

# The Dinner Table Project

March 2020

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



Balance technology and television time with other activities, like playing outside or reading time!

## Conversation Starters

What is your favorite type of book (e.g. mystery, action or adventure)?

What do you normally do during recess?

What is the quickest way to make someone smile?

Who is the funniest adult you know?

What is your dream job?

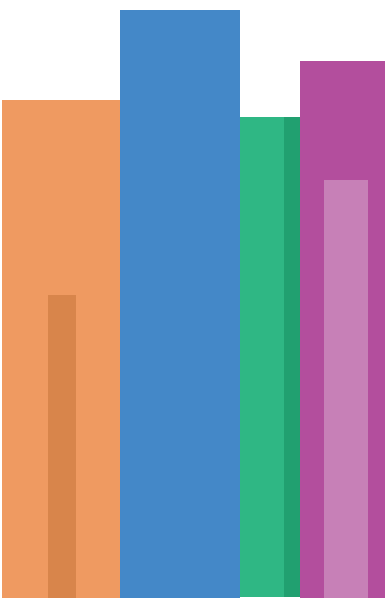
## Beef Up Your Mac & Cheese!

- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
  - 1/2 cup grated Parmesan cheese
  - 3 cups milk
  - 1/4 cup butter
- 2 1/2 tablespoons all-purpose flour
  - 2 tablespoons butter
  - 1/2 cup bread crumbs
  - 1 pinch paprika

Cook macaroni according to the package directions. In a saucepan, melt butter over medium heat. Stir in enough flour to make a roux (flour and fat cooked together and used to thicken sauces). Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in a large casserole dish, and pour the sauce over macaroni. Stir well. Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika. Bake at 350 for 30 minutes. Adapted from [allrecipes.com](http://allrecipes.com).

Mix in cooked hamburger meat and a can of diced tomatoes for a complete meal!

Ella, McCracken County

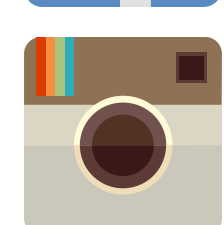


Head to your local library and open those books, March is National Reading Month!

## Dinner Table Game

### Word Association

Have the youngest person choose a random word.  
For example: green.  
The person to their left will then say the next word that comes to their mind. Example: grass.  
Continue around the table!  
Choose a new word once you can't go on anymore and keep playing!



The Dinner Table Project

#KYDinnerTableProject

[thedinnertableproject.org](http://thedinnertableproject.org)

# 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](http://www.search-institute.org)!

## Creative Activities

It is important that your child enjoys a creative activity (dance, art, music) outside of school at least once a week.

TIP: Schedule weekly craft nights! Putting it on the schedule will help your family to stick with it. You could have a drawing competition, challenge your family to make a sculpture out of objects found around the house, or make up an interpretive dance together- just have fun!

## Adult Role Models

It is important that your child has adults in their life that model positive and responsible behaviors.

TIP: The biggest protective factor for your child is that they have at least one trusted adult in their life. Sit down with your child and encourage them to come up with 3-5 names of adults that they could go to if they needed anything. Write them down and let them hold on to it.

## Interpersonal Competence

It is important that your child is working to build friendships and is learning about self-control.

TIP: Ask these conversation starters to begin a conversation about positive relationships:  
-What makes a good friend?  
-What makes someone a bad friend?  
-Have you ever had to tell a friend "no"?  
Tell me about it.

*True or False?*

Orange foods like oranges, carrots, and sweet potatoes help keep your eyes healthy.

**True**

Orange-colored fruits and vegetables are high in beta-carotene, a form of vitamin A that helps your eyes' ability to adjust to darkness.

## Fun Food Fact

**Camels can drink 30 gallons of water in under 15 minutes!**

**Did you know that children 4-8 need 6 cups of water a day, 9-13 year old girls need 7 cups, and boys 9-13 need 8?!**

## Questions to ask & answer everyday

*What is one thing you learned today?*

*What are three things that you are thankful for?*

## Word of the Month

*Trustworthiness*

Trustworthiness is all about saying what you mean and meaning what you say.

Our kids are always watching and learning from us. The easiest (and best!) way to teach our children about trustworthiness is to model it. Here are a couple of tips:

1. Never make a promise you can't keep.
2. If you aren't sure, answer your child's questions with, "I'll get back to you". This will ensure that you don't break their trust if you have to go back on your word.

*March is National Nutrition Month!*

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics where everyone is invited to focus on the importance of making informed food choices and developing sound eating and physical activity habits. Find out more at: <https://www.eatright.org/food/resources/national-nutrition-month>