

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



The Dinner Table Project

January 2020

Recipe Call!

We want to start featuring your family recipes from across Kentucky in our monthly newsletters! Please submit your original recipe with your first name and hometown to kjdinnertableproject@gmail.com



Sit down as a family and establish quiet and/or electronic-free zones in your home. Talk to your child about the importance of electronic etiquette and tell them your expectations in the home and in public.

Conversation Starters

- What is your favorite thing to do on a snow day?
- What are some things that you get to do that other people might not be allowed or able to do?
- Did you have a chance to be kind today?
Tell me about it.
- How do you think people feel when you are kind to them?
- What are some things you can do to make the world a better place?
- What kids do you feel safe with at school?
- Have you ever seen anyone teased or left out at school?
Has that ever happened to you?
What did/would you do?

Fun Food Quiz

Name five fruits that float when put in water.

See the answer in the next newsletter!

Developmental Assets

The Search Institute has identified 40 Developmental Assets that are proven to be building blocks of healthy development. We introduce you to 2-3 each month with a tip to help you incorporate them into your everyday life. To see the full list, go to search-institute.org or check out our website.

Positive Peer Influence

It is important that caregivers monitor their children's friends and encourage their child to spend time with their peers that they know set good examples.

TIP: Before your child goes to a friend's home, talk to them about things that are important to you like no guns, violent TV and video games, alcohol, tobacco, and other drugs. Go over behaviors that are healthy and acceptable and those that are dangerous.

Planning and Decision Making

It is important that caregivers help their children plan ahead and make choices.

TIP: Sit down with your children and help them create three goals for the new year. Help them talk through the steps they need to take to accomplish these goals.

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Questions to Ask & Answer Everyday

What is one thing you learned today?

What are three things that you are thankful for?

Character Counts

Word of the Month

Responsibility

Being responsible means being dependable, keeping promises, and honoring our commitments.

Have a conversation as a family about who is responsible for what and write it down.

For example, mom is responsible for paying the bills and child is responsible for getting their homework done. Hang it on the fridge as a reminder to everyone!

Dinner Table Game

My Friend Owns a Store and...

This is a memory game that starts with the phrase, "My friend owns a store, and they sell...". The first person begins with the letter A. For example, they might say, "My friend owns a store, and they sell apples!". The next person must repeat what the first person said and then add a word that starts with a B. Try to get to Z! The person whoever can get through with the least errors wins!

Crock Pot Hamburger Soup



What you'll need:

- 1 lb. lean ground beef
- 1 onion, diced
- 3 celery sticks, sliced
- 28 oz. can diced tomatoes
- 46 oz. can vegetable juice
- 3 potatoes, peeled and diced
- 16 oz. can kidney beans, drained
- 4 cubes beef bouillon
- 1/4 teaspoon garlic powder
- 1/4 teaspoon garlic salt
- Salt and pepper to taste

Directions:

Cook ground beef, onion, and celery in a large skillet over medium heat until meat is brown, drain. Put mixture in crock pot. Add tomatoes (with juices), vegetable juice, potatoes, kidney beans (drained), bouillon, and seasonings and stir well. Cover and cook on low for 8-10 hours or high for 4-6 hours, stirring occasionally, until the potatoes are tender.

Adapted from: <https://www.recipesthatchrock.com/crock-pot-hamburger-soup/>

January is National Birth Defects Prevention Month



KY-Moms MATR

Maternal Assistance
Towards Recovery

According to the CDC, a baby is born with a birth defect every four and a half minutes. Did you know that some birth defects can be prevented? You can increase your chances of having a healthy pregnancy and a healthy baby by educating yourself and those around you. Regional Prevention Centers across the state of Kentucky offer KY-Moms MATR (Maternal Assistance Toward Recovery) services. Go to dbhdid.ky.gov/dbh/kymomsmatr.aspx to learn more.

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