressing mix
 - 1 tsp. cumin
 - 1 Tbsp. chili powder
 - 1 tsp. onion powder
 - 1 8- oz package light cream cheese
 - 2 large chicken breasts

Adapted from Yummy, Healthy, Easy, <https://www.yummyhealthy.com/easy-crock-pot-cream-cheese-chicken/>

Directions:

Drain and rinse black beans. Place chicken at the bottom of the crock pot, then pour the whole can of corn, Rotel tomatoes, and black beans on top of chicken. Top with seasonings and ranch dressing mix. Stir together. Place cream cheese block on top. Cover with lid and cook on low for 6-8 hours. After the cooking time is over, take chicken breasts from crock pot and shred and add back to the chili. Stir together and enjoy. Goes great with tortilla chips!

OCTOBER IS NATIONAL SUBSTANCE ABUSE PREVENTION MONTH

Reported student use of alcohol has declined steadily since the 2004 KIP Survey. It remains, however, the second most commonly used substance among young people in Kentucky. In 2018, reported use of e-cigarettes ranked as the most widely used.

KIP 2018 State and Regional Report

Millions of Americans suffer from substance abuse, including underage drinking, non-medical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Prevention strategies that target the root of the problem are essential to reducing drug use and help people to lead healthier lives. Early intervention helps prevent substance abuse and reduce the consequences of addiction before they start. Through community-based efforts, we can strengthen the support systems that prevent our Nation's young people from drug use and improve both academic performance and workforce readiness. Each dollar invested in an evidence-based prevention program can reduce costs related to substance use disorders by an average of \$18. Prevention is powerful.

youth.gov

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

SAFETY

Caregivers and community adults ensure the child's safety while keeping in mind his/her increasing independence.

TIP: Practice safe trick-or-treating including staying on sidewalks, examining all treats before eating, and staying away from dark houses!

RESISTANCE SKILLS

Child can stay away from people who are likely to get him/her in trouble and is able to say no to doing wrong or dangerous things.

TIP: Give your child a series of scenarios that involve friends getting them to do something, good or bad. See how your child would react and talk about it!

HEALTHY LIFESTYLE

Caregivers tell the child it is important to have good health habits.

TIP: Instead of referring to foods as "good" or "bad", talk about how food fuels our body and focus on the best stuff for that like fruits and vegetables!

HOW ARE YOU USING THE DINNER TABLE PROJECT?

Use #KYDinnerTableProject and follow us on Facebook and Instagram

