3rd Week OCTOBER

ATCAA
Amador Tuolumne Community Action Agency
People Helping People

10590 HWY 88
Jackson, CA 95642
(209) 223-1485
atcaa.org

Monday

12 National Kick Butt Day

This is the day to take control, of at least one small thing! When it seems your list of things to do is long, and accomplishments are short, try these tips: Make a list of 2 reasons you have not taken action; choose 1 of those and correct it; look in the mirror and say how you will do that & when it will be done; write that down; congratulate your self when it is done. Practice these steps with your child too!

1 Billion

One billion is such an enormous number! With your child, find things that can be counted in the billions.

1,000,000,000

Salsa The Corn

Thaw 1 small bag white or yellow corn; mix with 1-2 finely diced jalapenos, 1/2 red onion, finely chopped, 3/4 cup chopped cilantro, 1-2 Tbs. lime juice, salt & pepper. Adjust all of these to taste, serve with chips !

National website for COVID-19 information:

Centers for Disease Control
https://www.cdc.gov/

MORE INFORMATION :

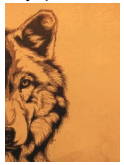
Amador County Public Health
(209) 223-6407
https://www.amadorgov.org/services/public-health

California Office of Child Abuse Prevention
https://www.cdss.ca.gov/

Tuesday

13 The Half Of It

Mix up the arts today! Choose something to draw, an apple, face, toy, plant…. But draw only one side of it. Then hold it up to that item to make a complete drawing.



Make Mistakes Meaningful

Do you scold or punish your child when they make mistakes? To change their behavior, wait till emotions are calmer, then ask "What will you do different next time?" and "How would you teach someone else about what you learned?" Train your eye to notice what they are doing right, and tell them.
Hugs for no particular reason remind your child that you love them all the time, no just based on good behavior.

LOCAL SUPPORT:

Amador County Behavioral Health (209) 223-6412
https://www.amadorgov.org/services/behavioral-health

Amador County Social Services (209) 223-6550
https://www.amadorgov.org/services/social-services

Amador County Unified School District (209) 223-1750
https://amadorcoe.org/

Operation Care (209) 223-2897
https://operationcare.org/

Sierra Wind Wellness Recovery Center (209) 223-1956
https://www.facebook.com/Sierra-Wind-Wellness-and-Recovery-Center-144502349253793/

Wednesday

14 Kids In The Kitchen

3 easy things kid can make for you with just a little help. Use plastic knives for cutting.
Bumpy Toast: cut grapes in half, strawberries in chunks, add blueberries, drizzle with honey to taste, spread softened cream cheese on toast and pile on fruit.
Veggie Tubes: slice cherry tomatoes, cucumbers, radishes, warm a flour tortilla, lay a slice of cheese on it, fill with veggies & sprinkle with parsley or cilantro leaves, roll and cut in 3s.
Cereal Rings: core an apple and slice in rings, spread top with nut butter and sprinkle with favorite cereal.
Cracker Stacks: start with a cracker, top with avocado & egg slices, pear & cheese, tomato slice & corn salsa, butter & radishes……

LOCAL SUPPORT:

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

WellSpace Health (209) 286-0560
https://www.wellspacehealth.org/

Network of Care
https:amador.networkofcare.org/

"It's OK to not be OK"

NAMI Amador (209) 256-1293
namiamador.org

Interfaith Foodbank
(209)267-9006
http://www.feedamador.org/site/pages/home.cgi

Thursday

15 Still Washing Hands?

Since March, we have been more aware of basic healthy habits. Is your family still following them as carefully? Handwashing is still high on this list. Talk about when and how often you are each washing hands, not touching faces, wiping surfaces, etc.

Money Matters

An affective way to teach kids about money is with real life. When ordering take-out, grocery or other shopping, ask them help you make choices within a dollar limit. Talk about how to consider the total budget to decide the best choices.

LOCAL SUPPORT:

First 5 Amador (209) 257-1092
https://www.first5amador.com/

Amador Child Abuse Prevention Council
(209) 223-5921
https://www.amadorcapc.org

The Resource Connection
(209) 223-1624
https://trcac.org/

Amador Senior Center
(209) 223-0442
https://www.amadorseniorcenter.org/

Tribal TANF (209) 257-6150
http://cttp.net/about/office-locations/

Friday

16 Do The Right Thing

Parent's relationships affect a child's health. Whether you all live together or live apart, children know they are a part of you. How parents treat and speak of each other, deeply impacts how children feel about themselves. They depend on you to do the right thing.

Operation Care
Domestic Violence Prevention
209-223-2897

Or their 24 hour crisis line at:
209-223-2600

More information at:

operationcare.org
breakthecycle.org
ncadv.org
cdc.gov

CRISIS SUPPORT:

Amador County Behavioral Health
(209) 223-6412

24 Hour Line
1-888-310-6555do

National Suicide Prevention Lifeline
1-800-273-8255

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

National Crisis Text Line
Text HOME to 741741

Saturday

17 Make A Crazy Match

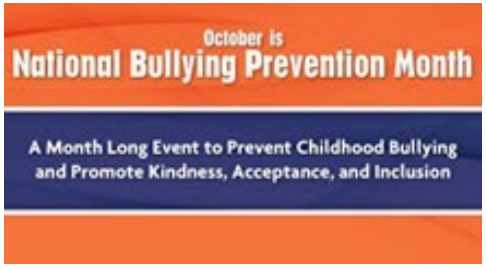
Have fun today by mixing up the patterns and colors of all your clothes. The wilder the better. Include shoes and hats too!

What A Drag

For this project you will need food coloring, whole milk, dish soap & toothpicks. Pour a small amount of milk into a shallow dish; drip food coloring over milk; dip toothpick into dish soap & drag through the colors.

You Matter To Me

Saying *"I love you"* is so important. But telling someone they matter to you is a deeper connection. Tell your loved ones in detail about why they matter to you.



Sunday

18 Just like photos,

drawings can also be color or black and white. With your child, make drawings today using black & shades of gray.

Walk On

And there are so many ways! As a family take a walk, inside or outside. Take turns choosing how; backwards, crabwalk, holding hands, giant steps, singing, stop & spin, on one foot, skipping, counting, saying the alphabet. What else?

Tongue Twisted

As a family play with words today by practicing tongue twisters! Repeat these 3 times: Toy boat
Flash message.
Find more twisters and other language fun at:

funenglishgames.com

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

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
$mart Money Classes

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

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

Literacy Support Programs

Pat Porto
Family Resource Services, Director
EHS - HS Parent Mentor
(209) 223-1485
ext 236
pporto@atcaa.org