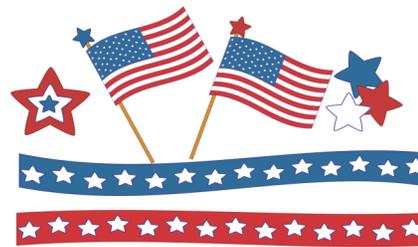


# 1<sup>st</sup> Week of JULY



10590 HWY 88  
Jackson, CA 95642

(209) 223-1485

[atcaa.org](http://atcaa.org)

**AMADOR SERVICES**

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

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

**Housing:**  
Emergency Shelter  
Housing Assistance  
Smart Money Classes

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

**Youth:**  
Free Child Therapy (CHAT)  
IDA - Foster Teens  
Financial Literacy  
STAR Readers,  
Summer Literacy Program

**Pat Porto**  
Family Resource Services, Director  
EHS - HS Parent Mentor  
(209) 223-1485  
ext 236

[pporto@atcaa.org](mailto:pporto@atcaa.org)

## Monday

### 29 Mud Pie Time

How about mud pies you can actually eat! Mix 10 crushed chocolate sandwich cookies and 4 Tbl. spoons melted butter; press into bottom of glass pan, freeze 30 minutes; make 2 boxes of chocolate pudding per directions; spread 1/2 of pudding over crust; crush 2 more cookies & sprinkle over pudding; mix rest of pudding with 1 1/2 C. whipped topping; pour over pudding; sprinkle 2 more crushed cookies on top; chill.

### In The Future...

As a family, talk about one goal you have for this week. Then find or draw images of that goal and put them up where you are reminded of it. When a goal has been reached, take the image down & congratulate each other!

## GOALS



National website for COVID-19 information:

**Centers for Disease Control**  
<https://www.cdc.gov/>

MORE INFORMATION :

**California Office of Child Abuse Prevention**  
<https://www.cdss.ca.gov/inforesources/ocap>

**Amador County Public Health**  
<https://www.amadorgov.org/services/public-health>

## Tuesday

### 30 Can You Hear Me?

Cell phone courtesy is an important skill, and very often NOT practiced! Like talking in public without regard to who may hear you, even your child; taking calls or texting during meals or while you are with others; What rules do you follow when using the cell phone? How do you monitor yourself? What have you taught your child? More at:

<https://www.rd.com/list/cell-phone-etiquette-tips/>

<https://emilypost.com/advice/top-ten-cell-phone-manners/>

### Avocado Day

This is truly a most versatile food! Stretch your ideas for eating it; add to smoothies or mashed potatoes; freeze your slices for snacking; fill halves with crab, mango, fried egg, grapefruit chunks, or salsa; spread on pizza. Ask your child for ideas too.

## Wednesday

### 1 2nd Half of Year Day

It's been a very unexpected year so far, but there are still 6 months of opportunity ahead! Find 1 or more things to look forward to each month and put them on your calendar, including simple pleasures! Share ideas with each other.

### Postal Worker Day

With your child, talk about how you can say "thank you" to your mail carrier. Wave to them, hold up a sign, make them a card!



For fun, make a family postage stamp. Choose words & symbols that represent your family. Copy and print them, but ONLY use them when hand delivering letters or post cards to your own family members or close friends.

### LOCAL SUPPORT:

**Sutter Amador Hospital**  
209-223-7500  
<https://www.sutterhealth.org/find-location/facility/sutter-amador-hospital>

**WellSpace Health**  
<https://www.wellspacehealth.org/>

**Network of Care**  
<https://amador.networkofcare.org/>  
"It's OK to not be OK"

**Interfaith Foodbank**  
<http://www.feedamador.org/site/pages/home.cgi>

**Resource Connection**  
<https://trcac.org/>

## Thursday

### 2 3 At A Time List

One way to make lists more efficient is to limit what you put on them. With your child, list 3 things you each want to accomplish; choose the timeframe, like in 1 hour, 3 hours, 1 day, etc. Most important is to cross it off your list when completed. Talk with your child about how satisfying that feels! Then decide if you want to add another item to the list.

Ready...Set....Pick up!

Cleaning up can be a drag...unless you turn it into a drag race! Choose your starting & ending place, use a flag to start & end the race; decide how many toys may be picked up at a time, and how you will be timed. Loud racing noises will be required for this game!



### LOCAL SUPPORT:

**First 5 Amador**  
<https://www.first5amador.com/>

**Amador Child Abuse Prevention Council**  
<https://www.amadorcapc.org>

**The Resource Connection**  
<https://trcac.org/>

**Amador Senior Center**  
<https://www.amadorseniorcenter.org/>

**Tribal TANF**  
<http://cttp.net/about/office-locations/>

## Friday

### 3 Who's In Control?

Do you manage your time? Or, does it manage you? Try the 4 D's to regain control:

**Do-** What can you complete in 2 to 3 minutes? Then do it!

**Delegate-** What can you hand off to another family member? Kid's self-esteem grows when their capabilities are trusted and requested.

**Delete-** Are you able to say "No"? Be realistic about what you CAN do, not what you WANT to do. This also helps develop setting priorities.

**Delay-** This can quickly get out of control if lots of your tasks are put off. But some complex tasks may need better planning. Set a time & day to complete each part of it, and stick to it!

### CRISIS SUPPORT:

**Amador County Behavioral Health**  
**24 Hour Line**  
1-888-310-6555

**National Suicide Prevention Lifeline**  
1800-273-8255

**Operation Care, Domestic Violence and Sexual Assault**  
**24 Hour Crisis Line**  
209-223-2600 or  
1-800-675-3392

**National Crisis Text Line**  
Text HOME to 741741



## Saturday

### 4



### INDEPENDENCE DAY

If your family does fireworks, what safety rules have you taught your child? Do they follow them? And what happens if they don't? Make this activity more fun by deciding the rules together, then practice them before the big night!

### Fresh Fruit Flag

For a patriotic dessert, bake a cake in a 9 x 13 inch pan; frost with whipped topping; arrange blueberries in top left corner like stars, and sliced strawberries in rows like stripes. Enjoy!

### Flag

If you have Legos, you can make flags! Connect a block of blue ones for the upper left corner, then rows of red and white ones. Make several if you have lots of Legos, and use to decorate!



Even while staying home, there are so many types of American history to explore!

[americanhistory.si.edu/thehenryford.org](http://americanhistory.si.edu/thehenryford.org)  
[americanindian.si.edu/civilrights-museum.org/](http://americanindian.si.edu/civilrights-museum.org/)

## Sunday

### 5 Full Moon Tonight

As a family, watch the full moon rise tonight while snacking on foods that begin with the letter J

### Funny Fairy Tales

Mix up story time by mixing your stories. Each choose your favorite fairy tale. Someone start by saying "Once upon a time..." when it's your turn, use something from your fairy tale, then the next person adds theirs, and so on. What kind of silly story do you end up with?



### Munching Mosaic

Bring art to the kitchen. As a family, choose lots of fruits & veggies. Cut them into small squares if possible, and some slices. Arrange the pieces on your plate to create a picture. Portraits, landscapes, superheroes, animals, etc.

### The Word Is....

Together, create some new words just for things in your family. What will you call a cup? Your house? The broom? Make a dictionary of the new words.

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