

# JUMP START NEWS

Volume 10 Issue 12

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## Self-Care

Emotional self-care

Learn to say yes to yourself and your needs. ...

Cultivate emotional intelligence. ...

Take care of and start listening to your body. ...

Become aware of your language and what you say to yourself. ...

Learn to identify triggers to your emotions. ...

Realize the importance of having boundaries – for yourself and others



## Parenting Tip of the Month!

Christmas on a budget? Try getting your children only 4 items, something they want, something they need, something to wear, something to read. Set a budget for each gift, add them up to be sure you can handle the total, and really stick to it!



## Children's Books to read in December

- The Snowy Day- Ezra Jack Keats
- Owl Moon- Jane Yolen
- The Snowman- Raymond Briggs
- The Polar Express- Chris Van Allsburg
- The Mitten- Jan Brett
- Dream Snow- Eric Carle
- Winter Candle- Jern Frame
- Bear Snores On- Karma Wilson
- Tree of Cranes- Allen Say
- Snowballs- Lois Ehlert
- Llama Llama Holiday Drama- Anna Dewdney



## Fun Fact

If you were to receive all of the gifts from the song Twelve Days of Christmas, you would get 364 gifts.



## Food Fun

### White Chocolate Popcorn Snack

#### What you need

- 4 Cups popped popcorn
- 1.2 Cup white chocolate
- 1/4 Cup Craisins

Pop popcorn and set aside. Over a double boiler, melt white chocolate. Immediately stir popcorn into the melted chocolate, coating evenly. Spread popcorn onto a piece of waxed paper and let cool thoroughly. Toss with Craisins in a bowl. If you will be eating the popcorn at a much later time, add Craisins at that time.

#### Kids can help

Add in the Craisins and taste test.



## Want More Jump Start?

Follow us on Facebook: <https://www.facebook.com/JumpstartEasterseals/>

Visit our website: <https://parentasexpert.wordpress.com/>



# Health and Safety

## Happy Holiday Visiting Tips:

- Make sure to clean up soon after a holiday party—a toddler could get up early and choke on leftover food or come in contact with alcohol or tobacco.
- Remember that the homes you visit may not be childproofed. Keep an eye out for danger spots like unlocked cabinets, unattended purses, and stairways.
- Keep a list with all important phone numbers you or a baby sitter are likely to need in case of an emergency. Include the police and fire department, your pediatrician, and the national Poison Help Line, 1-800-222-1222. Laminating the list can help protect it from tearing or spills.
- Always make sure your child rides in an appropriate car safety seat, booster seat, or seat belt. In cold weather, children in car safety seats should wear thin layers with a blanket over the top of the harness straps, not a thick coat or snow suit.
- Adults should buckle up too, and drivers should never be under the influence of alcohol or drugs.
- Traveling, visiting family members, receiving presents, shopping, etc. can all increase your child's stress levels. Try to stick to your child's usual routines, including sleep schedules and timing of naps. This can help you and your child enjoy the holidays and reduce stress.

## LOL



# Creative Corner

## SLEIGH RIDING TEDDY BEARS RECIPE

- 10 Snicker Bitesize Bars - Unwrapped
- 20 Mini Candy Canes - Unwrapped
- 20 Mini Teddy Grahams
- Frosting ( Chocolate )



On the bottom of each candy bar place frosting stick 2 candy canes on the bottom of each candy bar. Frost the bottom of each teddy graham and place on the candy bar and you are done. Enjoy!



## For More Fun...



**New Sledding Hill**

Located at the North end of the Old Smokey City Park  
When snow is present, the park hill is open for sledding and  
beginning snowboard play!  
Free to park and play! Sponsored by the Braidwood Park Dis-  
trict  
Old Smokey City Park, Braidwood, IL

**Winter Coat Giveaway**

Saturday, December 2nd from 10:00 am - 12:30 pm  
Gently used coats, hats, gloves and winter boots  
will be available for free to those in need.  
Godley Park District, Godley, IL

**Midnight in Morris**

Friday, December 1st until midnight  
Do your holiday shopping after the children are asleep!  
Free refreshments and fun at many of the local retailers!  
Downtown Morris, IL

**Santa Visits the Library**

Saturday, December 2nd at 10:00 – 11:30am  
This event is waitlisted! Crafts and snacks and photos with  
Santa!  
Coal City Public Library, Coal City, IL

**Winter Coat Closet**

Tuesday, December 5th at 4:15 – 5:45pm  
Any family is welcome to come and shop for winter items at  
no cost. There are coats, shoes, hats, scarves, mittens, gloves,  
limited clothing and some odds and ends.  
Coal City Intermediate School  
305 E. Division Street  
Coal City, IL

**Santa's Snowy Shindig**

Saturday, December 9th at 4:30 pm  
Dinner served at 5:00 pm sharp  
Join us for a special dinner and a picture with the "man  
in red".  
Fee: \$10 for adults and \$5 for children ages 2-12  
(includes photo and dinner)  
Afterwards, feel free to stay for the FREE Tree Lighting  
Celebration!  
Godley Park District, Godley, IL

**3rd Annual Tree Lighting Celebration**

Saturday, December 9th at 6:00 pm  
Horse-drawn carriage rides, hot chocolate, visit with Santa and  
much more! Free for all ages!  
Godley Park District, Godley, IL

**We Care of Grundy County Mobile Food Pantry**  
Wednesday, December 13th at 4:00-6:00pm  
Gardner American Legion  
426 Industry Avenue, Gardner, IL

**Family Movie Night "Polar Express"**  
Saturday, December 16th at 1:00 – 3:00pm  
Morris Public Library, Morris, IL; 815-942-6880.  
[www.morrislibrary.com](http://www.morrislibrary.com)

**MCHS Madrigals Holiday Concert**  
Thursday, December 14th at 6:00 – 7:00pm  
Morris Public Library, Morris, IL; 815-942-6880.  
[www.morrislibrary.com](http://www.morrislibrary.com)

**Family Movie Night "Frozen"**  
Monday, December 18th at 6:00 – 7:45pm  
Make time for movie night and this special showing of Frozen!  
We'll provide the popcorn!  
Register before 12/15/17  
Minooka Library, Minooka, IL; 815-467-1600

**Kid's Holiday Crafternoon**  
Wednesday, December 20th at 1:00 – 4:00pm  
Drop-in and make wrapping paper, cards, ornaments, or use  
the supplies we'll provide and get creative! Open to all ages!  
Minooka Library, Minooka, IL; 815-467-1600

**Christmas In Rockdale**  
December 7th 5:30pm-7:30pm Professional Salon Concepts -  
715 Meadow Ave, Rockdale  
Pictures with Santa, cookie decorating, games, prizes and  
refreshments. Free for Jump Start families

**Santa is Coming to Town**  
December 18th 11am - 3pm Easter Seals 212 Barney Dr,  
Joliet  
Enjoy stories, crafts, cookies and a visit with Santa! Don't  
forget your camera for pictures with Santa!

**Winter Wonderland - FREE!**  
December 9 10:00 am-12:30 pm Heritage Bluffs Public Golf  
Club  
Start the winter season with us. Back by popular demand -  
live reindeer! You and your family will have the opportunity  
to pet and get a photo with the real reindeer. A roving juggler  
will entertain you 10-11:30 a.m. During this event you will  
also experience carolers, horse drawn carriage rides, a candy  
cane scramble and more. The candy cane scramble will take  
place at 11:00 a.m. You will also enjoy a nice hot cup of  
chocolate, decorate sugar cookies and make a winter wonder-  
land craft. Bring your cameras! Dress for the weather, activi-  
ties will take place outside.

### **Joliet Slammers Holiday Open House**

December 2 10 am to 1 pm Slammers Stadium 1 Mayor Art Schultz Drive, Joliet

FREE EVENT! Join the Slammers for refreshments, snacks, and games. There will be kid-friendly activities such as a card making station for the troops and sugar cookie decorating. Santa Spikes will also be in attendance for photographs.

Attendees are encouraged to bring a toy to be donated to the Boys and Girls Club of Joliet. Anyone that brings a toy to the open house will be entered to win a luxury suite for the 2018 season.

### **Foster & Adoptive Family Gathering**

December 15 at 5:30 PM - 8 PM

You were never meant to do this alone! Too many of us feel like we're the only ones experiencing what our kids do. You're not alone. Families are strengthened in community. At our Family Gatherings, you can connect with other foster and adoptive families, while the kids connect with kids & families that look like theirs. You will be encouraged, supported, and prayed for. Free Childcare and Free Dinner! 3rd Friday of each month in Joliet and 3rd Saturday of each month in Channahon. Visit <http://www.lovemoves.us/> for more information

### **Breakfast with Santa**

December 16 9am-12pm FREE 511 Collins St, Joliet

Get into the holiday spirit at the Hartman Center! Enjoy breakfast, crafts, games and a visit with Santa. Pictures with Santa will be available for a small fee.

### **Snowman Building Contest**

Have some fun in the snow! We are encouraging families to get out this winter and create a snowman or snow sculpture. Take a photo of your creation and e-mail it to [kcooper@jolietpark.org](mailto:kcooper@jolietpark.org) no later than February 28th. The following two categories will be judged: "Classic Snowman" and "Snow Sculpture" (anything but a classic snowman). Be creative! Please include the names of the sculptures in the photo as well as the name of your snowman/snow sculpture. Winners will be notified by email and will receive a gift certificate for an early childhood class.

### **Santa's Snowy Shindig**

December 9 4:30-6pm 500 S. Kankakee Street, Godley

\$5/children ages 2-12 \$10/ adults & children 13+

Join us for a night of winter magic! Santa has promised to join us and share the special dinner we have planned. Dinner and photo included with fee. Dinner served promptly at 5pm. Register/pay by December 2nd. Call 815.458.6129 for more info

### **Hope Closet**

Dec 2 10am-1pm Joliet First Church of the Nazarene - 1009 S. Briggs Street Joliet

Hope Closet is a place for families in our community to receive clothing and other items. Everything is given away free of charge to all clients regardless of residency. For more information, call 815-726-5426 or visit

### **Tree Lighting Celebration**

December 9 6pm FREE 500 S. Kankakee Street, Godley

Horse drawn carriage rides, hot chocolate, visit with Santa and much more!

### **Family Night (YMCA)**

Dec 15 7-8:30pm FREE Galowich YMCA - 749 Houbolt Road Joliet

A Very Grinch Christmas. Children must be accompanied by an adult and pre-registration is required. Pre-registration is required. Call 815-744-3939



### **CPR for Family and Friends**

This class is for anyone other than a health care provider that would like to know how to do CPR. There is no age limit for this class. There is no certification (card) for this class. This class is by appointment only and great for the whole family! Call to set up a day for a class for your family 815.467.5637 ext. 112

### **Lego™ Club**

December 7, 14, 21, 28 4:00pm - 7:00pm Joliet Library Ottawa Street Branch  
(Children of all ages with adult) The library will supply Lego bricks for free play and the occasional challenge! Are you up for it? No registration required.

### **Deck the Halls with Nature Crafts**

December 2 10am-12pm 25055 W Walnut Ln, Channahon Free! For all ages. Spruce up your home this holiday with nature-themed decorations! Sip on hot chocolate, listen to festive music and craft something spectacular with your family and friends. From ornaments to a nature swag, there is something for everyone! All crafting abilities are welcome and all materials will be provided. Registration is required by calling 815.722.9470

### **Simple Spanish Storytime**

December 11 6:30pm - 7:15pm Joliet Library Black Road Branch  
(Children of all ages with adult) Bring the whole family once a month to learn Spanish by listening to stories in simple Spanish, sing fun songs and work on a creative craft. No registration is required.

### **Merry Grinch-Mas!**

December 6 6:30pm - 7:30pm Joliet Library Ottawa Street Branch  
(Children of all ages with adult) Join us for a whimsical hour of Grinchy crafts, games, and prizes followed by a viewing of Dr. Seuss' original animated short, "How the Grinch Stole Christmas." (Yummy treats provided.) No registration required.

### **Story of the Christmas Star**

Dec 5 7:30pm Dec 14 6:30pm Dec 17 2:30pm  
Trackman Planetarium - Joliet Junior College 1215 Houbolt Road, Joliet  
Learn about the history of the winter solstice celebration and why Christmas is celebrated at this time of the year. This show also addresses what the Christmas star might have been, what year the birth described in the Bible might have happened and the story of the three kings. Biblical, historical and astronomical data is used to prepare this show. All public shows at the planetarium last approximately one hour. All shows are free and suitable for all ages. Seating is first come, first serve.

### **Bingo for Books**

December 18 6:00pm - 7:00pm Joliet Library Ottawa Street Branch  
Children of all ages with adult) Come and win some books playing Bingo! No registration required.  
Happy New Year! (Countdown for Kids)  
December 29 1:00pm - 2:00pm Joliet Library Ottawa Street Branch  
(Children of all ages with adult) Let your little ones experience the excitement of a real New Year's Eve party complete with games, music, dancing, party favors, and a balloon drop at "midnight!" No registration required.

### **Stories with Santa**

December 12 6:30pm - 8:00pm Joliet Library Black Road Branch  
December 13 10:00am - 11:30am Joliet Library Black Road Branch  
(Children of all ages) Santa's helpers will read seasonal stories. Children will have the opportunity to meet Santa and spend time doing activities with their families. Bring your camera! This event is co-sponsored by the Will County Reading Council. No registration is required.

### **December Daily Fun**

Joliet Library Ottawa Street Branch  
Joliet Library Black Road Branch  
(Children of all ages) There are many ways to tell someone that they are in your thoughts during the holidays. The most creative way is by making them a homemade holiday card! Receive a blank card kit to decorate in the Youth Services Department. This will occur through the entire month of December. No registration required.

### **Foster Plooza**

December 8th 4pm - 7pm Joliet Junior College J-Building  
Come join us as we celebrate our annual holiday party with music and fun for the whole family to enjoy. Santa will arrive approximately 5 p.m. for photos with the children. This event is open to all needy children in Joliet and the surrounding areas. Please pass the word as there is no charge for this event.

### **Winter Wonderland & Hope for the Holidays**

December 1 at 6 PM - 9 PM 55 Phelps Ave, Romeoville  
Join us as we wait for the Romeoville Fire Department and Romeoville Firefighters Local 4237 to bring Santa on decorated, flashy vehicles! Kicking off the festivities is the Tree Lighting Ceremony at 6:00pm outside of the Edward Hospital Athletic & Events Center. Romeoville Firefighters Local 4237 will provide and serve hot chocolate and cookies as Santa arrives and during the Tree Lighting Ceremony. Come help the Romeoville community with food pantry donations. Admission is one non-perishable food item per family.

### **Mobile Food Pantry**

December 2 8 AM - 11:30 AM St. John Lutheran Church  
Food Pantry  
2650 Plainfield Rd, Joliet

Please park in our parking lot. If you must park at Aldi, YOU MUST ONLY USE THE OUTERMOST SPOTS. Park in the Sports Authority lot across the street and beginning at 7:00 a.m., a Joliet Police Officer will be on site to safely cross you. There is enough food for 300 families. Before registration doors open, Food Pantry representatives will pass out tickets to all clients adhering to the posted "Code of Conduct" rules. Parking lot attendants will hand out tickets to all who enter via the parking lot, Aldi bridge, or bus stop. A ticket gets you in the doors to register where you will receive a group card to exchange for a grocery cart when your group is called.

### **Annual Holiday Open House**

December 6 4 - 7pm White Oak Library - 20670 Len Kubinski Dr, Crest Hill  
All ages are welcome to stop by for a fun-filled evening of crafts for kids, teens, & adults, hot cocoa & cookies, performance by a school choir, and a visit by the Jolly Old Elf himself - Santa! (Bring your camera.) No registration required - stop in and have fun!

### **Holiday Open House**

December 7 5 - 7pm White Oak Library 201 W. Norman-town Rd, Romeoville

Enjoy music, crafts, hot cocoa and cookies PLUS a visit from SANTA.

Get your cameras ready to snap a holiday memory. We'll have crafts for all ages throughout our main lobby and the Children's Department, so come ready to create something special!

### **Holiday Fun!**

A free event, December 16 & 17!  
Stop out anytime between 4 - 8pm for some fun at In-wood Clubhouse  
3200 W Jefferson St, Joliet  
Visit Santa, Rudolph, & Frosty

- Enter Coloring Contests
- Try Cathy's Craft Corner
- Watch Holiday Movies

# 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 youger) 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

**Bookies and Milk (whole family)** 2nd, 3rd, 4th Thursdays 7-7:45pm

## 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-Montgomery

**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

**Toddler Art** (2-3yrs) 2nd, 3rd, 4th Wednesdays 10-10:30am

**Tiny Tot Art** (16-23 mons) 2nd, 3rd, 4th Wednesdays 9:15-9:45

**Shake, Move & Sing together** (ages 0-5 years) Tues 10/10 6:30-7pm

## Oswego Public Library-Oswego

**Read & Play Everyone** (Ages 0-5 years with adult) Saturdays, at 10-11 am

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

**Totally Twos** (24-35 mons) 2nd, 3rd, 4th Thursdays 10-11am

## 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

**Toddler Playgroup** (9-35 mons) Saturday 10-11am

## 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

# Coloring Page

