

February 2019



NEW ADDRESS

10590 HWY 88
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-devise / service.

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

Pat Porto
Family Resource
Services Director
EHS - HS Parent Mentor

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***Adapt these ideas and activities based on your child's age, abilities, and your family style.</p>		<p>American Heart Month National Children's Dental Health Month National Parent Leadership Month Youth Leadership Month</p>		<p>1 National Get Up Day This day honors how people overcome struggles, regain their balance in life, and keep getting up, for things they believe in. How have you supported your child when they are challenged by friends, school, losses, failures....</p>	<p>2 Ground Hog Day Get your top hats on and make your predictions, 6 more weeks of winter or spring around the corner? With your child, take a walk outside and look for signs of change.</p>	
<p>3 Super Bowl Sunday What can be learned from today's game besides who wins? Math!! How many seconds in a quarter? Is the half time show shorter or longer than a quarter? How long is the field in inches? What is the total weight of all players?</p>	<p>4 Brush Floss Repeat Starting in infancy, dental care is important to our whole health. As a family, make it a daily habit like eating & sleeping. Use dolls or stuffed animals for your child to continue practicing how to brush.</p>	<p>5 Chinese New Year The year of the pig! How will you celebrate? Clean the house, hang paper lanterns, prepare the food. Light firecrackers at midnight! Share it all with family and friends.</p>	<p>6 I'll Buy Park Place... Celebrate Monopoly Day by making your own playing pieces, or re-naming properties to match your family. And what a great way to practice using money!</p>	<p>7 Wave At Your Neighbor Day As a family, take a walk and share some time with a neighbor. Or introduce yourselves to a new one. Review with your child that you <u>must</u> be with them if they will be talking to other adults.</p>		<p>9 National Bagel Day As a family, build a bagel meal today! Bagel benedicts for breakfast, or baked bagel French toast; Open-faced sandwiches like tuna-melt; Sliced into little rounds to scoop up hummus, and of course bagel pizzas!</p>
<p>10 Really Juicy Expand your child's taste buds by taste testing juice combinations. As a family, use small Dixie cups & mix OJ & cranberry; mango & lime; apple & apricot; V8 & carrot.</p>	<p>11 ATCAA Closed</p>	<p>12 Abraham Lincoln 16th President of the USA, born on Sinking Spring Farm in Kentucky, 210 years ago. Ask your child what they think Lincoln wanted for his birthday when he was a child.</p>	<p>13 Name Games Have fun with family names today and do a word scramble! How many words can you each create using your first, middle or last names? Then ask your child if they would choose a different name; or if you would choose one too.</p>	<p>14 Valentine's Day</p>	<p>15 De-Vinely Sweet It's a common experiment, but still fun! With your child, poke toothpicks into sweet potato about 1/3 down from top. Place in jar with toothpicks resting on rim. Add water almost to top of jar, place in sun or light. Sprouts in a week.</p>	<p>16 </p>
<p>17 Daytona 500 With your child create the driver's confined experience at home. Use a box just big enough to sit in, cut window areas, make a steering wheel & hold between the knees, wear a helmet. Of course make driving noises. Film it!</p>	<p>18 <i>President's Day</i> ATCAA Closed</p>	<p>19 FULL MOON Share a full moon meal tonight with a neighbor! Have fun finding blue foods to serve, but include lots of other colors too. For kids, create a mountain landscape on their plate.</p>	<p>20 I See...</p>	<p>21 Inconvenience Day As a family talk about things that you think are inconvenient. Then change it. Show patience when in a hurry; show appreciation for someone you don't care for; share something; listen to someone's story; choose a new goal.</p>	<p>22 This is George Washington's 237th birthday! He was the 1st President; in office for 8 years; 1st Commander In Chief; 1st Delegate to the Continental Congress from Virginia; he became a surveyor, survived smallpox; inherited Mt. Vernon.</p>	<p>23 Rolling Along Have fun today measuring distance by rolling things. Choose balls, marbles, toys.... Mark your distance goal & start rolling! Move the goals based on how close you each get.</p>
<p>24 The award goes to... It's Oscar night! Print the list, make the snacks, cheer for the winners. Don't watch this? Create your own awards; your favorite movies from anytime; best character; funniest; special effect; most times watched; worst ever.</p>	<p>25 Make you own Niagara Falls !Inside a large container, arrange and rearrange various bowls, cans and other sized containers. Pour water into them and watch how they overflow. Can your child predict where the water will go?</p>	<p>26 Get Creped Out Step up your pancake by making crepes instead. 2 large eggs, 1 cup flour, 1/2 cup water, 3/4 cup milk, pulse 10 seconds in blender, refrigerate for 1 hour. Pour 1/2 cup into buttered pan, swirl, flip, repeat. Fill with fruit, cream cheese....</p>	<p>27 I Like Me Because... With your child make a construction paper picture frame and tape to a mirror. Each day help them say what they like about themselves, are proud of or want to accomplish when they look in the frame. Write positive words too.</p>	<p>28 Tooth Tally Teeth will fall out. Prepare by creating a collection container. With your child, use a box, jar, bag, etc. Decorate and label. Then ask them how it might feel to lose their teeth.</p>		