



July 2018

935 S. HWY 49
Jackson, CA
95642

(209) 223-1485

atcaa.org

AMADOR SERVICES

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

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

Housing:
Emergency Shelter
Housing Assistance
Smart Money Classes

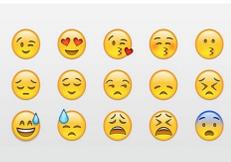
Lifeline:
Personal 24 hr.
Emergency Response-diverse / service.

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

Pat Porto
Family Resource Services Director
EHS - HS Parent Mentor

(209) 223-1485 ext 236

pporto@atcaa.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 As a family celebrate Second Half of The Year! On this day we have had 182 days or 26 weeks or 4,368 hours or 262,080 minutes. Invite family & friends to a picnic and share your year so far...</p>	<p>2 <u>Postal Service Works</u> Help your child learn about mail service by visiting the post office, thanking your postal carrier, and using mail service. Write, stamp & mail yourselves a letter!</p>	<p>3 </p>	<p>4 <i>Independence Day</i></p>	<p>5 Back In The Day.... Talk with your child about how people lived without things like; straws; plastic bags; microwave popcorn; to-go cups; email; And, what to use instead.</p>	<p>6 <u>I Cannot Tell A Lie!</u> As a family, look these words up in a dictionary: Truth; Lie; Fib; Honest; Exaggeration. Take turns describing each & give examples. Share when you have done these.</p>	<p>7 <u>Calling All Dads!</u> Today is the day for dads & daughters to spend time together. A hike, a walk, a project, an event... Choose an activity that allows for chatting & laughing.</p>
<p>8 <u>Math Is In The Cards</u> <i>Formula:</i> 1 deck of cards Kids, Hands, Laughter. Use cards to practice high / low numbers; place values; add or subtract. For more: topnotchteaching.com Search for; 6 Fun Math Games</p>	<p>9 <u>On The Beat...</u> As a family, make a newsletter about interesting things in your family or neighborhood. Kids become reporters, but talk with them about respect & safety.</p>	<p>10 Being cool can cost you! For energy bills of course. You may know the basics, but how about swimming more, cold foot baths, a water spritz, ice on neck & knees, freeze the sheets.</p>	<p>11 Population is high but many are still alone. As a family, choose someone to visit or share a meal with. Elders, single parents, disabled, non-drivers, care givers....</p>	<p>12 <u>Move It Along...</u> Time to lighten your load. As a family, look around for items that may be useful to others. Deliver to friends, thrift store, churches. Donate to the food bank too.</p>	<p>13 <u>French Fries Day</u> Many forms of cut, deep fried potatoes are eaten around the world. They can be baked too! Dip them in curry ketchup; gravy; mayo; marinara; vinegars; cheese sauce...</p>	<p>14 <u>Jump To It</u> How many ways can you jump? Today try them all ! Free standing jump; jumping jacks; jump rope; pogo stick jumping; broad jump; one foot jump.....</p>
<p>15 <u>Ludicrous Lasagna</u> Think outside the box for lasagna tonight. Use non-traditional layers like; potatoes, zucchini, lunch meat, tomatoes... Or toasted French bread slices replacing noodles.</p>	<p>16 Simple rope can entertain for hours. Lay on the ground in shapes & walk on it; lay 2 down and jump in & out while getting wider; use as tails; create a walking spiral. Always supervise.</p>	<p>17 An emoji can be another tool to help young children identify & express emotions. Start with a game that matches an emoji to the word for the emotion. Practice faces in mirrors.</p>	<p>18 </p>	<p>19 Help your child practice business skills by making purchases with you in stores. Show them how to speak to clerks, ask questions, handle money, check receipts, say "Thanks".</p>	<p>20 <u>Reach For The Sky</u> Bring the universe to you by creating hanging planets. Together, find pictures of them; use different sized containers to trace & cut from cardboard; color both sides; attach string; hang in order from the sun.</p>	<p>21 <u>Say It—Erase It</u> Have silly word fun today! Write a sentence, then take turns erasing one word. When one word is left, take turns adding one word. How has it changed?</p>
<p>22 <u>Boss, Bee's Knees</u> Travel to the past today! With your child talk to family about what was cool when they were 10,16,20, etc. What did they wear, say, do, that was the style or trend.</p>	<p>23 </p>	<p>24 <u>Pet Parade !</u> Create a day for your favorite pets to shine. Clean them up, dress them up, line them up. Invite someone to describe each pet as they parade around.</p>	<p>25 <u>Old Jokes Day</u> Belly laughs are good for your body. Spend time telling each other jokes. Give awards for the funniest. Find jokes at Readers Digest: rd.com Click: JOKES</p>	<p>26 Being a friend is as important as having friends. With your child, make a list of how friends treat each other. Have they done that? Practice those skills with them at home.</p>	<p>27 FULL MOON Share meals with family & friends tonight using red, white & blue foods. How many can you find? Practice naming what food category they are; fruit, veggie, protein.....</p>	<p>28 <u>National Dance Day</u> Inside, outside, alone, together, no music, music, get up and MOVE Dance is pure health and connects mind & body. Learn more at: dizzyfeetfoundation.org</p>
<p>29 <u>Flavor Splash</u> Water is healthy. Water may be boring. Pump it up with a flavor splash! Add herb leaves, pieces of fruit; mash a little bit; add ice & water to refresh and enjoy!</p>	<p>30 <u>All Booked Up</u> Make your own books! With your child, make a cover from cardboard or old books; decorate it. Write your story pages. Assemble & punch holes to lace, tie, knot edges.</p>	<p>31 <u>Play A What?</u> Have fun today inventing your own musical instruments. Gather boxes, tubes, strings, rings, containers, rubber bands, bean bags, tape.. Experiment with sounds</p>		<p>***Adapt these ideas and activities based on your child's age, abilities, and your family style.</p>		<p></p>