

# JUMP START NEWS

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## Parenting Tip of the Month!

Eat at least one meal as a family each day. Sitting down at the table together is a relaxed way for everyone to connect -- a time to share happy news, talk about the day, or tell a silly joke. It also helps your kids develop healthy eating habits.



## Fun Facts

Sea otters hold hands when they sleep so they don't drift away from each other.



# Food Fun

## Rainbow Pot of Fruit Gold Platter

Put this out at the beginning of the day and let your kids snack on healthy fruits all day long. They'll love the idea and they'll enjoy making their way to the pot of gold. If you're feeling really fun, swap out the bananas for gold chocolate coins and tell your kids they can have one chocolate coin for every layer of the rainbow they eat.



## CHRISTINE SAYS...

March can be a frustrating month—one day rain, another day snow, warm, and then cold. Parenting young children can feel the same way. Infants and toddlers can be happy one moment, mad and sad then next. Daily routines can help alleviate some of the frustrations of parenting. Daily routines help children feel safe, in control, build their confidence, and learn self-control. Routines can help prevent temper tantrums as children learn what to expect during transitions. Setting up a morning routine could include: waking up at the same time each day, starting every day with a hug, changing diapers, washing faces, getting dressed, then having breakfast. Having trouble with routines? Ask your Home Visitor for some hints and tips!

# Health and Safety

## Do's & Don'ts for Baby's First Foods

Introducing solid foods into your baby's diet is an exciting milestone. As you introduce your baby to new foods, you are helping to shape feeding habits and healthy eating patterns.

**Is my baby ready for solid foods? DO**—Check with your pediatrician first. Many babies begin eating solid foods at 4-6 months old. Signs to help you know that your baby is ready for solid foods include: sitting up with limited support, good head and neck control, and keeping most of the food in the mouth and swallowing it. **DON'T**—Compare your baby's progress or readiness with another baby. Never force your baby to eat if crying or turning away when offered solids.

**What should I feed my baby? DO**—Begin with single-grain infant cereal mixed with breast milk or formula, or a pureed vegetable or fruit. Some good options to try include: iron-fortified rice or oatmeal cereal, pureed avocado, banana, sweet potato, carrots, pears or peas. Mix breast milk or formula with the pureed food until it has a thin, liquid consistency. Gradually increase the thickness until your baby can swallow without trouble. Wait three to four days before introducing another new food to your baby. If you think your baby might have a reaction to a new food, stop feeding your baby the new food immediately and contact your pediatrician. **DON'T**—Stop breastfeeding or formula-feeding your baby just because you're switching to solids. Breast milk or formula is still your baby's main source of nutrition and calories. Also never add honey, salt, or sugar to baby food to "entice" or "trick" your baby into liking it.

# Children's Books and Nutrition

- Amanda Bean's Amazing Dream- Cindy Neuschwander
- An Alphabet Salad- Sarah L. Schuette
- Baby Food- Saxton Freymann
- Cecil's Garden- Holly Keller
- The Egg- Gallimard Jeunesse
- Growing Vegetable Soup- Lois Ehlert
- I am an Apple- Jean Marzollo
- Lunch- Denise Fleming
- More Spaghetti, I Say!- Rita Golden Gelman
- My Amazing Body- Pat Thomas
- My Kitchen- Harlow Rockwell
- The Very Hungry Caterpillar- Eric Carle
- Why the Banana Split- Rick Walton
- The Surprise Garden- Zoe Hall
- Pass the Fritters, Critters- Cheryl Chapman
- Walter the Baker- Eric Carle



# Self-Care

## Self-Care Isn't a One-Time Deal

It's the constant repetition of many tiny habits, which together soothe you and make sure you're at your optimum—emotionally, physically, and mentally.

The best way to do this is to implement tiny self-care habits every day. To regularly include in your life a little bit of love and attention for your own body, mind, and soul.

The following ideas are tiny self-care activities you can fit into a short amount of time, usually with little cost.

## Tiny Self-Care Ideas for the Mind

- 1. Start a compliments file.** Document the great things people say about you to read later.
- 2. Scratch off a *lurker* on your to-do list,** something that's been there for ages and you'll never do.
- 3. Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.

## Tiny Self-Care Ideas for the Body

- 1. Give your body ten minutes of mindful attention.** Use the body scan technique to check in with each part of your body.
- 2. Oxygenate by taking three deep breaths.** Breathe into your abdomen, and let the air puff out your stomach and chest.
- 3. Get down and boogie.** Put on your favorite upbeat record and shake your booty.

## Tiny Self-Care Ideas for the Soul

- 1. Imagine you're your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.
- 2. Use your commute for a "Beauty Scavenger Hunt."** Find five unexpected beautiful things on your way to work.
- 3. Help someone.** Carry a bag, open a door, or pick up an extra carton of milk for a neighbor.

# Creative Corner

## Jello sensory play!

1. Couple boxes of Jello (Follow directions on the box to make the Jello)
2. Bin or large plastic bowl
3. small creatures or other rubber type toys

Make the jello and add the toys in the mix. Once the Jello has settled allow the children to use their hands or household utensils to dig for the creatures or objects.



## Finger paint Flowers For Spring



**Drop in Dr Seuss Craft**

Thurs Mar 2nd 5-7pm

Three Rivers Public Library - Channahon

It is Dr Seuss' birthday. Come to this family event and make a craft or two in his honor!



**Seuss-a-Thon**

Tuesday Mar 7th 6-7pm

Morris Public Library

Come listen to Dr Seuss books and do fun craft projects

**We Care of Grundy County Mobile Food Pantry**

Wednesday Mar 8th 4-5pm

Early Childhood Education Center

755 S Carbon Hill Rd, Coal City

**Celebrate Spring!**

Saturday Mar 18th 1-2pm

Coal City Public Library

Families can celebrate the coming of Spring with fun activities, crafts, games, and a snack. Child just be a Coal City Public Library District resident.



**Daylight Savings Time Begins**

Sunday Mar 12th 2am

Don't forget to turn you clocks ahead 1 hour.  
Spring Forward!

**Messy Munchkins**

Monday Mar 20th 10:30-11:15am or 6-6:45pm

Plano Library

Little ones can squish and smush on their way to the benefits of messy play with us. Things to touch, smell, see, hear, and lots of other sensory experiences will be available. This is a child-directed program, enjoy as many of the activities as they'd like and stay for as little as 10 mins or the full 45 mins. Come dressed for fun. Children 0-5 with a grown-up. Older siblings can wait in Kid's library during program. Call 630-552-2025 to register

**Oswego Connect Community Volunteer Rally**

Saturday Mar 11th 9am-2pm

Oswego East High School Atrium

1525 Harvey Rd, Oswego

### **Princess Party**

Saturday Mar 25th 10-noon

Godley Park District Rec Hall - 500 S Kankakee St, Godley

Grab your tiaras and join us for a special Princess Party! Girls of all ages are invited to come out for a morning of pampering, laughter, and brunch. The Paul Mitchell future professionals from PMTS Bradley will offer various activities like hair braiding or nail painting. Register by Mar 20th. Fee \$10 (11+)/\$7 (10 and under). All ages welcome

### **Life Size Candyland**

Tuesday Mar 28th 10:30-12:30

Yorkville Public Library

Kids get to be the "piece" to our life size Candyland! Have some fun on your Spring Break.

### **Craft Together**

Mar 5th 2-4pm

Joliet Black Road Branch Library

Children of all ages with adult. Work together to make a simple drop-in craft while you enjoy some time with your family. No registration required.

### **Paw Patrol Party**

Mar 18th 10:15-11:15am

Joliet Black Road Branch Library

Oh no. It looks like there's trouble in the library. We've heard a yelp for help. Please come help get our Paw Patrol team ready for action through fun games and activities. Ages 1-6. Registration opens February 27th.

### **Toddler Art Smart**

Mar 27th 10:30-11:30am

Joliet Black Road Branch Library

Both fun and rewarding, come create a custom painted canvas with your child. The end results can be worthy of even the fanciest fireplace! Ages 18 mos-5 years with caregiver. Registration not required.



### **Chalk Art**

Mar 28th 11-1

Joliet Ottawa St Branch Library

Drop by to help bring some color and cheer to the library's sidewalk. In case of inclement weather, we will bring our art indoors. Registration not required.

### **Chris Fascione**

Mar 28th 10-10:45am Joliet Black Road Branch

Mar 28th 2-2:45pm Joliet Ottawa St Branch Library

Your entire family will laugh out loud at children's entertainer Chris Fascione. Full of energy, humor and imagination, Chris brings stories to life using a combination of storytelling, comedy, juggling and lots of audience participation. Registration not required.

### **Bring on the Bling!**

Mar 30th 3-5pm

Joliet Ottawa Street Branch Library

Explore and create with a variety of basic jewelry-making supplies. Bring a friend and hang out. Children of all ages. Registration not required.

### Hopeful Tails Low Cost Shot Clinic

March 11 10am-Noon 2303 Oak Leaf St, Joliet

Schedule your appointment via e-mail [Hopeful-tails.Shotclinic@gmail.com](mailto:Hopeful-tails.Shotclinic@gmail.com) . Priority given to appointments - walk-ins taken if space is available. Rabies vaccines: \$20 for 1 year and \$35 for 3 years. Rabies tags, Canine distemper vaccines, canine bordetella vaccine, feline distemper, canine microchipping, and canine nail trimming available.

### Stuffed Animal Sleepover

Mar 31st 1-4pm

Joliet Ottawa Branch Library

Ever wonder what happens at the library after the lights go out? Drop off your stuffed animal, doll or toy to explore the night world of the library. Before you leave, don't forget to make a nametag, read a story, and remind, and remind them to be on their best behavior! Come back the next day for a special reunion where you get to watch the sleepover slideshow, listen to stories, and eat doughnuts with your best friend! Registration not required.



### Shorewood Family Dental Care Free Skate Party

March 5 10am -12pm Skateland - 25334 W. Eames St, Channahon

This is a FREE event and open to ALL!

Shorewood Family Dental Care is hosting a skate party at Skateland in Channahon. Admission and basic skate rental is free. Bring the family and have a good time! This is just a party for us to be able to have a good time with our patients and is free to their families. Full Concessions will be available for purchase. All ages and skating skill levels welcome. We cannot wait to see you and your family there. Any questions can be directed to Kerstin via email: [Kerstin@ShorewoodFamilyDentalCare.com](mailto:Kerstin@ShorewoodFamilyDentalCare.com)

### Part-Time Job Fair

March 14 4pm-7pm

Ashbury's at Boughton Ridge - 335 E. Boughton Rd, Bolingbrook

Jobs available: Custodian (Buildings), Building Attendant (Buildings), Park Maintenance Crew, Member (Grounds), Customer Care Attendant, Special Recreation LCSRA, Camp Counselors, Inclusion Aids, Instructors, Camp Counselor, Hidden Oaks Nature Center, Bait Shop Attendant, Nature Camp Counselor, Part Time Naturalist, Gymnastics Instructor/Coach, Cheer Instructor/Coach, Ninja Instructor, Pelican Harbor Aquatic Park, Custodians, Park Attendants, Lifeguards, Admission Attendant, Concession Attendant, Swim Lesson Instructors, Lifestyles Fitness, Personal Trainers, Fitness Instructors, Special Event Staff (Train & Wall), Dance Instructors.

### Manhattan Irish Fest

March 3 & 4

Parade on March 4th at 11am. Kid's Activities at Manhattan Library. Trackless Train Rides: 12:00 - 3:00 pm -- Bingo 12:00 - 6:00 pm -- XBOX Kintetic 12:00 -6:00 pm --Sand Art 12:00 - 6:00 pm -- Magician show 1:00 - 1:45 pm -- Balloon artist 1:45 - 3:00 pm -- Face Painting 12:00 - 5:00 pm -- DJ ( Dancing) 2:00 - 6:00p. Admission to the ALL festival activities, as well as the festival grounds requires each visitor to have an admission button. Children under 7 are free, when accompanied by an adult with button(s).

### Plainfield Hometown Irish Parade and Family Tent

March 12

The parade steps off at 1 pm from Plainfield High School-Central Campus. Join the VPA in the heated tent adjacent to 24103 W Lockport Street, immediately following the parade. The tent will feature FREE face painting, balloon sculptures, coloring contest by age group, bag toss competition for kids, and more! In addition to the wonderful food options from our downtown restaurants, the tent will also offer options from local food trucks. And special entertainment will be provided by some of the featured bagpipe bands and Irish dance groups from the parade.



# 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

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

## 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

## Plano Community Library District

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

## 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

# 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

## 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

Spring is cool.

