



The Dinner Table Project

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

Conversation Starters

What is your favorite holiday or winter tradition?



What's the hardest part of being good?

Would you rather build a sandcastle or a snowman?

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?

Questions to ask everyday...

Physical distancing could make the holidays tough. If you aren't able to see your loved ones, schedule a time using Zoom or Facetime to open presents together as a family.



Granny Cake



- 2 C flour
- 1 ½ C sugar
- 1 tsp salt
- 1 tsp soda
- 2 eggs
- 1 (14 oz) can of crushed pineapple
- ½ C brown sugar
- ½ C nuts

Sift together the flour, sugar, salt and soda. Mix with eggs and pineapple. Pour into 9 x 13-inch greased pan and sprinkle brown sugar on top. Sprinkle with nuts if desired. Bake at 350 for about 40 minutes.



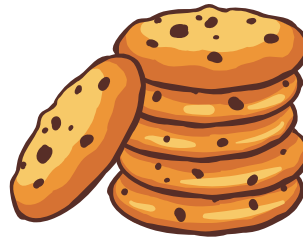
Paper Snowflakes

Get your kids in the crafting mode by allowing them to make paper snowflakes. Allow them to hang them inside their bedrooms and around the house. Play holiday music to make this an even more festive family holiday activity.



Did you know...

There are many other holidays in December besides Christmas. People also celebrate holidays such as Rohatsu, Hanukkah and Kwanzaa.



December 4th is **National Cookie Day!** Bake some cookies on this day to celebrate!



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: Service to Others

Help your child to be a service to others by encouraging them to give back. Encourage your child to go through their belongings and donate any clothes they may have outgrown or toys with which they no longer play. If you really want your child to see the joy their service brings to others, have your child write and decorate a letter/or letters for nursing home residents.

Internal Asset: Caring

Help your child to be the caring person you know they can be by encouraging them to help others. Always look for ways for your child to be helpful, such as, having them hold the door for the person behind them, or by helping their neighbor carry in their groceries because their hands are full. At home, allow your child to help you prepare dinner, fold laundry, or read a bedtime story to their siblings. In order to teach your child to become a caring person, they must be shown an example of a caring person. So don't forget to set the example for your child by paying for someone else's meal in the drive thru or asking the cashier at the grocery store how their day is going.

National Impaired Driving Prevention Month

December is National Impaired Driving Prevention Month. This holiday season, before deciding to drink, make sure you have a non-drinking friend to drive you home. Also, if you decide to talk to the young people in your life about avoiding drugs and alcohol, "Talk. They Hear You" has conversation guides that can aid in these conversations.

