



May 2020

The Dinner Table Project

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

Conversation Starters

If you could live in any time period, which one would you choose? Why?

What is one thing that you want to do/accomplish in your lifetime?

What does the word love mean to you?

If you could change one thing about yourself, what would you change?

Did anything make you sad today? Tell me about it.

Character Word of the Month

Responsibility

Responsibility involves making decisions, being trustworthy, and taking credit for one's actions, good or bad.

TIP: Talk to your child about the importance of being responsible and then ask them what new task around the house they want to be responsible for - taking out the trash, feeding the pet, etc.

Teach your child about cyberbullying and how not to be a cyberbully.

Have your kids help form the burger patties - it's a great way to get them involved!

Ranch Burgers

What you'll need:

- 2 lbs. lean ground beef
- 1 (1 oz.) package ranch dressing mix
- 1 egg, lightly beaten
- $\frac{3}{4}$ cup crushed saltine crackers
- 1 onion, chopped

Great on the grill or the stovetop!

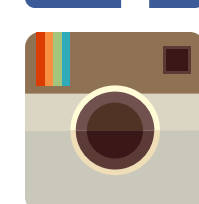
Preheat the grill or skillet to high heat. In a bowl, mix the ground beef, ranch dressing mix, egg, crushed crackers, and onion. Form into patties. Lightly oil the grill or skillet and cook 5 minutes on each side, or until well done.

<https://www.allrecipes.com/recipe/72715/ranch-burgers/>



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project



@thedinnertableproject
#kydinnertableproject
kydinnertableproject@gmail.com

May is Mental Health Awareness Month

As another month has passed practicing social distancing, don't forget to check on your littlest family members. Even though young children may not be fully aware of what is going on, they may still be worried or upset. Make it a point to check in with them every so often. Let them know you are there to talk or just to listen and give them a chance to process any difficult feelings they are having. Choose a calm place and time where they aren't distracted and gently ask them how they are feeling. Remember that little ones who are acting out more may actually be anxious. Help them through this time by responding to outbursts in a comforting way.

Find more information at: <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

How are you coping during the COVID-19 crisis?

Remember that our kids learn from us. It is important that we, as caregivers, practice positive coping skills. Positive coping skills include healthy eating, exercising, and journaling. Unhealthy coping skills include overeating, not sleeping, and consuming too much alcohol. To learn more, go to: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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!

Internal Asset

Personal Power

It is important that your child has a growing sense of control over some of the things that happen in their life.

TIP: Giving your child a choice of a consequence is a great way to give them power. For example, if they throw their toy, give them a choice of picking it up or taking a time-out.

Internal Asset

Self Esteem

It is important that your child likes themselves and feels valued by others.

TIP: Constantly compliment your child. Talk about their hair, their outfit choice, how funny or smart they are, etc. The more they hear it, the more they'll believe it to be true!

External Asset

High Expectations

It is important that caregivers, teachers, coaches, etc. encourage your child to do their best and celebrate their success.

TIP: Celebrate even the smallest accomplishments, especially during this time of uncertainty!

Dinner Table Game

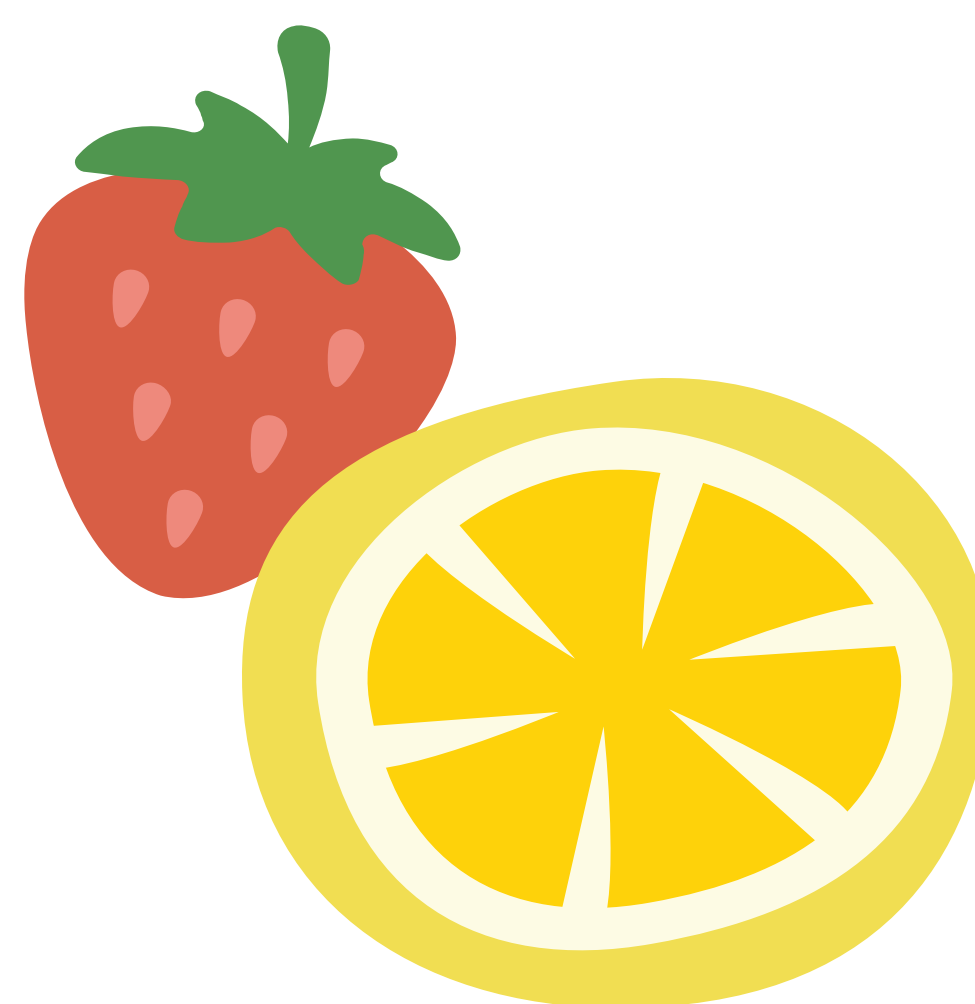
What's missing?

One player, start with the youngest or oldest, closes their eyes. While their eyes are closed, everyone else takes one item off of the table and hides it in their laps. It can be a spoon, napkin, anything! The player opens their eyes and tries to guess what is missing. Play in reverse, too! Have everyone close their eyes except one person who takes four items off the table. The first person to guess all four items wins!

Questions to ask & answer everyday

What is one thing you learned today?

What are three things that you are thankful for?



Fun Food Fact:

**A lemon
contains more
sugar than a
strawberry!**

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