

OCTOBER 2025

THE DINNER TABLE PROJECT NEWSLETTER



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

SPIDER BITES



Servings: 8 Serving Size: 1 spider snack

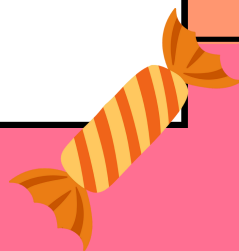
Ingredients:

- 16 round whole wheat crackers
- ½ cup hummus
- 48 mini pretzel sticks

Directions:

- Spread eight crackers with hummus
- Arrange four pretzels sticks on each side of the crackers allowing them to protrude, forming legs
- Top with remaining crackers

<https://www.planeatmove.com/recipes/recipe/spider-bites/>



CONVERSATION STARTERS

- Would you rather... visit a haunted house or ride the tallest roller coaster in the world?
- If you could go back in time or into the future, what time period would you choose?
- If you could play any instrument, what would you play?

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?

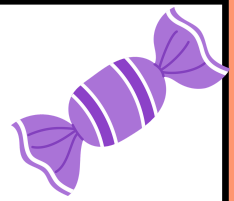


KENTUCKY
REGIONAL
PREVENTION
CENTERS





NEWSPAPER PUMPKINS



Instructions:

Materials Needed:

- **Newspaper** (Several sheets)
- **Orange paint** (optional)
- **Green pipe cleaner or ribbon** for the pumpkin stem
- **Scissors**
- **Tape or glue**

1. Crumple the newspaper: Take several sheets of newspaper and crumple them into a ball shape to form the pumpkin.
2. Shape the pumpkin: Use tape to hold the shape in place, making it look like a small pumpkin.
3. Paint (Optional): If you want to add color, paint the newspaper ball with orange paint, letting it dry in between coats.
4. Add a stem: Twist a green pipe cleaner or ribbon to create the pumpkin stem and glue or tape it to the top.

DEVELOPMENTAL RELATIONSHIPS

Developmental relationships help young people grow and build resilience, no matter their background. These connections help them **understand** who they are, **build skills** to shape their future, and **learn** how to connect with and give back to others.

Share Power- Collaborate

Work with your child to solve problems and reach goals.

DTP ON THE GO

October is a great month for families to spend quality time together. There are many community events that encourage family participation, such as pumpkin patches, petting zoos, pony rides, hayrides, and festivals. Family members can also bond by creating and carving their own pumpkins. Other families may choose to draw images on paper instead of carving pumpkins. When traveling to community events, families can use this time to be creative by allowing each person to tell a fiction or nonfiction story. Other family members can add to the story or create a new story, and so forth. To make it more fun and realistic, the storyteller can be dramatic when telling the story by raising, changing, or lowering their voice.

They may also want to act the story out by using nonverbal body language, such as facial expressions, and using their hands and arms.

TELL US WHAT YOU THINK!



dinnertableproject.org

