

The Dinner Table Project

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

October 23-31 is Red Ribbon Week!



The 2022 National Red Ribbon Week Theme is "Celebrate Life. Live Drug Free." The theme is a reminder that everyday Americans make significant daily contributions to their communities by being the best they can be because they live drug-free!

How are you celebrating Red Ribbon Week?

Conversation Starters

What are you best at?

What three words best describe you?

What would you do if you were being bullied? If you saw someone else being bullied?

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?

Garlic Bread Pizza Sandwiches

- 1 package (11-1/4 ounces) frozen garlic Texas toast
- 1/4 cup pasta sauce
- 4 slices provolone cheese
- 16 slices pepperoni
- 8 slices thinly sliced hard salami
- Additional pasta sauce, warmed

Preheat a griddle over medium-low heat. Add garlic toast; cook until lightly browned, 3-4 minutes per side. Spoon 1 tablespoon of sauce over each of 4 pieces of toast. Top with cheese, pepperoni, salami, and remaining toast. Cook until crisp and cheese is melted, 3-5 minutes, turning as necessary. Serve with additional sauce if desired.

Decorate the Front Door

Decorating for Fall and Halloween is a fun activity for the whole family.

An inexpensive, easy option is to decorate your front door! You can use materials you already have at home, like white paper to make a mummy, rope to make a spider web, or black trash bags to make a spooky face.

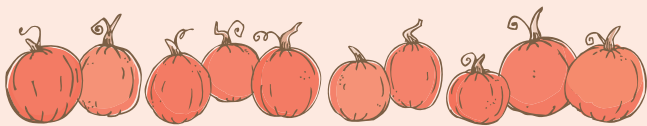


Halloween Safety Tips

- Cross the street at corners, using traffic signals and crosswalks. Look left, right, and left again when crossing and keep looking as you cross.
- Put electronic devices down, keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Watch for cars that are turning or backing up.
- Teach children to never dart out into the street or cross between parked cars.



Kentucky Strengthening Families (KYSF) represents a multi-disciplinary partnership of more than 20 national, state, and local public and private organizations dedicated to embedding six research-based Protective Factors into services and supports for children and their families.



Did You Know?

October 7th is World Smile Day



dinnertableproject.org



Protective Factor: Knowledge of Child Development

Conversations to keep your family strong:

- How can you tell if your children are well nourished and how do you ensure that they are?
- What are meals and meal times like in your family and how would you like them to be different?
- What are some ways your family stays healthy?
- Who do you turn to with questions about a child's development?

Let's Count!

How many pumpkins can you find in this newsletter?

