

Jump Start News



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August 2017

Parenting Tip of the Month!

Back to school is right around the corner!

Whether you have a school-aged child or not, routines get lax and bedtimes get later in the summer. Children thrive when routines are established, if you know a routine needs to be changed help ease your children into it. Don't wait until the first day of school to get back into the routine, begin introducing changes a week or two before to help your children succeed.



Children's Books to Read in August

- Do Your Ears Hang Low? –Jenny Cooper
- My Body Belongs to Me from My Head to My Toes – Dagmar Geisler
- How to Speak Politely and Why – Munro Leaf
- Oh, the Places You'll Go- Dr. Seuss
- See You Later, Alligator- Sally Hopgood
- Dinosaurs Love Underpants- Claire Freedman
- Kindergarten Countdown- Marjorie Blain Parker
- Runny Rabbit- Shel Silverstein
- Welcome to the Symphony- Carolyn Sloan
- One Crazy Summer- Rita Williams-Garcia



“The more you read, the more you know.
The more you know, the farther you go!”

Self-Care

1. "No one can get inner peace by pouncing on it. " – Harry Emerson Fosdick
2. "Lighten up on yourself. No one is perfect. Gently accept your humanness. " – Deborah Day
3. "Your mind will answer most questions if you learn to relax and wait for the answer. " – William S. Burroughs
4. "If you look into your own heart, and you find nothing wrong there, what is there to worry about? What is there to fear. " – Confucius
5. "Nothing external to you has any power over you. " – Ralph Waldo Emerson
6. "To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life. " – Jill Bolte Taylor
7. "Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort. " – Deborah Day
8. "Self-compassion is simply giving the same kindness to ourselves that we would give to others. " – Christopher Germer
9. "Be who you are and say what you feel because those who mind don't matter, and those who matter don't mind. " – Dr. Seuss
10. "Give your stress wings, and let it fly away. " – Terri Guillemets

happy
healthy
parents
make
happy
healthy
children.
Dr. Maria Stoppard

Fun Fact

Orange juice tastes bad after you've brushed your teeth because the toothpaste blocks the sweetness receptors on your tongue.



Food Fun

Fairy Apple Wands



Your kids won't be able to resist these sweet fairy apple wands. There's a reason why there's the old adage, "you are what you eat" and "an apple a day keeps the doctor away." Apples are a super fruit that improves memory and overall health. Although chocolate has a bad rap, a tinsy bit of dark chocolate can be good for you. Dark chocolate boosts blood flow to key areas of the brain for up to three hours, which improves performance.

What you'll need: Apple slices, dark chocolate, and either dark chocolate sprinkles or crushed nuts.

How to do it: First heat up some dark chocolate. While it is heating slice up an apple. Put the apple slices on a skewer and dip them into the dark chocolate. Lastly, sprinkle it with either crushed nuts.

Health and Safety

Back to School Safety:

As summer comes to a close, back-to-school season is in full effect. A couple of thoughts on back-to-school safety:

- **Road Safety** - Remember that you will once again be sharing the roads with school buses, pedestrians, and bicyclists. If you have school-age children, remind them to watch out for cars, buses, and bicycles as they are walking to and from school. As a driver, take extra care, particularly when school is beginning or ending for the day and watch out for children, buses, and slowed/stopped cars around schools.
- **Backpack safety** - Consider your child's size when choosing a backpack—the backpack should not be much wider or longer than your child's torso and should not hang more than 4 inches below his/her waist.
- **Playground safety** - Nearly 80 percent of playground injuries are caused by falls. Children are most likely to fall when playing on climbers, swings, slides, and overhead ladders. Keep a close eye on your child while they are playing on the playground. Encourage them to explore and have fun but help them make good decisions about what would be safe versus unsafe ways to play on equipment.



Did You Know?

- Illinois is home to the world's largest bottle of catsup.
- The Ice Cream Sundae originated in Evanston, IL.
- Illinois' is home to the world's only river that flows backward.
- Twinkies were invented on April 6, 1930 in River Forest, Illinois
- Nearly 80% of the state's land area is farm land.
- The Lincoln Park Zoo in Chicago is one of only three major free zoos in the country, and is the nation's oldest public zoo.
- Aurora is known as the City of Lights because it was the first U.S. city to use electric street lighting throughout the entire city



Creative Corner

You will need a cardboard box, balls, a plastic basket and tape. Cut large holes into the box so that the balls can fit through the holes. Tape the box and basket together to make a ramp. Fill the basket with the balls. Allow the children to explore by putting the balls through the holes of the box. This activity is good for looking, listening, observing, using fine motor skills, visual tracking and sharing. Enjoy!



For More Fun Try These....



Concerts In The Park

Join us for this FREE family event!

Concerts are held the third Friday of the summer months at Preservation Park (710 Taylor Street) from 6:30pm – dusk. Enjoy this FREE concert series! Don't forget to bring a picnic basket full of goodies and your lawn chair!

Friday, August 18 | Split Decision (*Rock & Country*)

Rockin' the Ville

Deer Crossing Park 1050 W. Romeo Road, Romeoville
A FREE concert series on Thursdays from 7-9pm. Pop, water, adult beverages, and snacks will be available for purchase. All park rules apply; please do not bring your pets.

August 17 - The Student Body

MOVIES IN THE PARK

Grab a blanket and snacks and come to this family-friendly FREE event. Movies will be shown on a giant inflatable screen. Concessions will be sold at each event and movies will start at dusk. In case of inclement weather, the movie will be cancelled. Movie titles are subject to change.

August 4: *Finding Dory at Inwood Park*

Adult Zentangle Night

August 2nd 6:00pm - 7:30pm Joliet Library Black Road Branch (Adults) *The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Zentangle can be done by almost anyone. It increases focus, memory, creativity and JOY! Registration is required. All materials will be provided. Registration opens May 1, 2017*

Summer Movies In The Park

Somerfield Subdivision Bolingbrook

Aug 25 - SING! @ Freedom Park

Park opens at 7 pm. Movie begins at dusk. Taco Truck and other surprises will be there!!

Bingo

August 4th 1:00pm - 3:00pm Joliet Library Ottawa Street Branch (Adults 18 and older only) Come and wait for your numbers to be called, have some snacks, and mingle with friends at Bingo! Join in the fun and try to win prizes! *No registration required*

Zumba!

Joliet Main Library (OSB)
August 5th & 19th at 9:30am - 10:30am
All ages welcome with adult.

No Registration required
Come to this free, high energy aerobics class that will make you sweat while you dance!

Zumba Toning

August 7th, 14th, & 28th 11:00am - 11:45am Joliet Library
Ottawa Street Branch
Adults only, no registration required. Bring your own 1 or 2 lb weights or purchase them at the door for \$15. Ready to party? We take traditional Zumba but focus on toning to define your muscles.

Coffee, Coloring, and Conversation

August 18th 6:30pm - 8:30pm Joliet Library Ottawa
Street Branch
Adult program - ages 18 and up. Come to the library and enjoy a cup of joe while creating colorful artwork and making new friends! All materials provided. No registration is required

English as a Second Language (ESL) Conversation Group

August 2nd, 16th, & 30th 6:00pm - 7:30pm Joliet Library
Ottawa Street Branch
August 7th & 21st 9:30am - 11:00am Joliet Library Ottawa
Street Branch
(Adults) Are you new to speaking English? This group lets you practice your newly-learned English skills in an informal, non-judgmental setting. No registration required.

Elvis Impersonator

August 12 2:00pm - 4:00pm Joliet Library Ottawa Street Branch
All ages with adult. Instead of the jailhouse, come rock at the library with Chicago based Elvis impersonator Rick "Elvis" Cadda! This legendary rocker will sing the King's hits, and give a spectacular performance of singing, guitar playing, dance moves, and guest interactions. No Registration required

Escape the Room

August 19th 2:00pm - 3:00pm Joliet Library Ottawa Street
Branch
(Adults). Are you up to the challenge? Use your puzzle solving skills and work together with other participants to escape the room in time. Typically a game is 45 minutes long, but may be solved faster. Registration opens May 1.

Kids Free Eye Exams - Joliet Noon Lions

August 26th 10:00am - 12:00pm Joliet Library Ottawa Street
Branch
All ages with adult. August is healthy vision month. The Joliet Noon Lions Club will be conducting free eye screenings for children and young adults. No Registration required

Channahon's Three Rivers Festival

Visit us at Central Park, Rt. 6 at Bluff Road in Channahon
Wednesday, August 9th through Sunday, August 13th. Visit
<http://www.threeriversfest.info> for schedule of events. .

Kidzfest

Sat. Aug. 5, 2017 10a.m – 3p.m.
Presented by Lewis University
All FREE- All for KIDS!
There's SO MUCH to see and do- All FREE- All for KIDS!
Come check it out!
Kidzfest is held on the first Saturday of August from 10am until 3pm each year. The event includes many types of interactive, educational and fun activities sponsored by a variety of vendors, i.e. Lewis University Kids Campus, Joliet Park District, Rialto Square Theatre, the Library, the Forest Preserve District and numerous other vendors planning special activities for kids. Food and entertainment.

Getting' Batty at Community Park

August 26th 6pm All ages welcome 23304 W McClintock Rd, Channahon

Are you batty for bats? Do you want to know what species of bats live locally? Would you like to know more about echolocation calls and what bats eat? Join Bat Naturalist Sharon and Dan Peterson for an evening full of batty fun! We will have a presentation on echolocation calls, images of different bats, and a video clip of bats eating a variety of foods. After the presentation you will have the chance to see a live Egyptian Fruit Bat up close! Dress for the weather. Bug spray and a hat are recommended.

Shorewood Crossroads Festival

August 4th, 5th, and 6th

A community based hometown festival complete with a carnival, Kids Zone, Car Show, parade, crafters, food, bands and entertainment, and SO MUCH MORE! Visit <http://www.crossroadsfest.com/> for schedule of events.

RomeoFest

August 3rd- 6th · Deer Crossing Park · 1050 W. Romeo Road, Romeoville, Romeoville, IL

RomeoFest is a 4-day long celebration of the Romeoville community with music, food, family entertainment, carnival, car show, bingo, and much more! For more information, visit <http://www.romeoville.org/741/RomeoFest>

Solar Eclipse Viewing Party

August 21 at 11 AM - 2 PM

Joliet Public Library will be hosting Solar Eclipse viewing party at BOTH BRANCHES. More information will be available as we continue preparations. We are planning to have visitors from the planetarium and other activities. The first 250 guests to arrive to our library will get free viewing glasses. Bring your lawn chair or blanket and camp out with us as we watch this partial solar eclipse. The eclipse will begin at 11:53 am and end at 2:42 pm.

National Night Out

August 1 at 5 PM - 9:30 PM

903 W Jefferson St, Shorewood

Come on out for an evening of free fun. Station Tours, Taser Demonstrations, Touch a Squad, BMX Demonstration and much more. Meet the officers that keep your community safe and actually be able to interact with them on a one to one basis. The evening closes with an outdoor movie being shown at dusk. There is food, refreshments on hand from various vendors for a slight cost.

New Lenox - National Night Out

August 1 at 6 PM - 8 PM

1 Veterans Pkwy, New Lenox

Join Moms Demand Action at their Be SMART table to learn how you can help prevent unintentional shootings by children and teen suicide by firearms.

Back to School Fair (Will County)

August 3 at 10 AM - 5 PM

Joliet Catholic Academy - 1200 N Larkin Ave, Joliet
Catholic Charities' Will County Back to School Fair helps prepare children from low-income households for a new school year by providing a variety of services, including free school supplies, physicals, dental exams and more!

Hopeful Tails Low Cost Shot Clinic

August 5 at 10 AM - 12 PM

2303 Oak Leaf Street, Joliet

SCHEDULE YOUR APPOINTMENT VIA E-MAIL:
Hopefultails.ShotClinic@gmail.com *Priority given to appointments. Walk-ins taken if space is available.

Prince and Princess Pooza

August 16 at 5 PM - 7 PM

Carson's Court - 3340 Mall Loop Dr, Joliet

Come in your royal attire and party like a king or queen! There will be royal crown crafts and regal games. At the end of the event we will crown a prince and princess for best majestic apparel.

National Night Out

August 1 at 6:30 PM - 8:30 PM

South Island Park - 150 South Park Street, Wilmington

Get to know the officers of WPD, have fun, and eat. See police vehicles and police K9

8th Annual Crest Hill Picnic

August 6 at 12 PM - 10 PM

St. Joseph Park - 700 Theodore St, Joliet

Come out to the 8th Annual Crest Hill Picnic on Sunday, August 6th from 12pm - 10pm. Entertainment all day on 2 stages including Ray Koncar Polka, the Mark Cepon Band, Strung Out at 2:30pm and ARRA at 6:30pm! Great food and cold drinks, BINGO by the Knights of Columbus, Crest Hill Womens Civic League's Bake Sale, Children's Activities including games and face painting! Free children's fingerprinting and DNA kits from the Crest Hill Police Department. FREE ADMISSION!

Evening Hike on the Prairie

August 3 at 6 PM - 8 PM

30239 S State Route 53, Wilmington

Join us for an evening hike on the prairie. Discover the sights, sounds, and smells only encountered on an evening stroll through the prairie. Great for families!

SPACE IS LIMITED so please RSVP to (815)-423-6370 or Midewin_RSVP@fs.fed.us. You will receive a confirmation if space is available.

Critter Catching at Budde Lake

August 8 at 10 AM - 11:30 AM

Lake Renwick Preserve - 23113 W Lockport St, Plainfield
See what lives in and around Budde Lake in Lake Renwick Preserve. Scoop for aquatic critters and take a closer look at them. We may even catch a frog or two! Nets and viewing containers will be provided. Please dress in clothes and shoes that can get wet and/or dirty. All critters will be released back into the lake at the end of the program. This event takes place outdoors on uneven, natural terrain. This program is for all ages. Registration is required by calling 815.886.1467 by Saturday, August 5 or by registering online:
<http://bit.ly/2rkPkkr>.

Mobile Food Pantry at St. John Lutheran Church, Joliet

August 12 at 8 AM - 12 PM

2650 Plainfield Road, Joliet

RAIN OR SHINE. 30,000 lbs of FREE FOOD to the first 300 families who register on Saturday, August 12th at 8am. All Illinois residents welcome. To volunteer, visit stjohnfood.org. Questions, 815.439.2320. Sponsored by Faith Lutheran Church, Joliet; Low Voltage Solutions, Crest Hill; St. Edward and Christ Episcopal, Joliet & Yorkville

Cruise Night on the River

Wednesday, August 2nd at 5:00 -7:30 pm

Riverfront Park (131 E Hydraulic Ave.)
Yorkville, IL

Join the Yorkville Parks and Recreation Department at the historic Riverfront Park for a night filled with classic cars, classic music and fun!

Yorkville Farmers Market

Saturday, August 5th at 8:00 am – 12:00 pm
Town Square
301 North Bridge Street (Route 47)
Yorkville, IL

Play-Doh Playdate

Monday, August 7th at 1:30 – 3:30 pm
Minooka Branch Meeting Room
Three Rivers Public Library
Minooka, IL
Who doesn't love play-doh?
Our summer reading program go everyone building and de-
signing,
so let's keep the creativity flowing!

We Care of Grundy County Mobile Food Pantry

Wednesday, August 9th at 4:00-6:00pm
First Christian Church
455 W. Southmor Road
Morris, IL

**Yorkville Parks Open House and Outdoor Movie Night
"Moana"**

Thursday, August 10th at 6:30 pm - 10:00 pm
Green's Filling Station
2736 Autumn Creek Blvd.
Yorkville, IL
This event will feature bounce houses, activities and a movie
at dusk.

Montgomery Fest 2017

Friday, August 11th, Saturday, August 12th and Sunday, Au-
gust 13th
Along the banks of the Fox River
Montgomery, IL
Special events will include contests, terrific entertainment,
carnival rides, free pony rides and petting zoo,
carp fishing derby, car show and a parade.

3 French Hens

Saturday, August 12th at 8 am-2 pm
Canal Port Plaza on Illinois Avenue
Morris, IL
A French Country Market featuring Antiques, Artisans,
Hand Crafted Items, Fresh Produce, Baked Goods and
Flowers

Yorkville Farmers Market

Saturday, August 19th at 8:00 am – 12:00 pm
Town Square
301 North Bridge Street (Route 47)
Yorkville, IL

Family Movie

Saturday, August 26th at 1:00 -3:00 pm
Morris Public Library
Morris, IL
Come as a family to enjoy a fun movie!

Family Just Dance

Monday, August 14th at 4:00 -5:00 pm
Morris Public Library
Morris, IL
Come as a family and dance!

Morris Cruise Night

Saturday, August 12th at 6 pm-9 pm
Downtown Morris, IL
Stroll down Liberty Street to see all of the old classics, newest rides, muscle cars, Tricked-out and customized cars, trucks and motorcycles.

Lego Duplo

Monday, August 28th, 10:30 -11:00 am
Yorkville Public Library
Yorkville, IL
This program is for 2 years and up with a parent to create their own creations.
Registration required!

Play-Doh Playdate

Monday, August 14th at 1:300 – 3:30 pm
Minooka Branch Meeting Room
Three Rivers Public Library
Minooka, IL
Who doesn't love play-doh?
Our summer reading program go everyone building and designing,
so let's keep the creativity flowing!

Free Movie in the Park "Sing!"

Saturday, August 19th at 8:00 – 11:00 pm
Campbell Park
Coal City, IL
Free Popcorn! Free movie! Bring a lawn chair or a blanket!

LIBRARY PLAYGROUPS

Joliet Public Library-Main

Toddler Time (18m-3yrs) every Thurs at 9:45am

Curious Little Monkeys Playgroup (birth-36m) every Thurs 10:15am

Joliet Public Library-Black Road

Toddler Time (18m-3 yrs) every Mon 9:45 10:45, and 11:45

Lapsit (birth-24m) every Tues, Wed, Thurs 9:15, 10:15 and 11:15am

Family Storytime (birth-6yrs) Tues 6:30pm and Saturdays 10:15am

Shorewood Library

Tiny Tots Time (birth to 30m) Every Mon at 10am and Tues at 9:30am

Early Morning Explorers (2 1/2-6yr) every Tues at 11am Registration is required.

Afternoon Adventurers (2 1/2-6yr) every Fri 1:30pm

White Oak Library, Romeoville

Bilingual Storytime (all ages) Mondays 6:30-7:15pm Registration required

Family Storytime (7rs and younger) Registration required. Tuesdays 6:30-7:15pm

Minooka Library

Babygarten (0-24m) Registration required. 2nd, 3rd, and 4th Mondays 10:30-11:15am

Toddler Time (2-3yrs) 2nd, 3rd, 4th Thursdays 10:30-11:15am

Curious Monkeys (all ages) Registration required. 2nd, 3rd, 4th Wednesdays 10:30-11:15am

Tinker Tots, 2nd, 3rd, 4th Fridays of June at 10:30-11:30 am

The library has building supplies for eve the littlest of hands! Take some time to build towers or towns, the sky is the limit!

Playful Crafters, 1st 2nd, 3rd & 4th Saturdays of July at 10:30-11:30 am

Grab your little one and head to the library for a little hands-on crafting! This program is open to those 0-5 years old, and their caregiver. Please register so that we can have ample supplies available.

Morris Area Public Library

Lapsits (Infants and Toddlers with caregivers) Tuesdays at 9:30 or 10:30 Registration required.

Wiggle Worms (infant - 5 yrs) Wednesdays, 11:00 am-1:00 pm

Oswego Public Library

Baby Goose (3 months - 18 months) Mondays at 1:30 pm

Read & Play Baby (6 months - 23 months) Tuesdays at 10:00 am. Drop-In Class

Totally Twos (24 months - 35 months) Thursdays at 10:00 am

Stories & Snacks (Ages 2-7 years old with adult) Fridays, June 9-July 14 (no class 6/16) at 10 -10:30 am

Bring a blanket & join us outside on the Youth Services Patio for stories & snacks. Program will move indoors for extreme weather. No registration required.

Read & Play Everyone (Ages 0-5 years with adult) Saturdays, June 10-July 29 (no class 6/17) at 10-11 am

Come celebrate Saturday with stories, songs, a craft and free play.

Plano Community Library District

Rhyme Time (babies-3yrs) Wednesdays 10:30am, 11:15am or 6pm or Thursdays 10:30 am Registration required

LIBRARY PLAYGROUPS

White Oak-Crest Hill Branch

Toddler Time (3-35 months) Registration required. Wednesdays 10:30am

White Oak- Lockport Branch

Toddler Time (3 months-3 yrs) Registration required. Tuesdays 10:30am

Thursday Morning Toddler Time (3 months-3 yrs) Registration required. Thursdays 10:30am

Thursday Evening Toddler Time (3 months-3 yrs) Registration required. Thursdays 6pm

Tiny Tots in Motion (3 months-18 months) Registration required. Fridays 10:30am

Channahon Library

Babygarten (0-24 months) 2nd, 3rd, 4th Tuesdays at 10:30 am

Toddler Time (2yrs & 3yrs) 2nd, 3rd, 4th Thursdays at 10:30 am

Coal City Public Library District

Family Lapsit (0-23 months) Mondays at 6:00 pm; Wednesdays at 10:00 am

Terrific Tots (2 yrs & 3 yrs) Mondays at 10:00 am or Thursdays at 10:00am or 6:00 pm

Architects – All Around Town, Mondays at 6:00 pm; Wednesdays at 10:00 am & 11:00 am.

Babies-almost 3 year olds can explore “All around Town” through stories, songs, finger plays, and activities. This activity is for caregiver and child. Child must be Coal City Public Library District resident.

Wilmington Public Library

Story time for Littles (birth-5yrs) Wednesdays at 10:30am

Manhattan-Elwood Public Library District

Baby Time (newborn-18 mons) Tuesdays at 10:30 am

Tot Time (18 mons-3yrs) Wednesdays at 10:00 or 10:30 am

Yorkville Library

Lapsit (birth to 2 yrs) 3rd Wednesday at 10:30 am

Tots & Toddlers (toddler to 3 yrs) 2nd Thursday at 10:30 am; or 4th Friday at 10:30 am

Lego Duplos (2 yrs & up) - 2nd Monday; or 4th Tuesday, 10:30 am

Drop in Story Time, Friday, June 2 at 10:30 am Yorkville Woman’s Group will read to the little kiddies. This is a drop-in event, no registration needed.



Coloring Page

BACK TO SCHOOL

