

JUMP START NEWS



Volume 11 Issue 2

February 2018

Self-Care



Parenting Tip of the Month!

Loving your child is as easy as giving hugs and kisses, having a tickle fight, singing silly songs, spending time together, and meeting their daily needs. Showing these acts of love trigger the release of feel-good hormones such as oxytocin, opioids, and prolactin. These neurochemicals can bring them a deep sense of calm, emotional warmth and contentment, from these your child will develop positive brain connections and not to mention a closer relationship to you!



Children's Books to Read in February

- Splat the Cat Funny Valentine- Rob Scotton
- Groundhog gets a Say- Pamela Swallow
- Go to Sleep Groundhog!- Judy Cox
- Ten Grouchy Groundhogs- Kathryn Helling
- Meet the Orchestra- Ann Hayes
- I am Rosa Parks- Brad Meltzer
- Clip-Clop!- Nicola Smee
- Guess How Much I Love You- Sam McBratney
- Henry's Freedom Box- Ellen Levine
- Baby Faces: Smile!- Roberta Intrater
- Mouse Paint- Ellen Walsh
- Time For Bed- Mem Fox



Fun Fact

Milton Hershey, the founder of Hershey Chocolate, was supposed to go on the Titanic but cancelled last minute due to business issues.



Food Fun

French Toast

Kids can help: Stir egg mixture, dip bread and cut hearts.

- Oatmeal bread
 - Egg
 - Skim milk
 - Maple syrup
 - Strawberries
1. Beat an egg, using a fork, in a medium, low bowl. Add about $\frac{3}{4}$ cup milk per each egg used. Add a teaspoon of maple syrup and stir well.
 2. Using a heart-shaped cookie cutter, cut out heart shapes from the center of bread slices.
 3. Dip all bread pieces into egg mixture and set onto pancake griddle or large skillet set on medium heat. Brown lightly on both sides.
 4. Garnish with cut strawberries and maple syrup.



Want More Jump Start?

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

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



Health and Safety

Dial 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

<p>HEART ATTACK WARNING SIGNS:</p> <p>-<u>Chest discomfort</u>: Most heart attacks involve chest discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.</p> <p>-<u>Discomfort in other areas of the body</u>: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.</p> <p>-<u>Shortness of breath</u>: with or without chest discomfort.</p> <p>-<u>Other signs</u>: May include breaking out in a cold sweat, nausea or lightheadedness.</p>	<p>STROKE WARNING SIGNS: (Spot a stroke F.A.S.T.)</p> <p>-<u>Face Drooping</u>: Does one side of the face droop or is it numb? Ask the person to smile.</p> <p>-<u>Arm Weakness</u>: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?</p> <p>-<u>Speech Difficulty</u>: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence like “the sky is blue.” Is the sentence repeatedly correctly?</p> <p>-<u>Time to call 9-1-1</u>: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.</p>	<p>CARDIAC ARREST WARNING SIGNS:</p> <p>-<u>Sudden loss of responsiveness</u>: No response to tapping on the shoulders.</p> <p>-<u>No normal breathing</u>: The victim does not take a normal breath when you tilt the head up and check for at least five seconds.</p>
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Valentine's Day...Did you Know?

- Based on retail statistics, about 3 per cent of pet owners will give gifts to their pets on this day.
- About 1 billion Valentine's Day cards are exchanged each year. This makes it the second largest seasonal card sending time of the year
- Girls of medieval times ate bizarre foods on this day to make them dream of their future spouse.
- Richard Cadbury produced the first box of chocolates for this holiday in the late 1800s.
- More than 35 million heart-shaped boxes of chocolate will be sold.
- 73 percent of people who buy flowers on this day are men, while only 27 percent are women.
- 15 percent of U.S. women send themselves flowers on Valentine's Day.
- Over \$1 billion worth of chocolate is purchased on this romantic day in the U.S.
- 189 million stems of roses are sold in the U.S. on this day.
- 220,000 is the average number of wedding proposals on Valentine's Day each year.



Creative Corner

Heart Stamp for Valentine's day!

You will need empty toilet paper roll, some red paint, and a handful of blank cards or construction paper. Start by flattening the cardboard tube so it had a crease on two sides. Then push one crease inward to make a heart, and wrapped a piece of tape around the tube to help the heart hold it's shape. Pour a little red paint on a plate and dipped one end in the paint.



For More Fun...



Jump Start Valentine Playgroup

February 8 9:30am-11:30am

First United Methodist Church, 118 West Jackson Street, Morris
Join us for fun crafts, games, music, and refreshments! Invite a friend who would like to know more about the Jump Start Program!

LEGO™ Club

February 1, 8, 15, 22 4:00pm-7:00pm

Joliet Library - 150 N. Ottawa, Joliet

(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.

Family Fest 2018

February 10th 9am-1pm

Shabbona Middle School 725 School St, Morris IL

Free family fun for everyone! For more information on this event, please contact the Chamber at (815) 942-0113 or events@grundychamber.com

Family Time at the Library

February 8 1:00pm-2:00pm

Joliet Library-150 N. Ottawa, Joliet

Linda the Librarian has invited us for a special Lapsit and Playtime at the Joliet Library Ottawa Street Branch! *You can also bring any friends or family who want to learn more about the Jump Start Program!*

February Daily Fun

Joliet Library- 150 N. Ottawa, Joliet

(Children of all ages) Visit the library anytime in February, grab a book off the shelves or bring a book from home, read for 20 minutes alone or with someone, and you will get to choose a snack! No registration required.

Treasure Boxes

February 5 6:30pm - 7:30pm

Joliet Library - 3395 Black Road, Joliet

(Children of all ages with adult) Create your very own treasure box by covering your creation with a colorful collage! Hide all your treasures or give as a gift to someone. Box and all materials provided. Registration opens January 15, 2018.

Cookies and Milk Storytime at Panera Bread

February 9, 23 9:30am

Panera Bread, Westfield Louis Joliet Mall

(Ages 3-5 with adult) Join us for songs and stories at Panera Bread, located in the Westfield Louis Joliet Mall, and get a free cookie. *Registration opens January 22, 2018.*

Simple Spanish Storytime

February 12 6:30pm-7:15pm

Joliet Library-3395 Black Road, Joliet

(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.

Valentine Make and Take

February 10 10:30am-4:30pm

Three Rivers Public Library-Minooka Branch
Drop in any time from 10:30-4:30 to get creative for Valentine's Day! All supplies provided by the library.

Bingo for Books

February 26 6:00pm-7:00pm

Joliet Library-150 N. Ottawa, Joliet

(Children of all ages with adult) Come and win some books playing Bingo! No Registration Required.

Open Play

February 5, 12, 26 10am-12pm

Three Rivers Public Library-Minooka Branch

Are the kids tired of their own toys? Do you need some adults to network with? Then this is the program for you! We will have the program room set up with toys and books for the kids to play with, as well as tables and chairs so that their accompanying adult can chat!

Build It!

February 11, 18, 25 1:30pm-4:30pm

Three Rivers Public Library-Minooka Branch

Drop in any time between 1:30-4:30 to our Minooka branch for some building fun! We'll provide the Legos, Lincoln Logs, K-nex and more. You bring the imagination!

Read with Frog the Dog

February 24 10:30am

Three Rivers Public Library-Minooka Branch

Frog is a dog who looooooves to read! But dogs can't read, silly! So we need you to read some stories with him! Sign up for your 15 minute time slot with Frog, TDI certified therapy dog. Registration required.

Family Movie Night

February 6, 20 6:30pm-8:30pm

Shorewood-Troy Public Library

(All ages) Do you want to get out of the house and watch a movie together? Come to the library and join us for our Family Movie Night! We'll be playing popular movies that the whole family will love, in addition to having a hot cocoa bar! Registration required.

Homeschool Networking Group

February 8 1:30pm-2:30pm

Shorewood-Troy Public Library

(All ages) Want to meet other homeschooling families in the Shorewood/Joliet/Plainfield area? Interested in library programs and what we can offer for you? Do you want to sit and have a snack and chat with other homeschoolers? Then come join our homeschool networking group!

Chocolate Creation Station

February 13 6:00pm-7:00pm

Shorewood-Troy Public Library

(All ages) Make your chocolates "from the heart" by adding your own personalized touch. Kids and their families can stop by on Feb 13th at 6pm to make your own unique and tasty treats to give to your loved ones this Valentine's Day. Chocolate will be provided.

Mini Monets

February 15 2:00pm-2:30pm

Shorewood-Troy Public Library

(Ages 3-6 yrs) We love arts and crafts so much that we want to have a program just for that! If you love glue, glitter, crayons, and more, the Mini Monets are for you. We'll work on several creative pieces in each class.

Please register for each session.

Eagle Watch on the River

February 1 10:00am-4:00pm

Four Rivers Environmental Education Center, Channahon

Walk the paved paths along the Des Plaines River while watching for American bald eagles and other birds wintering around the preserve. Stop in Four Rivers Environmental Education Center for a complimentary hot beverage to warm up. Take time to view informative displays about eagles and check out the interactive exhibit "Wings on the River."

Ongoing activities will include bird talks, indoor bird watching, daily showings of the PBS film "American Eagle" at 11 a.m. and 2 p.m., and more.

No registration required.

Lego Club

February 21 4:30pm-5:00pm

Shorewood-Troy Public Library

Everything is awesome when you play with LEGOs at the library! You bring your creativity and friends -- we'll supply the LEGOs and games. Families and littles welcome.

Let's Play

February 19 10:00am-10:30am

Shorewood-Troy Public Library

(Ages 3 and under) Bring your babies & toddlers to the library for a play date! On days without Itty Bitty Story Time, we will set up different play stations for encouraging socialization and creative play.

Princess Ball

February 8 6:00pm-8:00pm

Skateland Recreation Center, Channahon

(Ages 3-12 with an adult) Tonight will be a night to remember for a long time. Little girls will enjoy an evening not only with their dates but with different princesses! The event includes dinner, dancing, and a special keepsake for each girl. There will be a photographer available with picture packages to purchase for an additional cost. Come in your finest attire as there will be contests and raffles to take part in. All participants must pre-register.

Family Movie Night

February 5 4:30pm-6:30pm

White Oak Library-Crest Hill Branch

We are breaking out the popcorn! Bring the whole family to enjoy a movie tonight!

Hope Closet

February 3 10:00am-1:00pm

Joliet First Church of the Nazarene
1009 S. Briggs Street Joliet, IL 60433

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. Donation of clothing and items as well as transportation to Hope Closet can be coordinated in advance through the church office.

Valentine's Day Party

February 6 6:30pm-7:30pm

White Oak Library-Romeoville Branch

Celebrate this happy day with crafts, treats and games. Create a Valentine's Day card for someone special.

Family Fun with Legos

February 10, 24 11:00am-2:00pm

White Oak Library-Lockport Branch

A Saturday drop-in program for families! Bring all the kids! You'll make a creation that we'll photograph and post on Facebook. Stop by anytime between 11:00 am and 2:00 pm.

Drop-In Craft Fun

February 13, 20, 27 6:30pm-7:15pm

White Oak Library-Romeoville Branch

Get creative and make some awesome crafts. Just drop-in and you'll find something easy and fun to make and take home. This program is for all ages. No registration required.

Family Yoga Night

February 26 4:30pm-5:30pm

White Oak Library-Crest Hill Branch

Throw on some comfy clothes, we are doing yoga tonight! If you have your own yoga mat, bring it along, otherwise a beach towel works just as well (we will be on a carpeted floor). Water and a snack will be provided, but feel free to bring your own water bottle too! Parents are welcome to join in!

Take Your Child to the Library Day

February 3 ALL DAY

Coal City Public Library

Join us for the 7th Annual celebration of Take Your Child to the Library Day. We will have a drop in activity that you can complete with your child while you explore all that the library has to offer!

Spring Expo

Louis Joliet Mall

Friday, February 23, 2018 & Saturday, February 24, 2018
10 AM - 9 PM

Discover the vast array of services offered in the Joliet area! Join us and the Joliet Chamber of Commerce for the largest Spring Expo & Job Fair!

Take Your Child to the Library Day

Saturday, February 3rd all day
Join us for the 7th Annual celebration of Take your child to the Library Day. We will have a drop in activity that you can complete with your child while you explore all that the library has to offer.
Coal City Public Library District
Coal City, IL

A SWEET Night Out

Friday, February 9th at 4:00pm-8:00pm
Sweet treats and beverages will be served while you enjoy special savings at your favorite downtown stores.
Downtown Morris, IL

Valentine Make It Take IT

Saturday, February 10th at 10:30am-4:30pm
Drop in and get creative for Valentine's Day! All supplies provided by the library.
Open to all ages!
Minooka Branch Meeting Room
Three Rivers Public Library District
Minooka, IL

We Care of Grundy County Mobile Food Pantry

Wednesday, February 14th at 4:15-6:00pm
Bring current photo ID or utility bill/container to carry food items.
We Care of Grundy County
530 Bedford Road
Morris, IL

Family Movie Time

Saturday, February 10th at 1:00-3:00 pm
Bring the whole family to family movie time at the library.
Morris Public Library
Morris, IL

Family Wellness Night

Thursday, February 22nd at 6:00-8:00 pm
Bring the whole family to this expo of local service providers.
Coal City High School,
Coal City IL

Hawaiian Luau

February 7 6:30pm - 7:30pm
Joliet Library- 150 N. Ottawa, Joliet
(Children of all ages with adult, no registration required) Got cabin fever? Surf's up! Join us for an all-out beach bash! Enjoy Hawaiian themed music, dancing, and games. Thirsty? Decorate your own fruity cup and sip your delicious tropical drink along our "seashore!" (Costumes welcome, not required.)
Registration opens Jan 11

MallStars Hearts and Friendship Celebration

February 12 5:00pm-7:00pm
Winfield Louis Joliet Mall-Carson's Court
It's the day before Valentine's Day; come and celebrate! From heart crafts to friendship games it's a day to take your bestie and celebrate your Valentine's friendship!

Free Chicago Museum Days

The following are free admission days for several Chicago Museums for Illinois residents
Plan to arrive early as the museums can get busy quickly on these popular days.

Adler Planetarium

Free for IL residents

February 2, 5-9, and 19-22

1300 S. Lake Shore Drive, Chicago, IL

312-922-7827

The Art Institute of Chicago

Free for IL residents

Every Thursday from 5pm – 8pm

111 S. Michigan Avenue, Chicago, IL

312-443-3600

Field Museum of Natural History

Free for IL residents

February 1-28

1400 S. Lake Shore Drive, Chicago, IL

312-922-9410

Museum of Contemporary Art

Free admission to Illinois residents

Every Tuesday

220 E. Chicago Avenue, Chicago, IL

312-280-2660

Museum of Science and Industry

Free for IL residents

February 1, 5-8, 12-15, 20-22, and 26-27

5700 S. Lake Shore Drive, Chicago, IL

773-684-1414

Chicago Children's Museum at Navy Pier

Free admission to all visitors

Family Night Sponsored by Target

Thursday evenings from 5-8 pm

700 E. Grand Avenue, Chicago, IL

312-527-1000

LIBRARY PLAYGROUPS

Joliet Public Library-Main

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

Curious Little Monkeys Playgroup (birth-36m) Thursdays at 10:15am

Family Storytime in Spanish (all ages) Tuesdays at 6:30pm

Family Storytime (birth-6yrs) Wednesdays at 6:30pm

Joliet Public Library-Black Road

Toddler Time (18m-3yrs) Mondays & Wednesdays at 9:45, 10:45, and 11:45am

Lapsit (birth-24m) Tuesdays, Wednesdays, and Thursdays at 9:15, 10:15, and 11:15am

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

Shorewood Library

Sensory Storytime (birth-1yrs) Select Fridays at 10am (check website for dates)

Itty Bitty Storytime (birth-3yrs) Select Mondays & Tuesdays at 10am (check website for dates)

White Oak Library-Romeoville

Preschool Playtime (2-7yrs) Thursdays at 10:30am

White Oak Library-Crest Hill

Toddler Time (3m-3yrs) Wednesdays at 10:30am

Stay & Play (3m-3yrs) Wednesdays at 11am

STEAM Storytime (2-4yrs) Mondays at 4pm

White Oak Library-Lockport

Music In Motion (2-4yrs) Mondays at 10:30am

Toddler Time (3m-3yrs) Tuesdays and Thursdays at 10:30am

Stay & Play (3m-3yrs) Tuesdays and Thursdays at 11am

Evening Toddler Time (3m-3yrs) Thursdays at 6pm

Three Rivers Public Library-Minooka

Baby & Me (birth-20m) Wednesdays at 11am

Toddler Time (20m-3yrs) Thursdays at 10:30am

Three Rivers Public Library-Channahon

Family Story Time (all ages) Wednesdays at 7pm

Bookies & Milk (all ages) Thursdays at 7pm

Morris Area Public Library

Pajama Storytime Thursdays at 6pm

Storytime Wiggle Worms Tuesdays 10-12pm & Wednesdays 10:30-12:00pm

Oswego Public Library, Montgomery, IL

Baby Goose (Ages 3-18 mo. with adult) Mondays February 5, 19, and 26 at 10:00am

Share stories, rhymes & music with your baby. No registration required.

Read & Play Baby (Ages 6-23 mo. with adult) Tuesdays February 6, 13, 20 and 27 10:00 - 11:00

Drop-in for stories, music and some fun free-play. No registration required.

Snow Fun Storytime (Ages 1-2) February 1, and 8 from 9:15am- 9:40am.

Come in to the library for some fun reading a story and doing a snow themes activity. Registration is required.

Beach Babies (Ages 0-2 with adult) Tuesdays February 12 10:00 - 11:00 am Drop-in for some beach themed fun. Take off your snow boots and join in on the fun. No registration required.

LIBRARY PLAYGROUPS

Oswego Public Library, Oswego, IL

Totally Twos (Ages 24-35 months) Tuesdays February 6, 13, 20 and 27 from 10:00am- 11:00am

Bring your two year old to the library for some free play mixed with stories and songs.

Wintry Storytime (All ages with an adult) February 9, and 23 from 10:00am- 10:30am.

Share stories and do a special craft. Registration is required.

Plano Community Library District, Plano, IL

Rhyme Time, (Babies-age 3 with adult)

February 21, and 28 at 10:30am-11:00am or 11:15am-11:45 or 6:00pm.

February 1, and 22 from 10:30am- 11:15am

This lapsit storytime features action rhymes, finger plays, songs, movement activities, a simple story, and parent-child reading time. Call 630-552-2025 to register.

Yorkville Public Library, Yorkville, IL

Drop in Storytime, Friday, February 2 at 10:30 – 11:00 am

Yorkville Women's Group will read to the little kiddies. This is a drop-in event, no registration needed.

Panera February 6, and 20, 10:00am-10:30am Join Miss Jennette and Miss Marianne at the Yorkville Panera, as they read fun stories and do some fun finger plays with the kids. Children will receive a free cookie and milk. Registration is required at the youth service desk.

Lego Duplo (2 years and up with adult), February 5, and 27 from 10:30am- 11:00am This program is for the younger kids to create their own creations with the help of a parent. Registration required.

Tots and Toddlers (little ones with adult) February 9th at 10:15 -10:45 am This program consists of stories, fingerplays, rhymes, & craft. Registration and fee required.

Read with Paws, February 24 from 10:30am-11:30am Kids can come to the library, pick a book and read to a furry therapy dog friend. Registration required.

Coal City Public Library District

Terrific Tots (2-3yrs) Mondays at 10am and Thursdays at 10am and 6pm

Family Lapsit (birth-23m) Mondays at 6pm and Wednesdays at 10am

Fun Fridays (all ages) Fridays at 3pm

Wilmington Public Library

Storytime (all ages) Tuesdays and Wednesdays at 10:30am

Sensory Storytime (all ages) Mondays at 12pm

PJ Storytime (all ages) Thursdays at 6pm

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

