

JUMP START NEWS

Volume 13 Issue 5

May 2020



Creative Corner

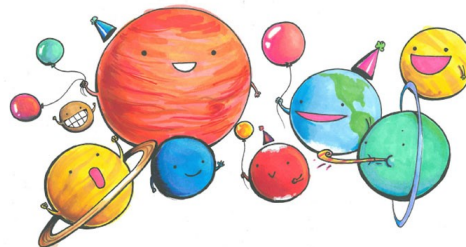
The simplest of all the activities for toddlers. A material by itself. Let them play and explore with it. What will they come up to do with the object?

All you need is an old box and a washable marker. Allow your child to explore.



LOL

HOW DO YOU ORGANIZE
A SPACE PARTY?

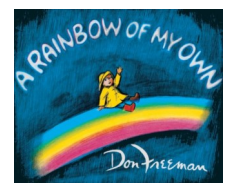
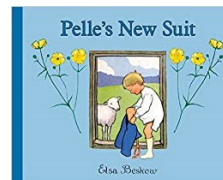
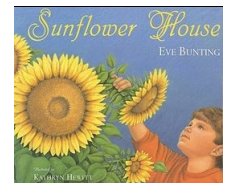
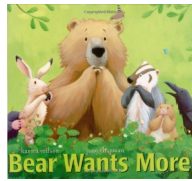


YOU PLANET.



Books to Read To Your Child in May

- Wings by Cheryl B. Klein
- Hello Baby! By Steve Jenkins
- Bear Wants More by Karma Wilson
- A Rainbow of My Own by Don Freeman
- The Tiny Seed by Eric Carle
- Sunflower House by Eve Bunting
- Mossy by Jan Brett
- Hedgie's Surprise by Jan Brett
- Pelle's New Suit by Elsa Beskow
- Spring Story by Jill Barklem



ANOTHER CRAFT TO TRY!



Want More Jump Starts?

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

Visit our website: <http://www.parentasexpert.com/>

Self Care

Self Care During Quarantine



Eat well and drink plenty of water



Meditate



Exercise at home, walk, run, lift



Clean de clutter



Sleep, rest

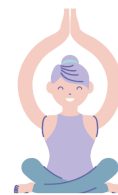


Facetime, Chat with loved ones

Auto Cuidado durante Cuarentena



Come bien y bebe mucha agua



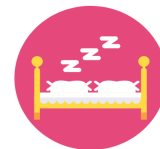
Meditatar



Haga ejercicio en casa, camine, corra, levante



Limpiar el desorden



Dormir, descansar



Facetime, chatea con seres queridos

Health and Safety

Talking with children about Coronavirus Disease 2019

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

General principles for talking to children

Remain calm and reassuring.

- Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Make yourself available to listen and to talk.

- Make time to talk. Be sure children know they can come to you when they have questions.

Avoid language that might blame others and lead to stigma.

- Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

Pay attention to what children see or hear on television, radio, or online.

- Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

Provide information that is honest and accurate.

- Give children information that is truthful and appropriate for the age and developmental level of the child.
- Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

Teach children everyday actions to reduce the spread of germs.

- Remind children to stay away from people who are coughing or sneezing or sick.
- Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- Discuss any new actions that may be taken at school to help protect children and school staff. (e.g., increased handwashing, cancellation of events or activities)
- Get children into a handwashing habit.
 - ◇ Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
 - ◇ If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and child care facilities.

Fitness

Staying Active During the Coronavirus Pandemic

Aerobic Activities

Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.



Outdoor Activities (if allowed by your government)

- Walk or jog around your neighborhood. Stay 6 feet away from others.
- Be active in a local park. Spending time in nature may enhance immune function. Wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.

Strength training

- Download a strength workout app to your smart phone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.
- Find ways to do simple muscle strengthening exercises around your house such as:
 - Squats or sit-to-stands from a sturdy chair
 - Push-ups against a wall, the kitchen counter or the floor
 - Lunges or single leg step-ups on stairs

Don't sit all day! For example: If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Fun Fact

There's an island in Japan you can visit that's inhabited only by friendly bunnies.



Food Fun

Easy Blueberry Muffins

Ingredients

- 2 cups flour
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/8 teaspoon salt
- 1 1/2 teaspoon [baking powder](#)
- 1 extra large egg
- 1/2 stick of butter melted and cooled
- 1 cup milk
- 1 cup fresh blueberries



Instructions

1. Before you start, preheat the oven to 375 degrees. Pour the flour, baking powder and salt into a bowl and stir to combine.
2. In another bowl, beat the egg and add the sugar, brown sugar and milk. Mix. Stir in the cooled melted butter.
3. Add the wet ingredients to the dry ingredients and mix just enough to combine. Fold in 1 cup of blueberries.
4. Fill your muffin tin with cupcake liners and fill each 3/4 full with the batter.
5. Bake at 375 degrees for 20 minutes.



Happy Mother's Day

Ideas to celebrate Mother's Day!

- Make a scrapbook
- Complete a jigsaw puzzle
- Bake a dessert together
- Have breakfast in bed
- Make a DIY ice cream sundae bar
- Take a walk
- Sleep in
- Do yoga
- Enjoy a family bike ride
- Plan a picnic in your backyard
- Netflix and chill
- Paint your nails
- Take a bubble bath
- Do a family scavenger hunt around the home
- Start a garden



Parenting Tip of the Month!

According to guidelines from the Centers for Disease Control, children under the age of two should not wear face masks as they may pose a suffocation risk.

The following information is from the CDC about why young children should not be wearing face masks amid COVID-19 concerns. Those reasons are the following:

- Baby's airways are smaller, so breathing through a mask is even harder on them.
- Using a mask on an infant may increase the risk of suffocation. Masks are harder to breathe through.
- A snug fit will give them less access to air, and a loose fit will not provide much protection.
- If they are having a hard time breathing, infants are unable to take the mask off themselves and could suffocate.
- Older infants or young toddlers are not likely to keep the mask on and will try to remove it, as well as touch their faces more.
- There are no N95 masks approved for young children

* Please contact events in advance to find out if still scheduled or for a new date if postponed

Blood Drive: Live 360°

May 1 | 11 AM - 4PM | Louis Joliet Mall · Joliet

Please join our lifesaving mission and schedule an appointment today! One donation can help save up to 3 lives! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Download the Red Cross Blood Donor App on the App Store, Google Play or text BLOODAPP to 90999. Schedule appointments, view your blood type and results of your mini-physical, and track your donations.

A Hike for Mom

May 9 | 9:30-11am

Four Rivers Environmental Education Center | 25055 W Walnut Ln, Channahon, Illinois 60410

With spring in full bloom, motherhood is visible everywhere! Witness and learn about the various methods Mother Nature uses to raise up the next generations. On this guided hike, you'll visit woods and prairie all along the rivers allowing for maximum opportunities to see moms hard at work.

Registration required by Friday, May 8, by calling 815.722.9470 or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/a-hike-for-mom/6986

We'll hike rain or shine, so please dress for the weather. Participants will hike up to 2 miles on paved and uneven, natural surface trails. Anyone who requires an auxiliary aid or service to participate in this program should submit a request online (<https://www.reconnectwithnature.org/americans-with-disabilities-act-information>) no later than 48 hours before the program.

Saturday Shopping Days

May 9 | 9am-12pm

Swaddling Clothes of River of Life Lutheran Church | 24901 S Sage St, Channahon, Illinois 60410

We are open the 2nd Saturday of each month for families in need to get clothing and other baby/kid related items for their children.

Sensory Friendly Chuck E. Cheese

May 3 | 8-10am

Chuck E. Cheese | 3250 Chicagoland Circle, Joliet, Illinois 60435

Chuck E. Cheese is proud to support families who have children with autism and other special needs. We offer a sensory-friendly experience on the first Sunday of every month at participating locations, opening our stores two hours before their normal opening time. Our Sensory events include a trained and caring staff that work to ensure each guest has a fun-filled visit. We realize that the Chuck E. experience can be very stimulating for any child, so our mission is to create an event that allows ALL kids to be a kid.

Wildflower Walk and Draw

May 9 | 8-10am

McKinley Woods - Frederick's Grove/Kerry Sheridan Grove | Channahon, IL

What better way to learn about spring flowers than to draw them? This guided hike will begin at Frederick's Grove Shelter in McKinley Woods. As we hike the preserve, we will look at wildflowers and the features that make each unique, and then spend time sketching them.

Registration required Friday, May 8, by calling 815.722.9470 or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/wildflowers-walk-and-draw/6984

Bring a journal and a pencil. Sit-upons, field guides and magnifying lenses will be provided.

This program will take place rain or shine on uneven natural terrain. The hike will be approximately 1-2 miles in length. Anyone who requires an auxiliary aid or service to participate in this program should submit a request online

(<https://www.reconnectwithnature.org/americans-with-disabilities-act-information>) no later than 48 hours before the program.

Strung Out - Chicago at the Joliet Concert in the Park!

May 15 at 6:30 PM – 8 PM

Preservation Park - 710 Taylor St, Joliet

Our first outdoor event of the year! Bring a chair and a cooler and party in the park!

Sounds of Spring

May 16 | 10-11:30am

Four Rivers Environmental Education Center | 25055 W Walnut Ln, Channahon, Illinois 60410

Spring is all around us! This guided adventure will highlight spring by listening to and identifying some really cool sounds of nature. Who is the first frog to sing in spring? Can you identify the famous kee-ka-re-kee? Dress for the weather.

Registration required by Friday, May 15, by calling 815.722.9470 or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/sounds-of-spring/6992

The hike will be 1-2 miles over uneven, natural terrain. Anyone who requires an auxiliary aid or service to participate in this program should submit a request online

(<https://www.reconnectwithnature.org/americans-with-disabilities-act-information>) no later than 48 hours before the program.

Turtles Rock!

May 23 | 1-2pm

Isle a la Cache Museum/Preserve | 501 E. Romeo Rd., Romeoville, IL

Celebrate World Turtle Day by painting turtle-inspired kindness rocks. Along the way, discover why North America is called Turtle Island and the legend behind it. Spend time with our resident Blanding's turtles. When the program is done, hide your rock for someone else to find and brighten their day!

Registration required by Friday, May 22, by calling 815.886.1467 or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/turtles-rock/6994

This program takes place inside an accessible facility with optional walking along paved and limestone trails over uneven terrain. Anyone who requires an auxiliary aid or service to participate in this program should submit a request online

(<https://www.reconnectwithnature.org/americans-with-disabilities-act-information>) no later than 48 hours before the program.

Daily Prayer Calls

May 1st-31st from 10:30am-10:45am

In keeping with our mission and to support our community during these very uncertain times, the Y is hosting daily prayer calls Monday-Friday at 10:30am. These calls are led by a member of the Y's staff team, a local pastor or clergy, or community member. To participate please follow these steps:

1) Dial (312) 626-6799

2) When prompted, enter the meeting ID of 959-324-091 and then press #.

3) When prompted for a participant number, press #

If you are unable to join us, you can read more about the messages being shared on our daily calls, which are now being posted on our blog and our Facebook pages.

If you would like to submit a prayer request, you can do so by going to this website:

<https://www.jolietymca.org/submitting-messages-of-prayer/>

Farmer's Market

May 30 | 8am-12pm

Feed Loft | 23930 S Northern Illinois Dr, Channahon, Illinois 60410

Feed Lofts Very first Farmers Market!!! Come on out and support your locals!! We are so excited to be able to host this event and would love to see and meet all the local community!

Rx Mobile Food Pantry - 2020 Dates

Are you, or is someone you know, hungry? Every 1 in 7 people in Northern Illinois are food insecure, meaning they aren't sure where their next meal may come from. To help serve our hungry neighbors, AMITA Health Saint Joseph Medical Center Joliet has teamed up with our local Smith Family YMCA and Northern Illinois Food Bank to host Mobile Food Pantries.

Open to all community members. All date times are from 10:00-11:30am.

FREE Rx Mobile Pantry with produce, milk, eggs and meat. For additional information, contact 815-725-7133 x4616 (or x4496)

Locations vary:

May 7th | Smith Family YMCA, 1350 S. Briggs Street | Joliet

June 4 & 18 | AMITA Health St. Joseph Medical Center parking lot: corner of Oneida & Springfield

Matilda the Musical

May 23rd - 2 PM · Joliet West High School · Joliet

Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. She's unloved by her cruel parents but impresses her schoolteacher, the highly loveable Miss Honey. Over the course of her first term at school, Matilda and Miss Honey have a profound effect on each other's lives, as Miss Honey begins not only to recognize but also appreciate Matilda's extraordinary personality. Matilda's school life isn't completely smooth sailing, however – the school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace! The musical, packed with high-energy dance numbers and catchy songs will thrill the imagination and your students will leave delighted by the story of the special little girl with an extraordinary imagination.

Tickets to see Matilda the Musical are on sale now! The shows have been postponed until May, anticipating 23rd and 24th.

Tickets are \$7.50 (plus online fees) in advance at www.jtwestchoir.org or \$10.00 at the door.

* Please contact events in advance to find out if still scheduled or for a new date if postponed

VIRTUAL FIELD TRIPS

THE FARM: <https://www.farmfood360.ca>

The classic preschool field trip goes online! Farm Fresh 360 allows you to immerse yourself in Canadian farm and food tours—from raising pigs to making milk and cheese. We're also loving these virtual egg farm field trips from the American Egg Board.

Boston Children's Museum:

<https://www.bostonchildrensmuseum.org/museum-virtual-tour>

“Walk” through all three floors of the Boston Children's Museum on this virtual tour. Direct your kids to fun exhibits like Explore-a-Saurus and the Japanese House.

THE ZOO:

<https://kids.sandiegozoo.org/videos>

There are so many amazing online options when it comes to zoos. Most zoos have live webcams in some of their most popular exhibits. However, some zoos offer a more in-depth look. You'll definitely want to check out the San Diego Zoo. Their site for kids includes behind-the-scenes videos and stories, as well as a variety of printable activities and online games.

<https://www.facebook.com/cincinnati-zoo/live>

While the Cincinnati Zoo is closed and kids are home from school, let us help make your children's hiatus from school fun and educational. Join us for a Home Safari Facebook Live each day at 3pm EDT where we will highlight one of our amazing animals and include an activity you can do from home. There will be a fun activity you can do at home after each video. Click here for past videos and at-home activities-

<http://cincinnati-zoo.org/home-safari-resources/>

<https://www.chesterzoo.org/virtual-zoo/>

Bring Chester Zoo straight to your kitchen table thanks to these fun learning resources. Filterable by educational stage, subject and topic, there's something for every age to be getting along with if you're all stuck inside. On top of lots of live videos already on Chester Zoo's Facebook page, they'll be hosting all-day live virtual tours featuring the kids' favourite animals, so they can enjoy a whole day of animal antics from the comfort of your sofa. Check out the red pandas, Rothschild's giraffes, Asian elephants, and butterflies, before catching up with sun bears, the Sumatran tigers, the Humboldt penguins and the aquarium.

THE AQUARIUM:

You have your pick of live webcams. Some favorites are the Georgia Aquarium's Ocean Voyager webcam (wait for the whale shark!) and the “jellycam” at Monterey Bay Aquarium (so soothing). You can get a more traditional, “self-guided” virtual tour of the National Aquarium, whereas the Seattle Aquarium has a 30-minute video tour. And definitely check out The Maritime Aquarium where you can register for their virtual programs for all grades. Talk to a research vessel captain, learn about water pollution, and more!

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

<https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>

<http://samuraivirtualtours.com/example/nadc/index.html>

https://www.youtube.com/watch?v=mY8_n13tKM&feature=youtu.be

<https://www.maritimeaquarium.org/virtual-programs>

Children's Museum

As grownups, we can't socially distance from our littles. That's why we've put together a list of activities that will allow you to turn a corner of your living room, kitchen, or backyard into a mini Chicago Children's Museum experience. Social distancing also means a lot of family together time. Follow these Recipes for Play at Home to make sure some of that together time is a blast. Keep checking back - we'll be adding to this page frequently!

<https://www.chicagochildrensmuseum.org/recipes-for-play-at-home>

Adult Exercise - Strength Training

May 1st, 2020 from 9:00-9:30am

Today's Facebook video will be a ½ hour strength training workout designed for adults of all ages. Equipment you will want is a heavy set of weights, light set of weights, and resistance bands. Find this at <https://www.facebook.com/ccpld.org/>

Facebook Live Storytime

May 1st, 2020 from 10:00-10:30am

Join the Coal City Public Library for our Facebook Live Storytime event with Ms. Rene. This story time is for kids of all ages. Find this live storytime at <https://www.facebook.com/ccpld.org/>

Fun Fridays - Facebook

May 1st, 2020 from 1:00-1:30pm

Children of all ages join The Coal City Public Library for a Fun Friday activity on Facebook! Find this at <https://www.facebook.com/ccpld.org/>

Online Storytime

May 5th, 2020

Get ready for online storytime! Check out The Three Rivers Public Library's YouTube channel or Facebook page every Tuesday from March 31st - May 5th where new videos will be uploaded each week. Links to each video will be provided in the descriptions below once available.

We encourage kids of all ages to enjoy our online storytimes! Access the Three Rivers Public Library's Facebook page through this link: <https://www.facebook.com/threeriverslibrary/>

Feelings Matter Conversations Series

May 3rd & 6th, 2020 from 9:00-9:30am

The YMCA is proud to partner with Crossroads Counseling Services, LLC to host a series of virtual conversations to help the community navigate through these stressful times. Led by Licensed Clinical Professional Counselor Angela Solis, these weekly 30-minute interactive sessions are designed to help participants find methods to cope with anxiety and stress during the COVID-19 public health crisis. Following each weekly session, a summary of topics discussed and other helpful information will be posted on the Y's website, www.jolietymca.org. Find these conversations at <https://www.jolietymca.org/blog/feelings-matter-conversations-to-help-you-cope-with-stress/>

Iroquois County Food Pantry

Watseka First United Methodist Church
301 S Fourth
Watseka, IL 60970
(815) 432-0122
Call M-F 9-10:30
Call ahead to place an order and schedule pick up time.

Martinton Community Food Pantry

213 W Thomas

Martinton, IL

Tuesday 9-10 am 5:30-6:30pm

Sheldon Area Food Pantry

107 N 4th

Sheldon, IL

Wednesday 9-11 AM

Library Storytimes

Check out these libraries on FACEBOOK For virtual reading time and activities for your Children.

Watseka Public Library

Central Citizens Library District

Kankakee Public Library

Bradley Public Library

Bourbonnais Public Library

Coloring Page



★ Happy Mother's day! ♥