



March 2018



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

935 S. HWY 49
Jackson, CA
95642

(209) 223-1485

SERVICES

Energy Assistance:
PG&E bills
Home Weatheritition
and
Water Conservation
Improvements

Early Head Start and
Head Start:
Centers in Jackson
and lone

Housing:
Emergency Shelter
Rental Assistance
Smart Money Classes

Lifeline:
Personal 24 hr.
Emergency Response-
devise / service.

Youth:
Child Therapy (CHAT)
IDA, Foster Teens -
Financial Literacy

Pat Porto
Family Resource
Services Director
EHS - H S Parent
Mentor

(209) 223-1485
ext 236

***Adapt these
ideas and activities
based on your
child's age,
abilities, and your
family style.



Women's History Month

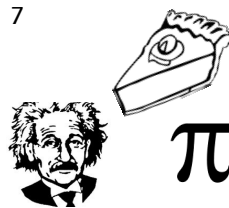
**March Into Literacy
Month**

Youth Art Month

4 90th Annual Oscars
Hooray for Hollywood!
Love movies? Create
your own awards for the
movies you saw. Best kid
performance; best ani-
mal performance; funni-
est movie; most colorful.

5 Is there a story about
how were you named?
Have you told your child
the story of how you
named them? Ask this
question of other family
members, of all ages.
Share stories at dinner.

6 Oreo Cookie Day
This classic cookie is great to
eat, but they can be used in
other ways too. Crush them
for pie crust, put one in the
bottom of a cupcake before
adding batter, dip in melted
chocolate, add broken piec-
es to pudding or smoothies.



1 Sleep is necessary for
good health. Learning to
sleep alone is a process.
Help little ones by waking at
the same time daily; having
their own sleep space; bed-
time routines; keep room
dark, quiet & limited inter-
actions if they wake overnight.

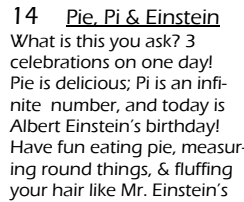
2 Dr. Seuss Day
Have a Dr. Seuss book
scavenger hunt today.
Match these words to
one of his book titles:
Foot, butter, fish, hat,
sock, moo, wocket, zoo,
eye, tiger, tooth, circus.

3 Soup It Forward
Soup can be a comfort.
As a family, make a pot
of soup, and share it
with someone who is
not able to cook much.
Or better yet, cook the
soup at their house.

11 Did you change
clocks for Daylight Sav-
ings time? Have fun with
time today by using a
world map and finding
the time in different
locations & what people
may be doing there.

12 From Where I Stand
Everyone go outside, find a
place to stand about 10 feet
apart. Each say what you
see as you turn all around.
All take 20 steps in any
direction. Again, say what
you see as you turn. Contin-
ue & compare the changes.

13 Please & Thank You
Basic skills for kids to
learn includes politeness.
Ask your child how they
are polite to others. Start
a game to count the
times they see others
being polite too.



15 The Story Of Me...
Help your child begin writ-
ing a story about their life.
Tell them about things they
may not remember like their
birth & infancy, then their
early memories, and on to
today. Schedule regular
times to add to their story.



17 St. Patrick's Day
Dia dhuit! That's Hello in
Irish. Celebrate all things
Irish today, wearing green,
eating potatoes & soda
bread, singing, jokes &
storytelling. For more ideas:
irishcustomsandculture.com

18 It's What Day?
Create a family holiday this
month. Choose an elder
member of your family and
declare this day to honor
them. Create a timeline of
their life, collect stories
about them, map the places
they have been or lived.

19 Amazing! On this day
each year the swallows
return to Mission San Juan
Capistrano in Southern Calif.
Make paper birds to cele-
brate with them. Hang or
tape to a wall or door.
missionsjc.com

20 First Day of Spring
Also known as the Vernal
Equinox, today is when the
hours of darkness & light are
approximately 12 hours
each. As a family talk about
other things in 12's, like
months, inches, dozen, etc.
Look for springtime outside!

21 Everyone has an em-
barrassing childhood story.
Create safety for your child
by defining the word
"embarrassment" then talk
about when they have felt
that way too. And who they
feel safe with. Share and
compare your stories.

22 World Water Day
Focus on the value of water
everywhere today. As a
family, draw your favorite
use of water, like drinking,
gardening, bathing.... Talk
about ways you save water,
and what would happen if
we did not have safe water.

23 Rethink Your Drink
About 60% of your body is
water! And water is the best
thing to put into your body.
Together draw a body and
guess how much 60% is.
More on healthy drinks
actionforhealthykids.org
Search: Rethink your Drink

24 Combine weather
& art today. With your
child make a paper pin-
wheel, then test them
outside in the wind. For
instructions go to:
instructables.com
Search: paper pinwheels

25 Parents Play Day
Kids are in charge today,
at the playground! Invite
your child to show you
how to play there. Fol-
low their instructions for
the slide, swing, bars,
etc. Run and yell too!



27 Name Scramble
As a family, write the letters
of each name on separate
papers. Take turns using
your own letters to spell
other words. You may also
include last names to create
more words. Ex: P A T = Tap,
S A R A H = Ash, Rash,.

28 Incredible Kid
Empower your child with an
Incredible Kid cape. Using a
store bought cape or apron
& fabric paint, write positive
words that describe them.
Tell them why you chose
those words, and what you
have seen them do.

29 Little Red Wagon Day
Do you have one? Wagons
are a vehicle to imagination!
Invite family & friends to
invent fun on wheels. How
can you make it a covered
wagon; an ice cream truck;
the circus train; a big rig; fire
truck; a news reporter....

30 Pencil Day
Celebrate the simple
pencil by making it spe-
cial! Using any type of
tape, attach feathers,
pipe cleaners, yarn, rib-
bon, etc. to the top of
the pencil. Share one too!

31 Blue Moon
Tonight is the 2nd and
last Blue Moon in 2018.
Challenge your family for
ways to eat blueberries,
red cabbage, bleu
cheese, purple potatoes
& blue tortilla chips.