

JUMP START NEWS


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Self-Care

Self-care I-statement



I exercise daily, I practice healthy eating, I socialize, I spend time with my loved ones, I engage in activities I enjoy, I take time out for myself, and I say no to things that are not meeting my needs. I also think humor is a very important part of life.

Having an optimistic outlook also is an important part of self-care.



Parenting Tip of the Month!

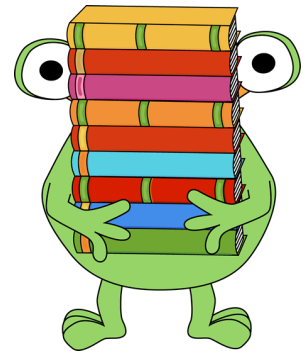
Make sure to look over all candy before your kids dig in to make sure it's in original, unopened wrappers. Children under 3 are at an increased risk of choking, so remove any hard or gummy candies and chewy bars made with caramel, nuts, marshmallows, or raisins. With an increased choking risk, we suggest you save those for yourself!

If you are going to give your baby candy, small pieces of chocolate that can melt in their mouth would be recommended for children under the age of 3.



Books to Read in October

- Double Take - Susan Hood
- Good Morning World! - Jennifer Hilton
- A Cow on the Couch! - Glee A. Penrod
- Pumpkin Soup - Helen Cooper
- Five Little Pumpkins - Dan Yaccarino
- Be Who You Are- Todd Parr
- Pete the Cat and the Missing Cupcakes- James & Kimberly Dean
- The Happiest Book Ever- Bob Shea
- The Butterfly Garden- Laura Weston
- Lola Gets a Cat- Anna McQuinn
- Go to Sleep- Marion Adams



LOL



Food Fun

Mini Pizza Pumpkin Decorating Ideas

Ingredients

- Pizza dough
- Orange shredded cheese
- California Black Ripe Olives
- Basil
- Other toppings your family loves

Instructions

1. To setup your own mini pizza pumpkin decorating station, first make or buy your pizza dough.
2. Once your pizza dough is ready to go, roll out small circular crusts.
3. Once the dough is rolled out, set out your favorite pizza toppings and let your family go to town with their pumpkin decorating.
4. After everyone has decorated their pumpkins, throw them in the oven for 12-15 minutes until the cheese is melted and the dough is cooked.



Mini Pizza
PUMPKINS



Health and Safety

Have a Safe and Happy Halloween!

- S**—Swords, knives, and other costume accessories should be short, soft, and flexible
- A**—Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F**—Fasten reflective tape to costumes and bags to help drivers see you.
- E**—Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat

- H**—Hold a flashlight while trick-or-treating to help others see you when you walk. Make sure to walk instead of running from house-to-house.
- A**—Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L**—Look both ways before crossing the street. Use crosswalks wherever possible.
- L**—Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O**—Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- W**—Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E**—Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E**—Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- N**—Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

STAY SAFE!
Halloween Safety Tips



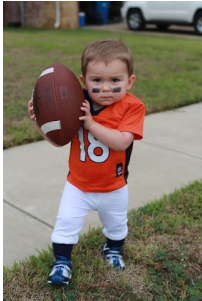
Fun Fact

It is actually very rare for a full moon to occur on Halloween. Although, it's predicted to occur on 10/31/2020.



Creative Corner

Don't let your Halloween costume break the bank. Check out these simple cute Halloween costumes for your infant or toddler. You can find more DIY costumes on Pinterest or Google. Other popular DIY costumes for children are cowboy, cheerleader, Minion, Princess, Pumpkin and farmer. Happy Halloween!



For More Fun Try This....



Play-doh™ Club

October 4 6:30pm - 7:30pm Joliet Library Ottawa Street Branch
(Ages 0-5 with adult) Play-doh Club is once a month in place of Family Story Time. We'll provide the Play-Doh, you provide the creativity! No registration is required.

Lego™ Club

October 5, 12, 19, 26 4:00pm - 7:00pm Joliet Library Ottawa Street Branch
October 23 4:30pm - 5:30pm Joliet Library Black Road 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.

Puppet Workshop

October 4 6:30pm - 7:30pm Joliet Library Black Road Branch
(Children of all ages with adult) Get the family together to make marionettes or finger puppets and learn how to make your own puppet theater at home. Registration opens September 18, 2017.

Sensory Playtime

October 6 9:30am - 11:00am Joliet Library Black Road Branch
(Ages 0-3 with adult) Bring your little ones to explore their senses by feeling, hearing, and touching their way through music, art and messy play. No registration is required.

Storybook Art

October 10 6:30pm - 7:15pm Joliet Library Black Road Branch
October 14 10:15am - 11:00am Joliet Library Black Road Branch
(Ages 0-5 with adult) At this special family storytime, we'll read and create art based on classic children's picture books. No registration is required



Improv Playhouse Presents Stone Soup

October 21 10:15am - 11:15am Joliet Library Black Road Branch
(Children of all ages with adult) Ready to laugh? Enjoy this wacky version of Stone Soup, which is filled with jokes, music and fun! No registration is required

Developmental Stages Screening (BRB)

October 18 9:30am - 12:00pm Joliet Library Black Road Branch
(Ages 0-3) Children ages birth to 36 months can get a free developmental stages screening from Child and Family Connections. Stop by before or after storytime to fill out a survey and see for yourself all the great things your child is learning and doing. No registration is required.



Family Field Trip: Joliet Fire Station

October 26 4:30pm - 5:30pm Joliet Fire Station - 101 E Clinton St

October 26 4:30pm - 5:30pm Joliet Fire Station - 2293 Essington Road

(Children of all ages with adult) See the engines and fire station up close and find out how firefighters do their jobs. Registration with Joliet Library opens October 9, 2017.

Monster Mash

October 28 2:00pm - 3:30pm Joliet Library Ottawa Street Branch

(Children of all ages with adult) Ghouls and boys of all ages: you are invited to a costume party! Dance to morbid music, play gruesome games, and take home terrifying treats! No registration is required.

Halloween Spooktacular

October 30 6:30pm - 8:00pm Joliet Library Black Road Branch
(Children of all ages with adult) Bring the whole family for a Halloween extravaganza! Come in costume for exciting stories, games, crafts, and snacks that will be taking place throughout the library. You will also have the opportunity to meet live Egyptian Fruit Bats and African Straw-Colored Fruit Bats from Incredible Bats. No registration is required.

Scarecrow Making

October 7 11am -1pm Pilcher Park Nature Center - 2501 Highland Park Dr, Joliet

What says Autumn more than making your own scarecrow with beautiful fall colors? All supplies are included; stakes, clothes, accessories, heads and stuffing. All ages welcome. \$5 per scarecrow. Register at jolietpark.org Program #17N-4-8008

Spooky Campfire Night

October 28 4:30-6pm Pilcher Park Nature Center - 2501 Highland Park Dr, Joliet

Spend a spooky, but family-friendly night beneath the stars and towering trees of Pilcher Park. Cozy up to a campfire while roasting marshmallows and listening to eerie stories told by our naturalists. In case of inclement weather, alternate activities will take place inside. Register at jolietpark.org Program #17N-4-8116

YOUNG EAGLES FLIGHT DAY

October 7, 9am - 1pm Joliet Regional Airport - 4000 W. Jefferson St, Joliet

Founded in 1992, the Young Eagles program has dedicated nearly 25 years to giving youth ages 8 - 17 their first free ride in an airplane. This is the only program of its kind, with the sole mission to introduce and inspire kids in the world of aviation. Before each flight, a short ground school will be held to explain the various parts of an airplane and how they work. Following their flight, each Young Eagle will receive a certificate making him/her an official Eagle Flight Member. Today, the Young Eagles program has flown over 2 million kids.

These flights are offered free of charge and are made possible through the generosity of EAA pilots and volunteers. Pre-registration is required and may be done by calling 815-741-7275 ext. 100. *Parental consent is required.

Fall Fest

October 7 3-7pm Godley Park District Grounds
Family fun for all ages! Free amusement rides. Concessions available for purchase. Fireworks at Dusk.

Harvest Fest - FREE!

October 21 4-6pm Central Park - 24856 W Eames St, Channahon

Come celebrate the fall season with family, friends and the Park District. Gather at Central Park to drink hot cider, enjoy a hayrack ride, make scarecrows, cook s'mores over a fire and decorate pumpkins. We will end the evening with a candy scramble at 6:00pm. We will supply the pumpkins and hay all you have to do is bring Scarecrow clothes and accessories

Halloween Fest

October 27 from 6-9pm at Village Park (900 W.Romeo Rd.)

FREE spine-tingling activities include a trick or treat trail, craft area, moon jumps, pumpkins for the first 400 children, a children's entertainer, and a frightening costume contest (for ages 2-12 years)

Trunk or Treat Fun Fair

October 28 2 PM - 6 PM Family Bible Church - 92 Barney Dr, Joliet

Who likes trick or treating? Who thinks we should do it more than once a year? It's your lucky day! Family Bible Church is hosting a Trunk or Treat Fun Fair on Saturday, October 28th. Come get some pre-trick or treating in! We will have fun games, awesome trunk designs, candy, and more! Spread the word! Invite your friends! It's free!!

Big Run Wolf Ranch at Dollinger Farm

October 15 2-3:30pm Dollinger Farm - 420 E Hansel Rd, Channahon

Big Run Wolf Ranch is a federally licensed non-profit educational group specializing in North American wildlife. Big Run's primary objective is conservation through education. John Basile, President, has held a USDA federal license and has been working with large North American predators for 30 years. Come see these beauties in real life

Trunk or Treat

October 27 7-8:30 Smith Family YMCA

Bring your family to this spooktacular event! Decorated cars will fill our parking lot and children can go trunk to trunk and collect candy and play games. There will also be a bounce house and more Halloween fun outside

69th Annual Grundy County Corn Festival Parade

Sunday, October 1st
Downtown Morris, IL

Lots of activities downtown Morris beginning at 11:00 am.
Parade starts at 2:00 pm.

4th Annual Fall Fox Fest

Sunday, October 1 at 9:00 am - 3:00 pm
Downtown Oswego

Oswego, IL
Handmade on Main Artisan and Craft Show! Events for kids, giant slide, food, rescue groups and more!



Bingo for Books

Sunday, October 1 at 2:00 pm - 3:00 pm
Yorkville Public Library
Yorkville, IL

Families come out for some good old fashioned Bingo! Kids will win books for prizes!

First United Methodist Church Garage Sale

Wednesday, October 11th at 9:00 am -7:00 pm
Thursday, October 12th at 9:00 am -5:00 pm
First United Methodist Church
118 West Jackson Street

Fall Fest

Saturday, October 7 starting at 3:00 pm
Godley Park District
Godley, IL

Look for all your favorite fall activities, like hayrides, a pumpkin patch, bonfire, awesome fall-themed concessions, and even music. We'll have the exciting Windjammer Swing, the 24 foot climbing wall, Berry-Go-Round, Mechanical Bull, human spheres, and the Trackless Train. The hayride and amusements will end at 6:15 pm. Fireworks will begin at dusk! Everything is free except concessions.

6th Annual Oswego Literary Festival

Saturday, October 7th at 9:00 am -1:00 pm
Oswego Public Library

Children are invited to join as author, Kathy Elstad presents "Kids Come and Meet Miss Polka Dottie" at 10:30 am. The day will include meet and greet with over 40 local authors and book signings, a book sale hosted by the Friends of the Library, musical entertainment by Fox River Academy of Music and Art student performances and more! The event is free to attend.



Morris Lions Club Fall Classic Car Show 2017

Sunday, October 8th at 7:00 am - 4:00pm
One of the Largest One Day Car Shows in the Midwest!
Tickets are \$5.00 each, kids 12 & under are free
Lyondell/Basell recreation area
5 miles east of Morris on Route 6
8805 N. Tabler Road
Morris, IL

We Care of Grundy County Mobile Food Pantry

Wednesday, October 11th at 4:00-6:00pm
Gardner American Legion
426 Industry Avenue
Gardner, IL

25th Annual Quilt Display

Saturday, October 14th – Wednesday, November 15th
Coal City Public Library
Coal City, IL
Come view our beautiful display of quilts from our very talented patrons.

3 French Hens

Saturday, October 14th at 8:00 am - 2:00 pm
Canal Port Plaza on Illinois Avenue
Morris, IL
A French Country Market featuring Antiques, Artisans,



Celebrating the Life of Laura Ingalls Wilder

Saturday, October 14th at 1:30 pm - 3:00 pm
Little White School Museum
72 Polk Street
Oswego, IL
Little House on the Prairie author Laura Ingalls Wilder turns 150 this year. Celebrate with prairie and pioneer themed stories, crafts and activities. Free Admission!

Morris Cruise Night

Saturday, October 14th at 6:00 pm-9:00 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.

3rd Annual Pumpkin Decorating Contest (Drop off)

Starting Wednesday, October 18th
Voting begins Sunday, October 22nd
Yorkville Public Library
Yorkville, IL
Bring in your UNCARVED decorated pumpkin! Winner will be announced on Tuesday, October 31st.

Storytime at Panera

Friday, October 20th at 10:00 – 10:30 am
Panera Bread
2970 West Route 34
Oswego, IL
Meet the traveling librarians at Panera Bread. The library will bring the stories and Panera will provide the cookies and milk. Registration required. Call 630-978-1272.

Rock Painting – Family Event

Saturday, October 21st at 10:30 am - 11:15 am
Plano Library
15 W. North Street
Plano, IL
Bring your own rocks to paint in collaboration with “Plano Area Rocks”. Paint and brushes will be provided. Registration required by calling 630-552-2025.

Friends of the Library Book Sale

Friday, October 27th – Saturday, November 4th
Plano Library
15 W. North Street
Plano, IL
Used book sale will be held in the meeting room during regular library hours. On Saturday, November 4th, all remaining items will be sold for \$4 per bag (bags are provided)

Monster Mash

Wednesday, October 25th at 10:00 am – 11:30 am
Oswego Library
32 West Jefferson Street
Oswego, IL

Drop in for a monstrous good time. There will be activities and crafts just right for you! Wear a costume to have even more fun! Ages 2-5; no registration required.

Family Game Day

Sunday, October 29th at 1:30 am - 4:30 pm
Minooka Library
Minooka, IL

International Games Week starts today! Help us celebrate by stopping in and trying some of the fun, classic and downright awesome family games we have in store! Open to families of children all ages!

Costume Swap!

Saturday, October 21st at 11:00 am - 4:00 pm
Minooka Library
Minooka, IL

Did your kids grow out of last year's costumes? Stop by the Minooka branch from Oct. 1st -20th to drop off your gently used costumes and accessories and receive a ticket! Then head back for the swap to exchange your ticket for a new-to-you costume! It's easy, green and just in time for Halloween!

Trick or Treat at the Library

Tuesday, October 31st all day
Montgomery Campus of the Oswego Library
1111 Reading Drive
Montgomery, IL

Wear your costumes and stop in Youth Services for a (non-food) treat, while supplies last.



4th Annual Halloween Safety Event

Sunday, October 29th at 10:00 am – 2:00 pm
Montgomery Police Department
Montgomery, IL

This family oriented event offers positive interactions with other community members and police department staff. Children will receive safety tips, prizes and treats along with fun and games. Costume contests will be every hour and are one of the many highlights of our event. Cost is free to the public.

Elwood's Children's Garden Annual Fall Fest

October 1 at 12:30 PM - 3:30 PM Erickson Park S. Diagonal Rd & S. Brandon Rd, Elwood, IL
Adults and children under the age of 2 are free, \$10 per child over the age of 2

Come on out to Elwood's Children's Garden Annual Fall Fest. There will be pony rides, face painting, crafts, and so much more fall fun for the family. Oh My! Treats will be there with our homemade candy to sample and buy. We will have our caramel, toffee, Candybar Pretzels, cake pops, cookies, and caramel apples. So come on out on October 1st and make sure to preorder any treats you may want in advance so we can assure we have what you want and don't run out!

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, June 10-July 29 (no class 6/17) at 10-11 am
Come celebrate Saturday with stories, songs, a craft and free play.

Make & Take Mondays Mondays all day

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

Messy Munchkins (0-3years) Monday Oct 16th 10:30am or 6:30pm. Register 630-552-2025

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 Oct 21 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

Yorkville Library

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

Tots & Toddlers (toddler to 3 yrs) Oct 13 10:15-10:45

Drop in Story Time, Friday, Oct 6 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

