

Prizes
each
session!

STAR NET
Super
Family
Saturday

Register
today!



Join us to learn together, play together and celebrate families of young children! Gather useful information, helpful tips, and fun activities for learning at home!

WHEN: Saturday, November 7, 2020

FREE workshops through the day & short *family activities* in between!
Come for one session or come for all!

WHERE: Live! In your own home-On your computer

WHO: YOU! Illinois STAR NET families:

Parents/Guardians, caregivers, children and siblings

WHAT: Lots of great learning and activities to celebrate you!



This event is a statewide STAR NET collaboration

Schedule: November 7, 2020

8:30am-10:00am

Sign-Language Basics

[Register Here](#)

Have some fun while learning the beautiful language of sign! Simple signs such as the alphabet, numbers, food and drink, animals, clothing, and basic needs signs will be taught. All ages are welcome and will be encouraged to participate. Lots of laughter, love and language will be shared. Hope to see you there!

10:30am-12:00pm

***Safekeeping, Security and Peace of Mind
for You and Your Family***

[Register Here](#)

During times of uncertainty and frequent change, adults seek ways to gain stability, composure and prioritize what matters most. Guess what? Our kids are seeking the same in the form of routines, structure and consistency. This workshop is designed for parents who want to learn about tools and approaches to build emotional safekeeping, security, and peace of mind for themselves and for their children.

12:30pm-2:00pm

Supporting Your Child's Independence Skills

[Register Here](#)

For young children, learning skills for independence increases self-esteem, motivation to try new things, and an eagerness to learn that applies to so many areas. Join us to learn how you can teach and support your child to learn independence skills at home, and discover how happy they are to be a helper on the family team! We'll share tips and strategies you can use today!

2:30pm-4:00pm

Self-Care for the Caregivers

[Register Here](#)

In this interactive session, we will discuss the importance of simple things, and using them to provide your body and mind nutrition, stimulation and relaxation. Our nervous systems are overwhelmed during these crazy times, and we need to UP the game of taking care of those that take care of our people, including ourselves. You will learn new tricks, tips and ways to incorporate health and well-being into your busy life.

Questions? Contact your Family Resource Specialist:

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