

JUMP START NEWS

Volume 13 Issue 10

October 2020



Creative Corner

Pumpkin Apple Stamps

Materials:

- Apples
- Orange craft paint
- Green craft paint
- Paint brushes
- Cutting board
- Knife
- White paper



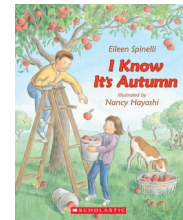
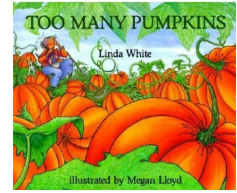
Directions:

1. (Parent step) First cut your apples in half, dry inside and outside with paper towel
2. On a paper plate or scrap paper, squirt a little orange paint on one, and green on the other
3. Using the inside of the apple as a stamp, dip the inside of your apple in orange paint, making sure it's completely covered in paint, then stamp on your white paper
4. Using a paint brush, paint a leaf and stem of the top of your pumpkins
5. Let your beautiful pumpkins dry and display proudly



Books to Read To Your Child in October

- Pumpkin Circle- George Levenson
- Hello, Harvest Moon- Ralph Fletcher
- Too Many Pumpkins- Linda White
- Pumpkin Jack- Will Hubbell
- It's Not All About Rainbows- Jessica Innerbner
- I Wonder- Kari Anne Holt
- Sunny Day- Joe Raposo
- The Space Walk- Brian Briggs
- I Know it's Autumn- Eileen Spinelli
- A Friend for all Seasons- Julie Hubrey



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



October Self-Care Reflection

Take a moment to reflect on the last season. Although current events have affected all of us differently, we can all agree that we have all experienced change in some way. Let this new season remind us that change can be beautiful. Take a moment to reflect on some of the positive things that have come out of this situation. All the new ways you have learned to do things. Hopefully you find yourself preferring some of the “new ways” better. While some may be causing stress. Remember that it is important to pay attention to your body.

We get to work with Infant & Early Childhood Mental Health Consultant, Tammy Livingston LCSW, I/ECMH-C. Tammy provides us support in the work we do with families. One of the programs Tammy has presented to us is the Mother’s and Babies Program. The Mother’s and Babies Program is designed to provide evidence based support to moms and their babies as a prevention initiative of post-partum depression. This body scan meditation is one of the tools used during some of the sessions. Before reflective meetings Tammy often begins sessions by guiding us with a body scan meditation. This offers the opportunity to bring awareness and mindfulness, checking in with your body so to speak. If you are ready to give it a try below you will find a helpful script you can use. In the beginning it may be helpful to have someone read it to you. Once you get familiarized with it you can meditate alone or even use it to guide someone else. Enjoy.

Begin by bringing your attention into your body.

You can close your eyes if that’s comfortable for you.

You can notice your body seated wherever you’re seated, feeling the weight of your body on the chair, on the floor.

Take a few deep breaths.

And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.

You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.

You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.

Notice your back against the chair.

Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.

Notice your hands. Are your hands tense or tight. See if you can allow them to soften.

Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

Notice your neck and throat. Let them be soft. Relax.

Soften your jaw. Let your face and facial muscles be soft.

Then notice your whole body present. Take one more breath.

Be aware of your whole body as best you can. Take a breath. And then when you’re ready, you can open your eyes.

Self Care



Reflexión sobre el cuidado personal de Octubre

Tómate un momento para reflexionar sobre la última temporada. Aunque los acontecimientos actuales nos han afectado a todos de manera diferente, todos podemos estar de acuerdo en que todos hemos experimentado el cambio de alguna manera. Dejemos que esta nueva temporada nos recuerde que el cambio puede ser hermoso. Tómate un momento para reflexionar sobre algunas de las cosas positivas que han surgido de esta situación. Todas las nuevas formas en que ha aprendido a hacer las cosas. Es de esperar que se encuentre prefiriendo mejor algunas de las "nuevas formas". Si bien algunos pueden estar causando estrés, recuerde que es importante prestar atención a su cuerpo.

Trabajamos con la consultora de salud mental para bebés y niños pequeños, Tammy Livingston LCSW, I / ECMH-C. Tammy nos brinda apoyo en el trabajo que hacemos con las familias. Uno de los programas que nos ha presentado Tammy es el Programa para madres y bebés. El Programa para madres y bebés está diseñado para brindar apoyo basado en evidencia a las mamás y sus bebés como una iniciativa de prevención de la depresión posparto. Esta meditación de exploración corporal es una de las herramientas que se utilizan durante algunas de las sesiones. Antes de las reuniones de reflexión, Tammy a menudo comienza las sesiones guiándonos con una meditación de exploración corporal. Esto ofrece la oportunidad de generar conciencia y atención plena, registrándose con su cuerpo, por así decirlo. Si está listo para intentarlo a continuación, encontrará un guión útil que puede usar. Al principio, puede ser útil que alguien se lo lea. Una vez que te familiarices con él, puedes meditar solo o incluso usarlo para guiar a otra persona. Disfrute.

Empiece por atraer su atención a su cuerpo.

Puede cerrar los ojos si le resulta cómodo.

Puedes notar tu cuerpo sentado donde sea que estés sentado, sintiendo el peso de tu cuerpo en la silla, en el piso.

Respire profundamente unas cuantas veces.

Y a medida que respire profundamente, introduzca más oxígeno para animar el cuerpo. Y mientras exhala, tenga la sensación de relajarse más profundamente.

Puedes notar tus pies en el piso, notar las sensaciones de tus pies tocando el piso. El peso y la presión, la vibración, el calor.

Puedes notar tus piernas contra la silla, presión, pulsaciones, pesadez, ligereza.

Observe su espalda contra la silla.

Dirija su atención al área de su estómago. Si su estómago está tenso o apretado, deje que se ablande. Tomar un respiro.

Fíjate en tus manos. ¿Están sus manos tensas o apretadas? Vea si puede permitir que se ablanden.

Fíjate en tus brazos. Sienta cualquier sensación en sus brazos. Deja que tus hombros estén suaves.

Observe su cuello y garganta. Que sean suaves. Relajarse.

Suaviza tu mandíbula. Deja que tu rostro y tus músculos faciales estén suaves.

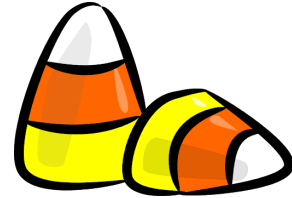
Luego observe que todo su cuerpo está presente. Toma un respiro más.

Sea consciente de todo su cuerpo lo mejor que pueda. Tomar un respiro. Y luego, cuando esté listo, puede abrir los ojos.

Fun Fact

Created in the 1880s by George Renninger, it was sold to the masses by Goelitz Confectionery Company (now Jelly Belly Co.) at the turn of the century.

Because corn is what was used to feed chickens, the creation was called "Chicken Feed" and the box was marked with a colorful rooster.



Food Fun

Peanut Butter and Jelly Spider Sandwiches



1. Cut two circles out of bread using a cookie cutter or a glass to cut around.
2. Put the peanut butter/jelly between.
3. Stick 8 pretzel sticks in for the legs
4. Top with 2 tiny chocolate chips for eyes.

Health and Safety

Halloween Safety Tips Every Parent Should Know

Make trick-or-treating fun and safe with these simple steps.

Face Facts:

- Masks can obstruct your child's view, instead apply non-toxic face paints.
- Make sure oversized hats, helmets, or headpieces won't interfere with their vision.

Costume Cautions:

- Choose bright colors that make your child more visible in the dark.
- Any store bought costumes and accessories (masks, beards, wigs) must be labeled "flame resistant."
- Avoid oversized clothing. It makes it hard to walk and can come in contact with open flames from a jack-o-lantern.
- Your child should wear shoes that fit to avoid tripping.
- If you allow your child to carry a prop sword or knife, it should be made of soft plastic or rubber so it can bend if your child falls while carrying it.

While Trick-or-Treating:

- Make your child easy to see by adding reflective tape or stickers to their costume.
- See if neighbors will be home while it's still light out, and visit houses then if they're ready for trick-or-treaters.
- Give your child a flashlight with fresh batteries.
- Tell your child to go only to homes with outside lights on.

Practice Street Safety:

- Remind your child of everyday safety tips like looking left, right, and left again before crossing the street, continuing to look as he/she crosses, and waiting for you at street corners before proceeding.
- Kid should stay on sidewalks at all times. Cutting through people's yards can lead to accidents when things like clotheslines and other hazards are hard to spot.

Before Eating Treats:

- Have your child wait until you've inspected his/her treats before they eat them.
- Discard anything slightly or not completely wrapped.
- If your child is allergic to nuts, check all treats carefully before he/she digs in.
- Kids under four shouldn't have popcorn or hard candy -- both are choking hazards.



Spooky Scavenger Hunt

Four Rivers Environmental Education Center
25055 Walnut Ln, Channahon

Free | All Ages | No registration required

Search for spooktacular items in the forest with your friends, families or scout groups! Some items may be natural, while some items may be SUPER natural! Other items may be unnatural! Can you find them all as you meander through the forest?

Stop by Four Rivers Environmental Education Center to get a map of the route and a list of items, and see if you can find them all! It will be a spooktacularly fun time!

This program will be held throughout October. Visitor center hours are 10 a.m. to 4 p.m. Tuesdays through Saturdays and noon to 4 p.m. Sundays. It is closed Mondays.

Northern Illinois Food Bank Pop-Up Drive-Thru Markets

October 3, 2020 at 9 AM – 12 PM

Joliet Junior College - 1215 Houbolt Rd, Joliet

JJC is proud to once again team with the Northern Illinois Food Bank to offer a place for students and community members to drive through to receive groceries. Anyone in need of food assistance during this uncertain time is welcome to attend. No identification or proof of address or income is required to receive food.

The pop-up market takes place in Parking Lot E3 on JJC's Main Campus, 1215 Houbolt Road in Joliet.

Program in a Bag: Kitchen Science

October 1 at 9AM-9PM

Joliet Public Library

Explore the wonders of science by creating projects and experiments in your very own kitchen. Registration closes September 24. Pickup is October 1-14. Registration required by September 24 <https://jolietlibrary.libcal.com/event/6968021>

Dave DiNaso's Traveling World of Reptiles

October 4 at 2PM-4PM

Dollinger Family Farm - 7420 E. Hansel Rd., Channahon

Have you ever wanted to hold a reptile? Then you need to join us on October 4th at 2pm for an interactive presentation by Dave DiNaso.

Preschool Explorers

October 7 at 10:30 AM – 11 AM

This is an online event hosted by Joliet Public Library (Ages 2-5) Children will explore topics with hands-on activities in a live session. This month is all about movement!

Registration required ☐

<https://jolietlibrary.libcal.com/event/7099026>

Family Fun Day

October 4 at 12PM-2PM

Nova Quarter Horses, Inc. - 10129 187th St., Mokena

Bring your family to our barn for a few hours of horsing around! Meet our horses, saddle up for a riding lesson and enjoy a picnic style lunch on us! Advance registration required

Rx Mobile Food Pantry

October 8th and 22nd at 10 AM – 11:30 AM

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 the Joliet Park District and Northern Illinois Food Bank to host Mobile Food Pantries.

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

Joliet Park District | 3000 West Jefferson Street
(East parking lot on Infantry Drive)

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

Storytime on The Farm Every Monday!

October 5, 2020 at 4:30 PM – 5:45 PM

Dollinger Family Farm - 7420 E Hansel Rd, Channahon

Come to the farm every Monday to view an engaging virtual storytime with Three Rivers Public Library. Miss Renee will tell a story at 15 minute intervals and Grab N

Go craft bags will be available on a first come first served basis.

Family Pumpkin Decorating

October 8 at 4PM-5PM | Joliet Public Library - 150 N. Ottawa St., Joliet

ALL AGES | FREE | Registration is required.

Celebrate Fall! Decorate a mini pumpkin at the library. Pumpkins and materials will be provided by the library. Families who register can drop in anytime during the event. In the event of rain, registrants can stop by for a take-home pack. Please wear a mask! Registration is required, opens September 21 <https://jolietlibrary.libcal.com/event/7003560>

A Heart to Heart with Mom

October 8 at 7 PM – 8:30 PM

An online roundtable discussion and problem-solving session for parents of kids, teens and young adults with Autism Spectrum Disorder (ASD).

Share your challenges, learn effective strategies and gain comfort from the common experiences of moms and dads like you.

Best of all, leave with the feeling that there's hope, there's help and you're not alone.

We at ARM are doing our best to promote privacy and confidentiality to assure a safe, respectful and supportive group environment through videoconferencing. After you RSVP here, click this Zoom registration link to access the meeting:

<https://us02web.zoom.us/join/zoom/register/tZlpcOGrpzMoH9z4Ie4o4akTUVZqItRv5JyS>

It's free. Limited spots available.

Saturday Shopping Days

Swaddling Clothes of River of Life Lutheran Church
24901 S. Sage St, Channahon
October 10, at 9 AM – 12 PM

Swaddling Clothes is a free store for parents who need a little help getting clothing, diapers, and other baby-related supplies for their little ones. 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.

Craft Fair

October 18 at 9AM-3PM

Bronkberry Farm - 18061 S. Bronk Rd., Plainfield
Craft and Vendor Fair. Please support our local Vendors.

Sensory Friendly Playdate: Hoot Owl Hoot

October 11th at 10 AM – 11 AM

Four Rivers Environmental Education Center - 25055 W. Walnut Ln, Channahon

Free | All Ages

This program offers families with sensory processing needs a chance to experience Four Rivers Environmental Education Center and the trail outside on their own terms. The center will not be open to the public during this program, allowing for a special, small group experience. Accommodations will be made where possible. Investigate what makes native owls special through crafts and hands-on activities.

Registration required by Thursday, October 8, by calling 815.722.9470 or online:

<https://apm.activecommunities.com/.../sensory.../7237>

This program will take place primarily indoors in an accessible facility and briefly outdoors on a paved trail, no longer than 0.10 mile. Outdoor activities may take place on natural surfaces across 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-...>) no later than 48 hours before the program.

The 'Spooktacular' Jack-O-Lantern Derby

October 10, 2020 at 1 PM CDT – 5 PM CDT

Croatian Cultural Club - 1503 Clement St, Joliet

What is the 'Spooktacular' Jack-O-Lantern Derby? Tons of fun as Pumpkin Racers are released down the Remin Kart-a-Bag race track for head-to-head competition to cross the finish line first!

Family Pumpkin Decorating

Joliet Public Library - Black Road Branch - 3395 Black Rd, Joliet

October 10, 2020 at 10 AM – 12 PM

All ages | FREE

Celebrate Fall! Decorate a mini pumpkin on the library lawn. Pumpkins and materials will be provided by the library. Registration is required. Families who register can drop in anytime during the event. In the event of rain, registrants can stop by for a take-home pack. Please wear a mask!

Trick-or-Treat on The Farm and Costume Contest

October 25 at 1 PM – 2 PM

Dollinger Family Farm - 7420 E. Hansel Rd, Channahon
Come to the farm dressed in your Halloween costume and have a fun afternoon trick-or-treating! Register for the costume contest at the Gift Shop between 12:30pm and 1:00pm. . FREE ADMISSION!

Diaper Depot

October 11 at 6 PM – 8 PM

New Life Lutheran Church Bolingbrook - 249 N. Bolingbrook Dr, Bolingbrook

We serve the needs of our community by providing free diapers. Currently this is DRIVE THRU - CURBSIDE PICKUP ONLY until further notice. Families can receive one pre-packaged bundle of diapers per child - limit two children per household. Depot will be open 2nd & 4th Sunday of every month. Guests only need to provide zip code & household size. No residency restrictions, no paperwork needed.

Pirates and Princesses

October 11 at 1PM-4PM

Dollinger Family Farm - 7420 E. Hansel Rd., Channahon
Spend the afternoon with your favorite princesses and pirates! Take photos with Elsa, Belle, Snow White and real pirates! Wear your princess dresses and pirate garb and spend the afternoon playing in the castle and pirate ship

Virtual Dinosaur Adventures - Joliet Library

October 14 at 6:30PM-7:15PM

Joliet Public Library-Virtual Program

Kids come on a mini adventure with T-Rexplorers as we tell you tales of things you will see on a real dinosaur dig. We'll read you a story written by a young Jr. Paleontologist while we show you 5 different clues that dinosaurs did exist! See real dinosaur fossils and have some fun! Please register with the Library for this session, only 50 will be able to join. The library will issue the link to the session prior to the program. We will do Q&A for 15 minutes at the end of the session and ask that Parents Submit Questions via the Zoom Chat.

Homesmart Orland Park Trunk or Treat

October 30 at 4PM-6PM

Orland Park Civic Center - 14750 S. Ravinia Ave., Orland Park

HomeSmart Realty of Orland Park invites you to join us at our trunk or treat at Orland Park Civic Center. Fun for the whole family. Masks are encouraged!

Baby Book Club

Watseka Public Library Website

Central Citizens Library District Facebook page

Homesmart Orland Park Trunk or Treat

October 30 at 4PM-6PM

Orland Park Civic Center - 14750 S. Ravinia Ave., Orland Park

HomeSmart Realty of Orland Park invites you to join us at our trunk or treat at Orland Park Civic Center. Fun for the whole family. Masks are encouraged!

Braidwood Lions Club's Annual Halloween Hot Dog Giveaway

October 31 at 2PM-5PM

Braidwood City Park - 227 W 3rd St., Braidwood

Due To Current COVID Restrictions We Will Be Doing A Drive-Thru Style Event This Year

DETAILS (see attached map for additional directions): Drivers Enter The Park Thru The North Entrance On Third St. | Pull Up In The Gravel Along The North Side Of The Pavilion | Roll Down Your Window And Tell The Volunteers How Many Meals You Need | Meals In To-Go Containers Will Be Handed Thru Your Window | Take Them Home And Enjoy!!

Free Meals Will Include: Hot Dog, Bag of Chips, Bag of Popcorn, Ketchup & Mustard Packet | No Drinks Will Be Available This Year | No Eating Will Be Allowed Underneath The Pavilion | No Walk-Ups Please | Rain Date: Sunday November 1, 2020, Same Timeframe

Curbside Care

Wednesday, October 14, 2020

11:00AM to 2:00 PM

Pregnancy Resource Center

260 N Washington St

Kankakee, IL 60901

Diapers, Wipes, and Baby Essentials

Coloring Page

