

# The Dinner Table Project

May 2019

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

## Kentucky Strengthening Families

is a statewide initiative to improve outcomes for young children and families by incorporating 6 protective factors. The Dinner Table Project Newsletter will be introducing each protective factor and tips.

For more information please visit:

<http://bit.ly/kentuckystrengtheningfamilies>

### Parental Resilience

Managing stress and functioning well when faced with challenges, adversity, and trauma is important.

We encourage parents to manage stress positively and effectively.

### Tips

- Pick a self-care strategy that helps you relax and take time for yourself each day.
- Identify what makes you stressed and find a way to address this stress.
- Talk with a spouse, friend or family member about your stress.
- Find support that you need to assist you with your stressor.

## May is Mental Health Awareness Month

Take the time this month to take care of your mental health!

## Character Word of the Month

### Responsibility

The opportunity or ability to act independently and make decisions on your own.

### Health Fact

**70% of the human brain is made up of water!**

Easy steps to promote a healthy brain

1. Get plenty of sleep
2. Broccoli, spinach, tomatoes, & some berries improve memory and overall brain function
3. Meditation
4. Exercise

### Fun Food Fact

Watermelons are both a fruit and a vegetable!

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## Conversations Starters

- What is your favorite thing to do over summer break?
- If you could choose another name for yourself, what would it be?
- Describe your perfect day.
- Describe yourself using one word.
- What was your favorite and least favorite thing about today?



## Dinner Table Game

### YES AND NO

This is a question game in which the words "yes and no" are banned. Parents ask a question and the child must answer using any other words. Then, switch! This can be a tricky even for adults, and kids love to see mom and dad goof up.

## Burrito Pie

- 2 pounds ground beef
  - 1 onion, chopped
  - 2 teaspoons minced garlic
  - 1 (2 ounce) can black olives, sliced
  - 1 (4 ounce) can diced green chili peppers
  - 1 (10 ounce) can diced tomatoes with green chile peppers
  - 1 (16 ounce) jar taco sauce
  - 2 (16 ounce) cans refried beans
  - 12 (8 inch) flour tortilla
  - 9 ounces shredded Colby cheese
- Preheat oven to 350 degrees F

In a large skillet over medium heat, sauté the ground beef for 5 minutes. Add the onion and garlic, and sauté for 5 more minutes. Drain any excess fat, if desired. Mix in the olives, green chile peppers, tomatoes with green chile peppers, taco sauce and refried beans. Stir mixture thoroughly, reduce heat to low, and let simmer for 15 to 20 minutes.

Spread a thin layer of the meat mixture in the bottom of a 4 quart casserole dish or pie dish. Cover with a layer of tortillas followed by more meat mixture, then a layer of cheese. Repeat tortilla, meat, cheese pattern until all the tortillas are used, topping off with a layer of meat mixture and cheese.

Bake for 20 to 30 minutes in the preheated oven, or until cheese is slightly brown and bubbly.

<https://www.allrecipes.com/recipe/16881/burrito-pie/>

## SUMMER READING TIPS FOR PARENTS

1. Read aloud together with your child every day.

Make it fun by reading outdoors on the front steps, patio, at the beach or park.

2. Set a good example!

Parents must be willing to model behavior for their children. Keep lots of reading material around the house. Turn off the TV and have each person read his or her book.

3. Read the same book your child is reading and discuss it.

This is the way to develop habits of the mind and build capacity for thought and insight.

4. Take your children to the library regularly.

Most libraries sponsor summer reading clubs with easy-to-reach goals for preschool and school-age children. Check the library calendar for special summer reading activities and events. Libraries also provide age appropriate lists for summer reading.

5. Make trips a way to encourage reading by reading aloud traffic signs, billboards, notices.

Show your children how to read a map, and once you are on the road, let them take turns being the navigator.

Find more tips at: <http://www.readingrockets.org/article/summer-reading-tips-parentsd>

