

4th week OCTOBER



10590 HWY 88
Jackson, CA 95642

(209) 223-1485

atcaa.org

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

19 Breathe In....

The smoke has cleared. Time to get the stale air out of your lungs, and inhale new air! Breathing exercises strengthen your lungs but can also reduce stress, anxiety, and create a feeling of calm. For lung health and exercises:

lung.org



Change It Up

The season is changing, have you completed your home winter safety check list? Like, roof repairs, weather strip windows & doorways, clean gutters & chimneys, wrap pipes, change HVAC filters, and stock up on batteries and non-perishable food items.



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/>

20 Chef For A Day

As a family, create a home cooking show! Everyone take turns this week demonstrating their cooking skills, but choose simple recipes. Help each other prepare ingredients, tools, instructions. Don't forget the chef hats!



Friendly Payback

As a family, define what makes you want to be friends with someone and how you have each shown a friend how you appreciate them. Help your child learn about friends by teaching and modeling empathy, being a good listener, practice friendly conversations.



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/>

21 Dixie The Snake

This snake makes the perfect pet! With your child you will need paper cups, thick yarn, 2 googly eyes and a bit of paper. Poke a small hole in the bottom of a cup; insert the yarn through it and tie thick knots on both sides of the hole to hold the cup in place; measure the length of the next cup and repeat tying the knots until the snake is as long as you like. Glue the eyes and the paper tongue in the bottom of the 1st cup and there is Dixie The Snake!



Where Are We...?

It's a very big world. As a family, talk about the difference between a city, county, state, country & hemisphere. Name the ones you know, and use maps to find them.

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://samador.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>

22 Nuts To You

Nuts are wonderful in so many ways. They are nutritious, full of antioxidants, fiber and may be a benefit for diabetes & healthy hearts. So have some fun adding them to cereals, sandwiches, yogurt, salad, fruit, soup, desserts, coat fish in crushed nuts and bake, or make a ba-nut-a by pressing a nut into the middle of a banana chunk.



Too Much Time On Devices?

Help your child manage it by allowing equal time to play AND teach others about what they know, and how they learned it! Then invite them to teach & coach someone on using electronics.

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/>

23 Bully = a mean, or

predatory person, who believes they have a position of relative power, intimidates, abuses, harasses, or coerces people, especially those considered unlikely to defend themselves. Bullies or victims can be any age or gender.

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



24 Large Art

Together, make some LARGE art. Chalk drawings on driveways, roll out the craft paper, cut open paper grocery bags, squirt water on cement, shape a string of lights on the lawn or a wall.

Open Wide

Fresh breath is a sign of a healthy mouth. How are you teaching your child to take care of theirs? Are you brushing more than once a day? Do you floss every day? Use mouth wash? As a family, find foods in your house that contribute to a healthy mouth. For more search Oral Health at:

amadorgov.org



Get The Count!

With your child, do some local math by counting things near you. Houses on your street, town populations, students at each school, number of businesses like gas stations, restaurants, etc.

25 It's Your Square!

With your child, use a 12 inch ruler to measure only items that are 12 inches. Explain how this is also called "1 foot". Measure your feet too!



Be a Dipper

As a family, think of foods you like to dip. Then experiment with new dipping ideas! Fries in milkshakes; Carrots in peanut butter; Chicken nuggets in jam; Popcorn in BBQ sauce;

Be Hair Today

Cut poster board sheets into 4 pieces. Cut a face sized oval in the middle of them and then draw different hair styles on each one. Take turns "trying on" the new hair style. Take pictures or do a family portrait.



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

What Can I Do to Stop Bullying?

- Refuse to be an audience for a bully
- Do not "follow the crowd"
- Do not laugh while someone is being picked on
- Do not participate in gossip
- Do not use the internet to hurt someone
- Walk away and go get help
- Know your own personal strength



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-
advise / 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