

October 2023

The Dinner Table Project

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

Conversation Starters

What is your favorite kind of Halloween candy?

If I were a pumpkin, I'd like to be carved as a...

My favorite Halloween costume I wore was a

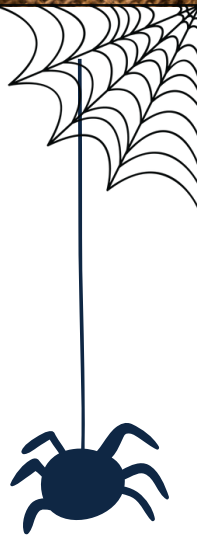


Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



Open "Faced" Sandwiches



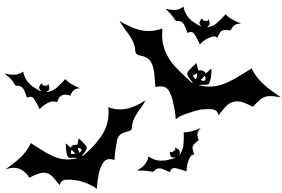
- 1 slice of whole-wheat bread or half a bagel
- 2 tablespoons peanut butter, hummus or reduced fat cream cheese
- Assorted sliced and shredded fruits, vegetables, raisins, yogurt covered raisins, pretzels, sunflower seeds

Toast bread or bagel if desired. Spread peanut butter, hummus or cream cheese in a thin layer on the bread. Use fruits, vegetables, etc. to create fun faces. Decorate your sandwich to fit a holiday theme, such as a jack o'lantern for a treat in October!

Servings:1 Serving Size:1 sandwich

5 Things To Do In October

1. Make Jack-o-lanterns from items in the recycle bin, orange paint and black foam stickers.
2. Decorate the front door — the wackier the better!
3. Go camping in your own backyard.
4. Go on a nature walk to a new destination.
5. Donate food items to a food bank in your area.



Homemade Calming Sensory Jars

You Will Need:

- Empty plastic water bottles with lids
- 1/2 cup glitter glue or clear glue
- Distilled water
- Hot glue gun
- 1-2 teaspoons glitter (optional)

1. Pour 1/2 cup of distilled water into the plastic water bottle.
2. Pour 1/2 cup of glitter glue or clear glue into the bottle. It will take about 2 minutes for the glitter to settle in the jar.
3. Fill up the remainder of the bottle with distilled water.
4. Add 1-2 teaspoons of extra glitter to the jar (optional).
5. Use a hot glue gun to squeeze a ring of glue around the lid of the bottle and secure the lid.
6. Shake the bottle well to distribute the glitter. It may take many shakes and a rest overnight to get the glue to disperse completely.



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 two 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 - Family Support

It's important for your child to feel love and support. Love and support can be shown by stopping what you're doing and giving your child your undivided attention when they come to you with a problem, question, or concern; eye contact goes a long way! Love and support can also be shown by asking your child what their "highs" and "low" of the day were and helping your child find ways to improve on their "lows."



Internal Asset - Personal Power

Create a sense of personal power in your child by allowing them to make decisions on things that affect them. This can be as easy as allowing your child to decide what the family will eat for dinner, choosing how they will decorate their room, or allowing them to pick out their own clothes for school. By allowing your child to make decisions on the things that affect them will show them that they have some control over what happens in their life.



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DTP...On The Go!

Families can schedule and name their own formal family meetings. The meeting would take place at a restaurant of their choice. Prior to the meeting family members can work together to create an agenda. This activity can be both fun and creative. Parents can model proper etiquette and provide guidance on developing an agenda. The agenda can include both fun activities and important topics. Parents may want to develop some ground rules for the meeting such as being respectful and taking turns when talking. Formal family meetings can help children learn, and increase family team building.



dinnertableproject.org



Fall 2023

The Dinner Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®. These help young people grow up healthy, caring, and responsible. When youth have more assets they are more likely to thrive now and in the future.

HEALTHY RELATIONSHIPS IN SCHOOLS

When young people feel supported in schools, they are more likely to be more present and engage in the lesson. This makes them perform better in school. Having a healthy relationship with teachers will also help decrease behavior problems. Having support when it comes to school takes pressure off teens and allows them to feel comfortable asking questions and learning.



CARING SCHOOLS

RELATIONSHIPS WITH TEACHERS AND PEERS PROVIDE A CARING, ENCOURAGING ENVIRONMENT.



PERSONAL POWER

YOUNG PERSON FEELS HE OR SHE "HAS CONTROL OVER THINGS THAT HAPPEN TO ME."

Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2021 Survey.

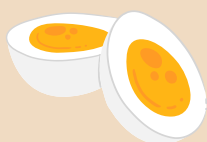
25.2%

of Kentucky 10th Graders met the threshold for serious psychological distress.

COMMUNICATION TIP: VALIDATE THEIR FEELINGS

It can be difficult to empathize with emotions that we are not experiencing. Rather than brushing off what your teen might be feeling, be sure to validate their struggles by saying something along the lines of "Wow, that must be difficult. What can we do to help you through it?"





BAKED EGG CUPS



Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50

INGREDIENTS:

- Cooking spray
- 6 slices of thin cut deli-style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)



DIRECTIONS:

1. Preheat oven to 350°F.
2. Spray 6 muffin tin cups with cooking spray.
3. Arrange meat slices so they line the muffin cup.
4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
6. Place muffin tin in the oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

FAMILY SUPPORT

It's important for your child to feel love and support.

Love and support can be shown by stopping what you're doing and giving your child your undivided attention when they come to you with a problem, question, or concern; eye contact goes a long way! Love and support can also be shown by asking your child what their "highs" and "lows" of the day were and helping your child find ways to improve on their "lows."

CONVERSATION STARTERS

1. What do you like best about your school?
2. Think of an assignment or conversation you had today that you liked. Why did you enjoy it?
3. If you could do away with one subject in school, which one would it be and why?

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REGIONAL
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