

The Dinner Table Project

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

June 2020

Sweet Summertime

Conversation Starters

If you could be any age, what age would you be? Why?

What is your favorite part of the day, why?

What do I/we do that makes you feel loved?

How were you brave today?

What is one thing that you hope to do better tomorrow?

Who could be nicer to you? Who could you be nicer to?

What is your favorite memory?

If you could choose a different name for yourself, what would it be?

Ask your child what they know about the Coronavirus.



Tips for Devices This Summer

1. Find a balance.

Summer is great because there isn't always a set schedule. If your child spends all morning playing outside, then the afternoon can be spent on devices and vice versa! Find a healthy balance that works for your family.

2. Use devices for learning.

Speaking of balance, find educational shows and apps to mix in with the video games and other device play.

3. Use technology to limit screen time.

According to fatherly.com, OurPact Parental Control and Kid Tracker is one of the best all-in-one apps to monitor your kids' screen time, block apps, and more!

Grilled Honey Chicken Kabobs

Directions:

In a large bowl, whisk together oil, honey, soy sauce, and pepper. Pour a small amount of marinade in a separate small bowl to brush on kabobs while cooking. Put the chicken, garlic, onions, and peppers in the large bowl and marinate in the refrigerator at least 2 hours. Preheat the grill for high heat. Drain marinade from the chicken and vegetables, discard marinade. Thread chicken and vegetables, alternating, on to skewers. Lightly oil the grill and then place the skewers on the hot grill. Cook for 12 to 15 minutes, until chicken is cooked through. Turn and brush with reserved marinade frequently.

From <https://www.allrecipes.com/recipe/8626/yummy-honey-chicken-kabobs/>

What you'll need:

- ¼ cup vegetable oil
- ⅓ cup honey
- ⅓ cup soy sauce
- ¼ tsp. ground black pepper
- 8 skinless, boneless chicken breast halves, cut into 1-inch cubes
- 2 cloves garlic
- 5 small onions, cut into 2-inch pieces
- 2 red bell peppers, cut into 2-inch pieces
- 12 skewers



Fun in the Sun

You will need:
4 players
2 towels
Filled water balloons

Water Balloon Towel Toss

How to:
Divide players into two teams of two. Each team gets a towel. Each player grabs both corners of the short side of the towel and then separate a few feet to make a "swing" for the water balloons. Holding your towels, the two teams need to step back, leaving several feet between them. One team starts by placing one filled water balloon in their towel "swing". The object of the game is to toss the balloon into the other team's towel. Once you get the hang of it, separate further apart or add more than one balloon to toss at a time!

Counting with Water Balloons

How to:
Draw ten circles on the pavement, about a foot around. In each circle, write a number 1 through 10. Have your child stand a couple of feet away but facing the circles. Depending on your child's age, you can ask them to throw a balloon at every even or odd number or count backward by 10. Be creative!

You will need:
Chalk
Filled water balloons



Cool off with these frozen yogurt pops!

From <https://www.superhealthykids.com/recipes/frozen-yogurt-pops/>

What you'll need:
1 cup yogurt, plain
1 medium banana
1 cup mixed berries, frozen
1/8 cup honey

Directions:
Put all ingredients into blender and puree. Divide evenly between paper cups or popsicle mold. Cover with aluminum foil and pierce foil in the center with popsicle sticks to hold sticks in place. Freeze 4-5 hours or until solid.

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!

External Asset Safety

With summer, comes more freedom. It is important that caregivers and the community ensure children's safety while keeping in mind their growing independence.

TIP: Is your child old enough to ride their bike down the street alone? Or stay at home with an older sibling? Talk to your child about the things they are able to do now versus when they were younger. What are the new safety rules for them? Give your child different scenarios that you can talk through to decide if they are ready to take on more independence and be safe about it.

Internal Asset Equality & Social Justice

It is important that caregivers encourage their children to be concerned about rules and being fair to everyone.

TIP: Have a conversation with your child about the importance of standing up for themselves or others when things don't seem fair to them. Ask them if there has been a time when they or a friend has been treated unfairly. How did they handle the situation? Is there something they could have done differently?

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Questions to Ask & Answer Everyday

What are three things you are grateful for today?
What did you learn today?