

JUMP START NEWS

Volume 13 Issue 9

September 2020



Creative Corner

Materials:

- Fallen leaves
- Paint brush
- Paint
- Paper



Directions:

1. Begin by taking a walk to collect fallen leaves.
2. Then, set kids up with paint and paper and have them paint with the leaves.
3. Finally have them press the painted side down on the paper.



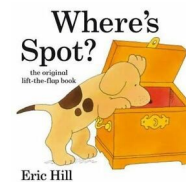
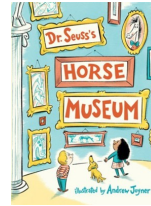
Fun Fact

Sea otters have a pouch under their forearm to store their favorite rocks.



Books to Read To Your Child in September

- Crocodiles Need Kisses Too by Rebecca Colby
- The Box Turtle by Vanessa Roeder
- In a Jar by Deborah Marcero
- Horse Museum by Dr. Seuss
- The Serious Goose by Jimmy Kimmel
- Jack at Bat by Mac Barnett
- The Bug Girl by Sophia Spencer
- Birdie and Me by J.M.M Nuanez
- Where's Spot by Eric Hill
- What's Up, Duck? By Tad Hills



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 YOUR WAY BACK TO SCHOOL TOGETHER

1 Routines shmootines...

Be optimistic but realistic.

Setting daily routines can help keep everyone on task, however sometimes plans change. Anticipating these changes can make it a smoother transition for everyone. Throw in a mental health day here and there as they are also a win win for everyone.

2 Talk about your thoughts and feelings.

How did you survive your first day of school?

Normalize talking about feelings of excitement and worry. Be mindful of your own stress levels and how that impacts your child. By modeling your own stress reduction and mindfulness, you are helping your child manage their own as well.

3 Reach out to others.

We are connected!

Keeping an open line of communication with teachers and other parents can be most supportive. Information and resources can also be found on your child's school social media page and the Jumpstart Program's Facebook and Instagram pages.

4 Keep it simple!

Self-Care together.

It doesn't have to be complicated. Understand what self care means to you. It can be as simple as getting some fresh air, going for a walk, talking to a friend, or reading a book. Enjoying yourself and being mindful and present is key.

5 Write down the self-care goals!

Keep going.

Find a way to track your progress. Share with a friend or your home visitor for accountability and support!



CUÍDENSE JUNTOS PARA VOLVER A LA ESCUELA

1 Rutinas shmootinas ...

Sea optimista pero realista.

Establecer rutinas diarias puede ayudar a que todos se concentren en la tarea; sin embargo, a veces los planes cambian. Anticipar estos cambios puede hacer que la transición sea más sencilla para todos. Agregue un día de salud mental aquí y allá, ya que también son beneficiosos para todos.

2 Hable de sus pensamientos y sentimientos.

¿Cómo sobreviviste a tu primer día de clases?

Normalice hablar sobre sentimientos de emoción y preocupación. Sea consciente de sus propios niveles de estrés y de cómo eso afecta a su hijo. Al modelar su propia reducción del estrés y atención plena, está ayudando a su hijo a manejar el suyo también.

3 Acércate a otros.

Nosotros estamos conectados

Mantener una línea de comunicación abierta con los maestros y otros padres puede ser de gran ayuda. También se puede encontrar información y recursos en la página de redes sociales de la escuela de su hijo y en las páginas de Facebook e Instagram del Programa Jumpstart.

4 ¡Mantenlo simple!

Autocuidado juntos.

No tiene por qué ser complicado. Comprende lo que significa el cuidado personal para ti. Puede ser tan simple como respirar aire fresco, salir a caminar, hablar con una amiga o leer un libro. Disfrutar y estar atento y presente es clave.

5 ¡Escriba los objetivos de cuidado personal!

Sigue adelante.

Encuentre una manera de seguir su progreso. ¡Comparta con un amigo o con su visitante domiciliario para obtener apoyo y responsabilidad!

Health and Safety

Flip inflatable kiddie pools to prevent rainwater buildup that children could fall into.



WATER SAFETY Many public pools and beaches may be closed this summer. Follow the guidance of state and local officials. Make sure the area is designated for swimming. Once there, maintain social distancing, both in and out of the water, between you and people who don't live with you. If you don't think your child can do this, come up with another activity.

- Wear face coverings on land, especially when physical social distancing is difficult. Do not wear them in the water as it may be difficult to breathe.
- Don't share goggles, nose clips, snorkels or other personal items.
- A kiddie or inflatable pool can be a great way to have fun, but be sure to provide constant supervision to children in and around the water.
- Don't swim alone and only swim in designated areas supervised by lifeguards.
- Constantly supervise children around water and avoid distractions. If you have a pool, secure it with appropriate barriers.
- In group situations, designate a water watcher whose sole responsibility it is to oversee the activity in the water.

Food Fun

Ingredients:

- Saltine Crackers
- Tomato Sauce- I used a garlic spaghetti sauce.
- Italian Shredded Cheese
- Pepperonis or other toppings



Directions:

1. Preheat Oven to 400 degrees. Line a cookie sheet with saltine crackers. Be sure the crackers are flat. Add a dollop of sauce to each cracker, sprinkle cheese and add additional toppings.
2. Bake for 8-10 minutes or until the cheese is melted and bubbly. Let cool.
3. Enjoy!

Virtual Kitchen Science with Miss Kate: All About Rain

September 1, 8, 15, 22, 29 10AM-11AM

White Oak Library-Virtual

Do you know how rain clouds work? Watch Miss Kate demonstrate how rain clouds work and learn all about RAIN!

Supply list: Blue Food Coloring, Shaving Cream, Jar (I'm using a Mason Jar), Ziploc Baggie, Tape

Take-it Make-it

Every day in September, All day (Drop in)
Fountaindale Public Library | 300 W. Briarcliff Rd., Bolingbrook, IL

An instructional video will be available at fountaindale.org/youtube starting Sunday, August 30. Pick up a kit at the Children's Services Desk until Wednesday, September 2, while supplies last.

Popcorn Popup Drive-In Evening Movie

Orland Park Crossing - 14225 95th Ave, Orland Park

We're bringing back one of the best old-school events! Join us at Orland Park Crossing each month for our new Popcorn Popup Drive-In Movies! ☐☐ We're so excited to bring this series to Orland Park as part of our Pop Local pop-up experiences.

Coming Up:

September 3rd @ 7:00pm - The Fox and the Hound

October 8th @ 7:00pm - The Addams Family (1991)

FOR TICKETS: ☐ Follow Orland Park Crossing on Facebook:

<https://www.facebook.com/OrlandParkCrossing/>

☐ Follow Orland Park Crossing on Instagram:

<https://www.instagram.com/shoporlandparkcrossing/>

☐ Follow Orland Park Crossing on Twitter:

<https://twitter.com/OrlandParkXing>**Food Pantry Service Dates**

September 5, 12, 19, & 26th at 10 AM – 12 PM
4 KIDS Sake Food Pantry & Enrichment Center
192 Lily Cache Ln, Bolingbrook

Cardboard Cat Condo Craft

September 5th 12:30PM-4:30PM

White Oak Library-Crest Hill Branch | 20670 Len Kubinski Drive, Crest Hill

Use our supplies to build your cat (or other small pet) a cardboard condo, castle, rocket ship, or other fun play box! Adults and families welcome. Sharp tools must be handled by an adult. This event will be held outdoors with socially distanced tables. One table per household - please register by household. Please dress appropriately for the weather. Shade is not guaranteed. Supplies will include cardboard boxes (two medium boxes per household), non-toxic glue, utility knives, twine, paint, markers, scrapbook paper. Patrons are welcome to bring extra cardboard and decorating supplies.

Family Fun Hike at Isle a la Cache

September 5th 10AM-11AM

Isle a la Cache | 501 E Romeo Rd., Romeoville

Fee: Free!

Age: All ages. (Children must be accompanied by a registered adult.)

Bring your family outside to hike through the woods along the Des Plaines River with a naturalist. Stop at designated spots along the way to try fun activities. We might play animal Simon says, discover the age of a tree, listen to bird calls and more! The program is geared toward 6- to 12-year-old participants, but the entire family is welcome. Meet in the lawn area in front of the museum's main entrance.

Registration required by Friday, September 4, by calling 815.886.1467 or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/family-fun-hike-at-isle-a-la-cache/7204

Please dress for any type of weather, including shoes that can get muddy. This outdoor activity will take place on natural surfaces across uneven terrain. Be prepared to walk 0.5 miles. 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.

West Suburban Community Pantry Mobile Visit

September 9th 4PM-5PM

White Oak Public Library-Romeoville Branch | 201 W. Normantown Road, Romeoville

Are you hungry? If you don't have enough to eat, West Suburban Community Mobile Pantry in partnership with Northern Illinois Food Bank can help. West Suburban Community Pantry's online food pantry makes it easy and fast to get free groceries for those in need of food assistance.

STEP ONE - Visit WSCPSTORE.org to sign up and shop

Select a pickup date and location

Bring photo ID to pick up groceries

Please bring your own bags and boxes. Items will be distributed in the Library parking lot from 4:00 - 5:00 pm.

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Bicentennial Bluffs Fall Trash Bash

September 12th 10 AM – 11 AM

St. Mary Nativity Parish - 706 N Broadway St, Joliet
Join the Bicentennial Bluffs Neighborhood at their Fall Trash Bash Saturday, September 12th beginning at 10am.

We will be starting with supply distribution and complimentary donuts from Home Cut Donuts in front of St.

Mary's Nativity, 706 N. Broadway St. Garbage bags, grabbers, gloves and masks will be provided for FREE!

Kids garbage scavenger hunt is the game to play with multiple winners of some awesome prizes. Bring your friends, family and co-workers with you while we clean up our neighborhood!

Any questions, please reach out via messenger or email at Bicentennialbluffs@yahoo.com

Rx Mobile Food Pantry

September 10th & 24th 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)-

Drive By Touch a Truck

September 12th 10AM-12PM

Kankakee Valley Park District | 893 W Station St., Kankakee
FREE FAMILY EVENT! Explore the vehicles that keep our community running safe and smoothly! This year we will be a little different. We ask that you enter off of Wall Street coming into Bird Park and exit out onto Station Street. You will be able to explore the different vehicles from your car as you drive through the Bird Park parking lot.

Stroll With Me

September 12th 9 AM – 10 AM

Free | All ages

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

Soak up the last bits of summer sunshine! Be it a single, a double or even a triple stroller, we'll travel through the prairie and explore nature on wheels. Plan on multiple stops to stretch little legs and get our hands dirty.

Registration required by Friday, September 11, by calling 815.722.9470 or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/stroll-with-me/7189

Caterpillars of September

September 16th 6 PM – 7 PM

Free | All ages

September is a great time of year to see cute caterpillars and beautiful butterflies! In this virtual program, we'll take a closer look at caterpillars you are likely to see, share tips on finding caterpillars, and explore one September caterpillar's magnificent journey. Registration is required by Tuesday, September 15:

https://fpdwc.zoom.us/webinar/register/WN_sWCcBFUNR0CAHo7GUp5Kcw

The meeting ID and password for the Zoom session will be sent via email after registration.

.Construction Party

September 19th 1PM-3PM

Godley Park District | 500 S. Kankakee St.

Ages: 2-6 years (1 parent must stay with child)

Fee: \$10 (Register/Pay by: September 12)

Any little builders or truck and equipment enthusiasts are encouraged to attend our 1st Construction Party, complete with fun construction themed activities and snacks!

Aunty Anne's in Wilmington

September 19th 12PM-7PM

RT66 Old School Brewing | 110 Bridge St., Wilmington

We are coming to the RT66 Old School Brewing! Everything is baked right on our new food trailer! We hope to see everyone. We will have our famous lemonade as well. We will have the following items: Pretzel Cinnamon Sugar and Salted, Nugget Buckets - Salted or Cinnamon Sugar, Pretzel Dogs, Lemonade, Pepperoni Pretzels

All Abilities Family Hike

September 19th 2 PM – 3:30 PM

Free | All ages

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

Build a sense of confidence, community and wellness on the trail. No matter your level of mobility or ability, this hike is just right for your family. Explore the trail using all your senses. This guided hike will be approximately 0.4 miles and take place on a paved trail. Anyone who requires an auxiliary aid or service to participate in this program should submit a request online.

Registration required by Friday, September 18, 815.722.9470, or online:

https://apm.activecommunities.com/fpdwc/Activity_Search/all-abilities-family-hike/7196

Big Run Wolf Ranch

September 20th 2 PM – 4 PM

Free | All ages

Dollinger Family Farm - 7420 E Hansel Rd, Channahon
See wild animals close up! Big Run is a nonprofit, licensed, educational facility specializing in conservation of North American wildlife. Every year they bring their exhibit to Dollinger Family Farm! For more information visit <https://www.dollingerfarms.com/calendar-events>

5th Annual PIP FEST

September 20th 11 AM – 3 PM

BirdHaven Greenhouse - 227 Gougar Rd, Joliet
35 +Vendor Craft Show - Pets for Adoption- DJ -Kidzone with bouncy house, snow cones, popcorn etc...-Raffle Baskets-50/50 split the pot- Motorcycle Show -Chubby goat acres - Low cost veterinary service coupons -Food pantry - Cat Adoption Room at the Beautiful grounds of Birdhaven Greenhouse

Touch-A-Truck

September 23th 10 AM – 1 PM

Joliet Park District - 3000 W Jefferson St, Joliet

There will be:

- Zoo for You Petting Zoo
 - Pony Rides
 - Bounce Houses
 - Party Hopper
- Wristbands \$5.00
- Joliet Police Department
- Joliet Fire Department
 - Chuck E. Cheese
 - Candy & Corn
 - Chili's
- Texas Roadhouse
- Emediate Cure

Family Fun Fest Joliet

September 26th 12 PM – 4 PM

Joliet Stadium - 1 Mayor Art Schultz Dr. Joliet

Plan on spending the day at Family Fun Fest. Enjoy a variety of fun, family-based activities, and learn about local community resources. Children under the age 15 are free!

All others only \$2.

Local Entertainment, Games, Food, Music, Medieval Sword Fighting, Home Depot Workshop, Face-painting, Costume Characters, Touch-A-Truck, Baseball, Basketball, Golf, Community Booths, Child Fingerprinting & ID, Raffles and more!

Free Admission for children 15 and under. \$2 admission for all others. All children must be accompanied by an adult. Chips, Hot Dog, and Drink additional \$2

Pumpkin days Grand Opening Weekend

September 26th-27th 10AM - 4PM

Children's Farm at the Center | 12700 Southwest Hwy,
Palos Park, IL

Mark your calendars for our Pumpkin Days Grand
Opening Weekend!

Open barns, Hay-rack rides, Live music, You-pick
pumpkin patch, Food concessions, Vendors, Spooky
Woodshed, Haunted Hay Tent

In an effort to keep our guests and volunteers safe, we
have several safety and sanitation precautions in place
for our Pumpkin Days events. Check our website for
full details. thecenterpalos.org

Free Nature Program - Mammal Mania

September 23th 6 PM – 7 PM

Hidden Oaks Nature Center - 419 Trout Farm Rd, Boling-
brook

All ages welcome! Explore the wonderful world of mam-
mals and discover what animals like bats, polar bears, and
coyotes have in common. Register now as spots fill up
fast! bit.ly/MammalMania #50YearsOfFun
#JustGettingStarted #WhereTheFunIs

SOAR-Save Our American Raptors

September 17 2PM-4PM

Dollinger Family Farm | 7420 E. Hansel Rd. Channahon
Learn about native birds of prey and see them in action!

Coloring Page

