

The Dinner Table Project

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

Conversation Starters

If you had \$20 to do whatever you want with, what would you do with it?

If you could make your own movie, what would it be called?

What is the best winter sport?

Would you rather build a sandcastle or a snowman?



Questions to Ask Everyday



What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?

Chicken Biscuit Skillet

- 1 tbsp butter
- 1/3 cup chopped onion
- 1/4 cup all-purpose flour
- 1 can (10-1/2 ounces) condensed chicken broth
- 1/4 cup milk
- 1/8 tsp pepper
- 2 cups shredded cooked chicken breast
- 2 cups frozen peas and carrots (about 10 ounces), thawed
- 1 tube (12 ounces) refrigerated buttermilk biscuits, quartered

Preheat oven to 400° Fahrenheit.

Melt butter in a 10-inch cast-iron or another ovenproof skillet over medium-high heat. Add onion; cook and stir until tender, 2-3 minutes.

In a small bowl, mix flour, broth, milk, and pepper until smooth; stir into pan. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add the chicken and peas and carrots; heat through. Arrange quartered biscuits over stew. Bake until biscuits are golden brown, 15-20 minutes.

Happy New Year!

Did You Know?

January is typically the coldest month of the year in Kentucky.



Indoor Sock Basketball

Make a few small "basketballs" out of pairs of socks. Get a basket or other similar object to shoot the basketball into. Players can shoot to score and continue to shoot from further distances for more points. If multiple children are playing, they can take turns and the player who scores the most points or from the furthest distance wins!

Martin Luther King Jr. Day

Monday, January 17

Martin Luther King Jr. Day is a holiday celebrated in the United States that honors the achievements of the leader of the civil rights movement.



Dr. King encouraged the use of nonviolence as a way to end segregation. He played a large part in the passage of the Civil Rights Act of 1964, which outlawed several types of discrimination. King was awarded the Nobel Peace Prize in 1964.

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!

External Asset: Family Boundaries

Set family boundaries by sitting down with your child and creating a list of family rules together. Allow your child to have an input on possible consequences for breaking the family rules. Monitor your child's whereabouts by creating check-in times; this can be as easy as having your child wear a digital watch and telling your child to check-in at 3pm and 5pm when they are outside playing with their friends.

Internal Asset: Personal Responsibility

Encourage your child to accept personal responsibility for their behavior. When conflict arises, help your child to take a step back and look at what part they played in the situation. Have your child identify things they could have done differently in the situation and go over the possible outcomes that could have resulted, had they done things differently. It's important to help your child understand that they cannot change the actions of others but only themselves.

DTP...On The Go!

Does your family have a busy week in which you won't have time to sit down together at the table for a meal? The "Conversation Starters" and "Questions to Ask Every Day" on the front page of this newsletter are great ways to connect with your kids while on the go! Ask a question and see where the conversation leads.

Check back next month for more tips on how to use the DTP on the go!



dinnertableproject.org

