

JUMP START NEWS

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Christine Says...

Now that school is back in session, we need to make sure that we continue to stay on top of things. Many families have a difficult time with time management. Time management involves organizing your time, organizing your space and learning to set priorities. The following are tips that will not only help you as a parent feel better about managing your time, but will also provide for more family time and creating happy, healthy children!

- Have a family calendar. Make sure to write things down.
- Make a “to do list” every day. Try to put no more than 5 things on it so that you can feel successful! Make sure to put the most important thing at the top of your list. So, if things get hectic, at least you have finished the most important thing!
- Get rid of all the clutter in your home. If children are always misplacing things and you are out of space to put things in, clutter is a problem.
- Create a space that allows children to keep things organized. Teach children that there is a place for everything and things need to be returned to their space each night.
- Don’t forget to schedule time for fun, relaxation or just hanging out as a family!



Let’s Get Things in Order!



Food Fun

Johnny Appleseed was a legendary American who planted and supplied apple trees to much of the United States of America. Many people think that Johnny Appleseed was a fictional character, but he was a real person. Johnny Appleseed Day is celebrated in September so what better way to honor him than to make our own homemade applesauce!?

TOTAL TIME: 40 min.

PREP: 10 min.

COOK: 30 min.

SERVINGS: 6-8

INGREDIENTS

- 4 granny smith apples, peeled, cored and chopped
- 4 Red Delicious apples, peeled, cored and chopped
- 1 cup water
- ½ cup brown sugar
- ¼ teaspoon ground allspice (optional)
- ½ teaspoon ground cinnamon



DIRECTIONS

- Put water and apples in pot.
- Bring to a boil.
- Reduce heat to low. Simmer approx. 25 minutes, or until soft -- stirring occasionally.
- Slightly mash apples. Add sugar, cinnamon and all spice.
- Mix well, and let simmer about 5 more minutes.
- If you want a smoother texture sauce, pour into a blender, and Puree until desired texture.

Creative Corner

Ingredients

- 1 bottle of chilled blue glitter glue
- Up to 8 oz of cold liquid starch



Method

This recipe could not be more simple. Begin by refrigerating your liquid starch and blue glue for a few hours. We placed ours in the fridge overnight so that it would be icy cold and ready for play the next day. Once the ingredients are cold combine them in a bowl and mix well. Add the glue to your bowl first, and then slowly add up to one cup of starch and mix. Using cold ingredients seemed to slightly alter the proportions needed; Rosie and Jewel used slightly more glue than starch for this specific recipe, and that gave us the perfect slime.



Johnny Appleseed Day

Date When Celebrated: September 26th.

Johnny Appleseed Day honors one of America's great legends. Johnny Appleseed was a real person. John Chapman was among the American settlers who were captivated by the movement west across the continent. As Johnny Appleseed travelled west, he planted apple trees along the way, and sold trees to settlers. With every apple tree that was planted, the legend grew.

A Little About the Legend:

- John Chapman (aka Johnny Appleseed) was born on September 26, 1774.
- He was a nurseryman who started out planting trees in western New York and Pennsylvania.
- During the life of John Chapman, the "West" was places like Ohio, Michigan, Indiana, and Illinois.
- John Chapman was a deeply religious person He was known to preach during his travels.
- According to legend, Johnny Appleseed led a simple life and wanted little. He rarely accepted money and often donated any money he received.

It is believed that he died on March 11, 1845, from what was referred to as the "winter plague". The actual date of his death has been disputed.

There is a lot of "legend" in stories written about Johnny Appleseed. By it's definition, over the years, legends grow bigger than life. It also appears that there is some link between Johnny Appleseed and very early Arbor Day celebrations.

Celebrate today with an apple rich menu. Include fresh apples for snacks, and some applesauce or apple pie for dessert. And, make plans to plant an apple tree.

Children's Books to Read in September

- Blueberries For Sal- by Robert McCloskey
- I Am Too Absolutely Small for School- by Lauren Child
- First Day Jitters- by Julie Danneberg
- The Kissing Hand- by Audrey Penn
- Chu's First Day of School- by Neil Gaiman
- Little School- by Beth Norling
- Sam and Gram and the First Day of School- by Dianna Blomberg
- The Boy Who Was Raised by Librarians- Carla Morris
- Goin' Someplace Special- by Patricia McKissack

“The more you read, the more you know. The more you know, the farther you go.”



Health and Safety

Teaching Your Kids About Stranger Danger

A stranger is anyone that your family doesn't know well. It's common for children to think that "bad strangers" look scary. This is not only not true, but it's dangerous for children to think this way. Pretty strangers can be just as dangerous as the not-so-pretty ones. When you talk to your children about strangers, explain that no one can tell if strangers are nice or not nice just by looking at them and that they should be careful around all strangers.

But let them know that not all strangers are bad. If children need help--whether they're lost, being threatened by a bully, or being followed by a stranger--the safest thing for them to do in many cases is to ask a stranger for help. You can explain to them which strangers are okay to trust.

Police officers and firefighters are two examples of very recognizable safe strangers. Teachers, principals, and librarians are adults children can trust too, and they are easy to recognize when they're at work. Emphasize that whenever possible, children should go to a public place to ask for help. Also show your children places they can go if they need help, such as local stores and restaurants and the homes of family friends in your neighborhood.

What Else Parents Can Do

- **Know where your children are at all times.** Make it a rule that your children must ask permission or check in with you before going anywhere. Give your children your work and cell phone numbers so they can reach you at all times.
- **Point out safe places.** Show your children safe places to play, safe roads and paths to take, and safe places to go if there's trouble.
- **Teach children to trust their instincts.** Explain that if they ever feel scared or uncomfortable, they should get away as fast as they can and tell an adult. Tell them that sometimes adults they know may make them feel uncomfortable, and they should still get away as fast as possible and tell another adult what happened. Reassure children that you will help them when they need it.
- **Teach your children to be assertive.** Make sure they know that it's okay to say no to an adult and to run away from adults in dangerous situations.
- **Encourage your children to play with others.** There's safety in numbers.



**STRANGER
DANGER**

LockRocks: Free Concert Series

September 10 at 8pm - 9:30pm

Dellwood Park IL-171 & Woods Dr., Lockport

The Chicago Experience invites you to relive memories of the music that captured everyone's heart! This is a free event. There is no opening band during this last concert due to it being held during World War II Days (which is also a free event beginning the same day at 9am in the morning and ends Sunday at 5pm in Dellwood Park). For more information, call 815-838-1183

Bibliobop Dance Party

September 6th 1:30-4pm

Three Rivers Public Library - Minooka Branch

109 N. Wabena Ave, Minooka

Dance, dance, dance, like there's ants in your pants!

CONCERTS IN THE PARK

September 16th 6:30-8:00pm.

Preservation Park. 710 Taylor St, Joliet, IL

Enjoy this free concert series! Don't forget to bring a picnic basket full of goodies and your lawn chairs! Concerts held the third Friday of the summer months
James Bulanda (Frank Sinatra tribute)

CAMPFIRE NIGHTS

September 6th. 7 pm

Pilcher Park, 2501 Highland Park Dr, Joliet

Spend a fun night beneath the stars and towering trees. This is a family-friendly evening with activities that could include: games, crafts, child friendly campfire stories, or a night hike. Marshmallows will be provided for roasting at our campfire. Bring Bug Spray. All ages welcome! Cost is \$7 per person

Community Day of Play Park Party

September 13th 6:00 - 8:00pm

Boucher Prairie Park

1649 Richfield Trail, Romeoville

Join the Romeoville Recreation Department, High Point Friendship Centre and Plainfield Park District for a fun evening of music, games, hot dogs, moon jumps and excitement at the Community Day of Play Park Party!

Reconnect with Nature Walks

September 10th

Hadley Valley - Gougar Road Access

The Forest Preserve District of Will County is kicking off this program to encourage nature lovers and fitness buffs to walk or run a variety of preserve trails and distances. Each event in the series will begin with a fun run at 9 a.m., followed by a walk at 10 a.m. Event participants are encouraged to bring their old athletic shoes for recycling, as each event will have a drop-off site. All participants will receive a giveaway to take home.

Those who complete all five trails in the series will receive a larger prize. The walks are free and registration is not required.

The program will be held on paved pathways and natural surfaces across uneven terrain. Hadley Valley - Gougar Road Access is located on Gougar Road, north of Route 6/Maple Road in Joliet.

Open Play

September 8th 10:30am - 1pm

Three Rivers Public Library - Minooka Branch

6109 N. Wabena Ave, Minooka

Get out of the house with your little ones and play with new-to- you toys.

Free Community Appreciation Celebration Day

September 17th 10:00am - 2:00pm

Boy Scout Park and Recreation Administration Center 23729 W. Ottawa St., Plainfield

Join us to learn about the Park District 50 year history inside the Rec/Admin Center. Reminisce about the past and ask questions about our future. Enjoy hot dogs refreshments and inflatables at Boy Scout Park! Take joy in the journey down memory lane.

Discovery Day at Arroyo Trails - FREE!

September 17th All Ages Welcome

Come discover the beauty of Arroyo Trails. Step into nature and experience all its wonder through interactive activities throughout the event. Activities will be available for all ages as well as additional information on the Arroyo Trails development. Visit our website at www.channahonpark.org for additional information.

Plainfield Park District Proudly presents...The Incredibles

Saturday, September 17 Begins at Sunset

Bott Park (formerly Renwick Park) 24550 W. Renwick Rd., Plainfield

Bring lawn chairs and blankets and enjoy a family fun night under the stars. Free popcorn while supplies last. One lucky family will win a 50 yr celebration movie prize pack. Superhero selfie station will open at 6:30p until time of movie begins.

Fuzzy Fun

September 22nd at 6:30 - 7:30 pm

Joliet Library-Black Road Branch

(Children of all Ages) Bring the family and learn to make Pompoms, God's Eyes, and other fun yarn crafts. Registration opens September 6, 2016.

Peppa Pig Party

September 29, 2016 at 10:00 - 11:00 am

Joliet Main Library

(Ages 1-5) Celebrate every child's favorite character, Peppa Pig! Join us for games, crafts, and more. We are hosting the perfect Peppa Pig party that will have children oinking in joy! No registration required.

Joliet Regional Airport Festival!

September 25, 2016 8:00am - 3:00pm

4000 W. Jefferson St. Joliet, Free Admission

Children's Activities: Face Painting, Magician, Bounce House. Food vendors. Numerous planes on display, Fire Department Engine & Ambulance, Will County Emergency Management Agency Mobile Command Vehicle

Yorkville Hometown Days Festival

Friday, September 2 - Sunday, September 4

Beecher Community Park (908 Game Farm Rd,
Yorkville)

The 2016 Hometown Days Festival is a family oriented event that provides entertainment the entire family can enjoy! We are excited to bring back again this year the past favorites such as the Pride and Joy Car Show, the Baby Contest, carnival, and live musical performances. We are currently working on the 2016 band schedule so please check back at a later date for more details. We are also excited to announce the return of a crowd 2015 crowd favorite – The Ultimate Air Dogs Show! Please visit the [Yorkville Parks and Recreation Facebook Page](#) for up to date festival information.

Octoberfest 2016 - "Breast Cancer Support"

September 24th 9am- 5pm

Coal City, Illinois On Broadway Street

Organized by the GFWC IL Coal City Junior Woman's Club. Over 100 food and goods vendors along Broadway from Gordon Street to the tracks. Entertainment in front of the Village Hall and on Broadway at Gordon St. Kids Games in Campbell Park -- Farmer's Market in Campbell Park. Petting Zoo. Information Booth with Raffles and more! Big Parade at 3pm. Come Join us for a fun family day in Coal City.

Peter Rabbit Puppet Show

Joliet Main Library: September 17th at 1:30-2:15 pm

Joliet Library Black Road Branch: September 17th at 11:00-
11:45 am

(All Ages) Join us for The Puppet Place's performance of The Tale of Peter Rabbit, Beatrix Potter's classic tale of a mischievous bunny who just can't stay out of Mr. McGregor's garden. No registration required.

Bugaboo Children's Consignment 2016 Fall/Winter Sale

September 16&17

Route 71 & E. Highpoint Rd. in Yorkville.

At Bugaboo you'll find the most popular clothing brands, toys kids love, nursery gear, baby accessories, and maternity wear. All packed into 2 buildings, 20,000 square feet! Here is your chance to "Be green and save green"! Consignors and volunteers may shop early on Thursday September 15th. Register at www.BugabooConsign.com

Founder's Day Parade

September 18th 2:00pm

Kicks off at Newland Ave. and Belmont Dr, Romeoville

Grundy County Corn Festival

Sept. 28- Oct. 2, 2016

Downtown Morris, IL

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 younger) 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

Talking Hands (6-23 mons) Registration required. 2nd, 3rd, 4th Fridays 10:30-11:15am

Morris Area Public Library

Lapsit/Storytime Every Tues and Wed 9:30 and 10:30 and Thursday 6:30pm

Plano Community Library District

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



LIBRARY PLAYGROUPS

White Oak-Crest Hill Branch

Toddler Time (3-35mons) Registration required. Wednesdays 10:30am

White Oak- Lockport Branch

Toddler Time (3 mons-3 yrs) Registration required. Tuesdays 10:30am

Thursday Morning Toddler Time (3 mons-3 yrs) Registration required. Thursdays 10:30am

Thursday Evening Toddler Time (3 mons-3 yrs) Registration required. Thursdays 6pm

Tiny Tots in Motion (3 mons-18 mons) Registration required. Fridays 10:30am

Channahon Library

Read! Build! Play! (2-5yrs) Registration required. Wednesdays 6pm

Bookies and Milk (all ages) 2nd, 3rd, 4th Thursdays 7pm

Coal City Public Library District

Terrific Tots (2-3) Every Mon at 10am and Thursday 6pm

Family Lapsit (3m-23m) Every Mon 6pm and every Wed 10am

Wilmington Public Library

Story time for Littles (birth-5yrs) Wednesdays 10:30am

Manhattan-Elwood Public Library District

Baby Time (newborn-18 mons) Tuesdays 10:30-11am

Tot Time (18 mons-3yrs) Wednesdays 10-10:30 and 10:30-11am

