

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



The Dinner Table Project

February 2020

Conversation

Starters

Do you think the rules in our family are fair?

Why do you think it is important to learn about the history of our country?

Did you notice anyone having a bad day today? What happened? What did you do?

Do you have a trusted adult to go to if you need help?

Who do you admire and why?

What are you proud of today?

Dinner Table Game:

Name That Tune!

Take turns humming or whistling the chorus of your favorite songs! You get a point if people can guess it correctly!



thedinnertableproject.org

February is

Black History Month

Every American president since 1976 has declared February Black History Month. This year's theme is "African Americans and the Vote," in honor of the 100th anniversary of the Nineteenth Amendment (1920), which granted women the right to vote, and the 150th anniversary of the Fifteenth Amendment (1870), which gave black men the right to vote.

Read more at:

<https://www.history.com/topics/black-history/black-history-month>



Put your phone or other electronic devices down when you are having a conversation with someone to show them that you care!

Word of the Month:

F is for February and Fairness!

Fairness for children is all about playing by the rules, being open-minded, and treating people right. To help your child understand what it means to be fair, point out things in movies, books, and life that are fair and unfair.

Questions to ask & answer everyday

What is one thing you learned today?

What are three things that you are thankful for?

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

Reading for Pleasure

It is important for your child to listen to and/or read books outside of school daily.

Model good reading habits by reading your own books or magazines in front of your child.

Celebrate your child's successes by letting them choose dinner one night for every 10 books they finish!

Bonding to School

It is important for your child to feel a sense of belonging at school.

Most parent-teacher organizations are looking for youth representation to help guide their work; this would be a great opportunity for both of you to get involved!

Encourage your child to start their own book or gaming club at school!

Baked Potato Bar

Preheat oven to 350°. Poke potatoes with a fork and rub with olive oil. Season with salt and pepper. Put potatoes directly on oven rack and bake until soft when squeezed and skin is crispy, about 60–75 minutes.

Proteins

Bacon
Ham
Chicken

Veggies

Broccoli
Peppers
Corn

Toppings

Cheese
Salsa
Sour Cream



Fun Food Quiz

True or False?

Orange foods like oranges, carrots, and sweet potatoes help keep your eyes healthy.

Find out the answer in next month's newsletter!

Fun Food Quiz Answer

January 2020

Name five fruits that float when put in water.

Bananas, apples, watermelons, strawberries, and lemons!

Let us know if you got it right!