

Dinner Dialogue

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM



In This Edition

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WHY DINNER DIALOGUES

National Hobby Month

Did you know that hobbies are really good for us?

Spending time on an activity that you enjoy can improve your mental health and wellbeing.

Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression.

Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports or clubs can improve your communication skills and relationships with others.



DINNER DISCUSSION IDEAS

Trying New Things, Confidence, & Self Esteem

1. What is one thing you are really good at?
2. What is one thing you might not be very good at, but enjoy doing?
3. What is one goal you remember setting, working toward, and achieving?
4. What is one goal you are working toward right now?
5. What is one time you did not achieve what you set out to? How did you keep on keeping on afterward?
6. Who is one person you love being around? Why do you love being around them?
7. If you were going to do something new and scary (like ride a roller coaster or jump off a really high diving board), who would you want cheering you on?
8. What is one time things didn't go as planned, but turned out even better than expected?
9. What is one time you did something that was really difficult to do?
10. What is one thing you like about our family the most?
11. What is one thing you like about yourself the most?
12. How do you define the word "success?" What does it look like to you to be "successful?"
13. How do you react when your feelings are hurt? Does it help?
14. What is one time you were really brave?
15. What is one thing you love to do? Why do you love to do it?

Kids who feel good about themselves have the confidence to try new things.

They are more likely to try their best. They feel proud of what they can do. Self-esteem helps kids cope with mistakes. It helps kids try again, even if they fail at first. As a result, self-esteem helps kids do better at school, at home, and with friends.



As kids grow, self-esteem can grow too. Any time kids try things, do things, and learn things can be a chance for self-esteem to grow.

Alcohol, Tobacco, & Other Drugs Topic

CHILDREN OF INCARCERATED PARENTS

About 1 in 10 children in Indiana have had a parent who was ever incarcerated according to the Annie E. Casey Foundation's Kids Count Data Center.

The loss of a parent to incarceration means a crisis for that child. This crisis, which is considered by many to be an Adverse Childhood Experience (ACE), can put children at risk for negative outcomes later on in life.

Although having an incarcerated parent increases risk for children, protective factors are people and things that can buffer children and families from that risk. They increase the capacity for survival and can foster healthy development. Research on resiliency tells us that for children exposed to multiple risks, these factors stand out in those who develop successfully:

- Predictable and attached relationships with safe and caring adults.
- Skills and activities that build competence and confidence.
- Social connectedness of parents and families.
- Belief in a higher power, spirituality, and/or affiliation with a community of faith.

People and programs can make a difference in the lives of children and families of the incarcerated.

Concerned individuals in all settings are working with and caring for children of incarcerated parents and their caregivers daily; in many cases, without the benefit of training or specific information.

For more information and resources, visit the National Resource Center on Children and Families of the Incarcerated Library from Rutgers Camden (scan the QR code below).



Topics Include:

- Conversations- Questions Children Ask
- Caring for Children of Incarcerated Parents
- Visiting Mom or Dad
- Communication Tips for Families
- Questions from Caregivers
- Tips from Caregivers for Caregivers

Hobbies:

activities done regularly in one's leisure time for pleasure.

Your interests may be creative, athletic, academic, or something distinctly personal. You may choose a hobby that you can do alone or as part of a group. Whatever your interests are, there is sure to be a hobby out there for you. What matters is that it is something you find meaningful and enjoyable.

Ideas for a new hobby:



Knitting, crocheting, cross stitch, embroidery, or quilt making



Writing novels, comics, or short stories



Graphic design, coding, or photoshop



Volunteering (at an animal shelter is one idea!)



A sport



Photography



Scrapbooking



Drawing or painting



Hiking



Yoga or meditation



Cooking or baking



Woodworking

Why Dinner Dialogues?

Consistent and open communication with your children will boost their self-esteem, improve their self-image, and empower them to make long term healthy decisions.

When they begin to feel heard and understood by the most important people in their life, they will be less likely adhere to the voice of other influences.

Youth who eat dinner with their family are less likely to:

- Use tobacco/nicotine
- Use alcohol
- Use marijuana
- Have friends that use tobacco/nicotine, alcohol, or marijuana
- Plan to use drugs in the future
- Feel depressed
- Think about suicide
- Have sex early
- Engage in risky behaviors
- Make poor decisions

Have an idea for a topic, issue, or something else you'd like to see in a future edition of Dinner Dialogue?

Please submit your anonymous feedback by scanning this QR code with your phone's camera! Alternatively, visit www.dacac.org to find the survey.

