

The Dinner Table Project

What

The Dinner Table Project, created in 2015, is based on research that families who eat together have better relationships. If children have better relationships with their family, they are less likely to try drugs and alcohol. Children of families that share meals together do better in school, have higher self-esteem, a greater sense of resilience, a lower risk of teen pregnancy, depression, obesity, and a lower likelihood of developing an eating disorder. Teen Talks, an additional newsletter focusing on having conversations with your teens. The Dinner Table Project encourages families to eat together at least once a week with no electronics!

As a military family, you and your children have many unique and positive qualities, including grit, strength, and determination. These qualities can help you adjust to the intense and, at times, complex nature of military life and culture. Although military youth are raised in a culture of strength and resilience, it is important to know that some military youth are at risk for mental health difficulties and substance use. The Dinner Table Project is a great way for military families to reconnect after drill weekends, trainings and deployments.

How

Your Regional Prevention Center partners with local schools, Kentucky National Guard, and veterans' service organizations to send out monthly newsletters that include easy recipes, conversation starters, fun games to play at the dinner table, and much more. Visit our website at thedinnertableproject.org or follow us on Facebook and Instagram @thedinnertableproject.

Share

Take a picture of your family preparing or eating dinner together and post it to Instagram or Facebook with **#KYDinnerTableProject**.

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Table Talks

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Developmental Assets

The Search Institute identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. The Dinner Table Project will introduce you to 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the assets on our website or go to www.search-institute.org.

Resistance Skills

It is important for your child to learn and recognize risky or dangerous situations and seek help from trusted adults.

TIP: Read books with your child about stranger safety. Together, come up with a list of 5 trusted adults your child can go to for help.

Constructive Use of Time

It is important for young people to engage in opportunities—outside of school—to learn and develop new skills and interests with other youth and adults.

TIP: Help young people find activities by offering a variety of options: music, art, etc. that draw on their creative energy. Youth programs and spiritual organizations provide new experiences and skills.

Family Boundaries

It is important that caregivers maintain supervision of their child, set reasonable guidelines for behavior, and always know where the child is.

TIP: Meet the parents or caregivers of your child's friends, ask them about their house rules before you drop them off, and speak to the adult in charge.

Self-Regulation

It is important to encourage your child to practice dealing with their emotions and behaviors and teach them the importance of healthy habits and choices.

TIP: Make sure most of their snacks are healthy (fruit, yogurt, etc.) and limit their sweets (candy, soda, etc.).

Conversation Starters

Why are you proud to be a military child?

What makes a good friend?

What act of selfless service did you do today?

Who is the most courageous person you know? What makes them brave?

What are you most proud of?

Dinner Table Game



Go around the table and try to name military words or terms that begins with each letter of the alphabet!

One Pot Chicken and Vegetable Skillet



What You'll Need:

- 2 tbs. olive oil
- 4 boneless skinless chicken breasts, cut into 1-in pieces
- 1/2 cup finely chopped onion
- 1 tsp. salt
- 1/2 tsp. Italian seasoning
- 1/4 tsp. pepper
- 1 can (14.5 oz) diced tomatoes
- 1 bag (16 oz) frozen broccoli, cauliflower and carrots
- 1 cup shredded mozzarella cheese

Directions:

1. In 12-inch nonstick skillet, heat olive oil over medium-high heat. Add chicken, onion, salt, Italian seasoning and pepper. Cook 4-5 mins, turning occasionally, until chicken is no longer pink in center and browned. Reduce heat to medium.
2. Stir in tomatoes and frozen vegetables. Cover and cook 15-20 mins or until vegetables are tender and heated through.
3. Sprinkle with cheese. Cover and cook 1-2 mins or until cheese is melted.



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