

The Dinner Table Project

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

September 2020

Conversation Starters

If we could start a new family tradition, what would you want it to be?

What is your favorite part of the school day? What is your least?

What are good ways to show love without hugging or touching?

Tip: Think social distancing

How do you know if everyone is having fun when you are playing?

Did you know...

The first day of fall is on September 22nd. According to old stories, you can balance a broom on its end because of Earth's new position around the sun that day!

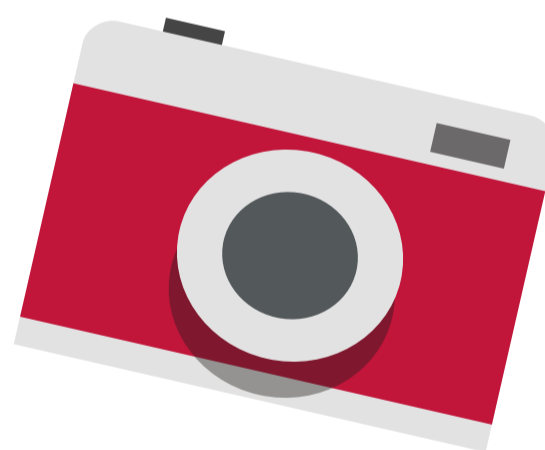
Slow Cooker BBQ

3 LB Chuck Roast
1 TSP Garlic Powder
1 TSP Onion Powder
1/2 TSP Salt
1 Bottle BBQ Sauce

Place roast into slow cooker. Sprinkle with garlic powder and onion powder, and season with salt and pepper. Pour barbeque sauce over meat. Cook on low for 6 to 8 hours.

Remove meat from slow cooker, shred, and return to slow cooker. Cook for 1 more hour. Serve hot.

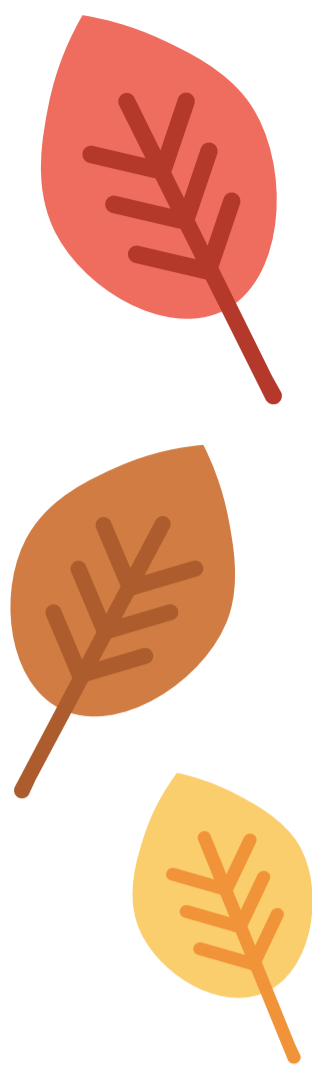
Recipe and nutrition facts : <https://www.allrecipes.com/recipe/14608/slow-cooker-barbeque/>
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If you would like a chance to be featured in a DTP newsletter, email us your photos!
kydinnertableproject@gmail.com

September is Suicide Awareness Month

Talking with your kids about suicide can sound scary, but it doesn't have to be. By watching for signs of suicidal thoughts caregivers can be ready to help their kids when they might need it most.
For a list of signs of suicide visit:
<https://afsp.org/risk-factors-and-warning-signs>



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!

Questions to ask and answer every day!

What are three things you are thankful for today?

What did you learn today?

Did you know...

The first Labor Day was celebrated in 1882 and became a federal holiday in 1894!

Internal Asset

Self-Esteem

Children report having a high self-esteem.

Tip: Practice daily positive self talk with your child!

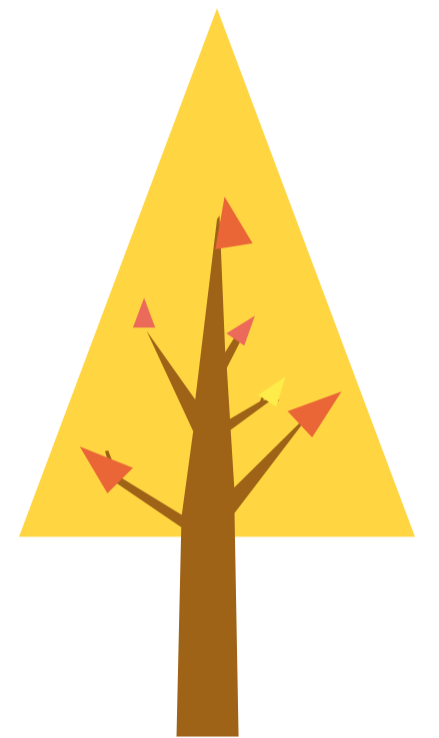
Here's an example:
I am strong, smart, loved, brave, and important.

External Asset

Parent Involvement in Schooling

Parents are actively involved in helping their children succeed.

Tip: Whether schooling at home or in classes this year, caregivers set clear expectations for their kids. For example, all homework is done before video games.



Word Associations

The first person starts by simply saying any word that comes to mind. The next person at the table says whatever word that word makes them think of, and the game goes on.

Find this game and more at: <https://www.raisingarrows.net/family-games-dinner-table/>

A Dab of Vocab Honor

Verb

A showing of respect.

What are ways we honor people?

Who are people we honor?

Remembering 9/11

Every year during September, the country pauses to remember those that chose to help others, even when it was scary and dangerous. This year, as we honor those who gave so much for our country, have a conversation with you children about looking for the helpers in life. A great way to honor those who gave their life helping, is to look for those who continue to help.

thedinnertableproject.org

