



September 2022

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

AMADOR SERVICES

Early Head Start and Head Start:

Centers in Jackson and Lone

Energy Assistance:

PG& E bills
Home Weatherization
Water Bill Assistance

Housing:

Emergency Shelter
Housing Assistance
Smart Money Classes

Lifeline:

Personal 24 hr.
Emergency Response
devise / service.

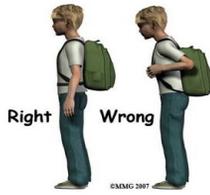
Youth:

SSAY Coalition
(Substance Solutions for Amador Youth)
IDA, for Foster Teens
(Financial education and earning incentives)

Literacy Support Programs
Housing and Life Skills, support for former foster youth

PAT PORTO
Family Resource Services Director
EHS - HS Parent Mentor
(209) 223-1485 ext 236
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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>National Suicide Prevention Month <i>National Hispanic Heritage Month</i> National Preparedness Month ready.gov/september</p>	<p><i>National Family Meals Month</i> National Coupon Month <i>National Taco Month</i> National Service Dog Month</p>	<p>September is Library Card Sign Up Month. Free at your local library! 209-223-6400</p>		<p>1 Write It Down Write down specific details about positive things you have seen your child do. EX: <i>You smiled & said thank you. You picked up your shoes & put them in the closet.</i> Then read it to them, or with them, or to the family at dinner time!</p>	<p>2 National Food Bank Day Food is a basic necessity for all humans. Sometimes we need help getting it. Sometimes we help others get it. In Amador County, Interfaith Food Bank: (209) 267-9006 feedamador.org</p>	<p>3 World Beard Day As a family, choose a style of beard you'll try. Cut it out on paper or felt, then glue on cotton balls, yarn, string, duct tape, moss, ribbon, etc. Punch holes on each side, attach string to tie on head.</p>
<p>4 SUICIDE PREVENTION WEEK For information or crisis in Amador County call: (209) 223-6412 (888) 310-6555 (888) 273-8255 Call or text 988</p>	<p>5 LABOR DAY Since 1894, the 1st Monday in September honors the social and economic achievements of American workers. Talk with your child about your most & least favorite jobs and why. What important work would they do? ATCAA closed today</p>	<p>6 Rock The Alphabet With you child write the alphabet on small rocks. Use find or purchase bags of small, flat rocks, use markers or paint for 1 letter on each rock. Learn the alphabet or spell words.</p>	<p>7 Can We Talk... Learn the warning signs of suicide. If you have concerns about someone, it's OK to ask direct questions, in a respectful way. If you need more information about these things, or for yourself, call one of the numbers here, listed under <i>Suicide Prevention Week</i> on the 4th.</p>	<p>8 As a family, celebrate International Literacy Day! Recognized worldwide since 1966, the value of literacy increases health & prosperity in a person's future. So read with your child everyday! And check out free adult literacy services at your local library.</p>		<p>10 Full Moon Today, make a meal from foods that begin with the letter S. Make it more interesting by only having foods you eat with your fingers. Invite each family member to choose a different color food to serve.</p>
<p>11 National Day of Service & Remembrance As a family, choose a service you can provide in your neighborhood or community; for a veteran or first responder; or join a current community project. Talk about all the benefits of volunteering on this day.</p>	<p>12 </p>	<p>13 Shift The Load For safety, kids should be using a backpack that fits their body size. Load the heaviest books or items closest to their back; wear both straps over the shoulders; wide padded shoulder straps & a waist strap are the best support.</p>	<p>14 Strange Reading Explore new reading spots, inside & outside. Take turns reading with you child in all ways. The bathtub, in a tree, under a table, wearing sunglasses, in a blanket fort, in the garden, in a costume, upside down, in a car, with a flashlight...</p>	<p>15 Kids In The Kitchen Kids rule the kitchen today! Depending on their age, help them plan, shop for and prepare a "no cook" meal. Talk safety first, what they are allowed or not allowed to do. Enjoy!</p>	<p>16 Today is... National Tattoo Story Day If you or anyone in your family has a tattoo, spend time tonight talking with your child about the tattoo story. When, where & how it was chosen; the meaning it has today; any changes you would make now.</p>	<p>17 Back...Front...Back Have fun confusing each other with opposites today! No thanks means thanks; yes means no; I'm full means I'm hungry; shirts button in back, glasses upside down; frowns mean smiles; down means up...</p>
<p>18 30 & 5 60 & 10 With so much time spent in front of screens now days, doing these numbers is important. For 30 minutes of sitting, do 5 minutes of moving. Or for 60 minutes of sitting, do 10 minutes of moving. Stretch, balance, bend, jump, twist, dance...</p>	<p>19 Talk Like A Pirate Day <i>ARRR!</i> Some pirate words: Hornswoggle = To cheat Cackle fruit = Eggs Sea Dog = Old Pirate Scaallywag = An insult Heave To = Stop! Matey = Good Friend Look these up: Landlubber, Doubloons, Booty, Avast, Lass, Scurvy Dog, Ahoy</p>	<p>20 Ants On A Log Raisins & peanut butter on celery is traditional. But shake it up today with nut butter & cranberries on apple slices; nut butter & chocolate chips on pretzel sticks; cheese spread & olives on bread sticks, nut butter on carrot sticks....</p>		<p>22 First Day of Autumn At this time of year, the daily hours of light & dark are nearly equal. Slowly sunrise will be later, sunset will be earlier, the hours of darkness will increase. How does this affect your family life?</p>	<p>23 Count Off... As a family, find all the ways counting is used in your home. Minutes of TV or games; till time to leave; cooking something; time out; number of bites; treats your shared; money; steps, days till weekend—birthday—vacation.</p>	<p>24 Talk To The Hands Sign language may be easier to learn than other languages. As a family, learn a few signs or the alphabet together. Practice communicating this way each day. For education and video examples go to signingsavvy.com</p>
<p>25 National Quesadilla Day Soft, melty warm, yummy! But make it more interesting by adding fun extras like: chicken chunks, olives, cilantro, tater tots, pickles, bacon, onions, tomato, roasted chiles, sliced apples, avocado...</p>	<p>26 Tell A Math Story... Have fun with math but not the problems! Tell a story with each person adding a sentence that includes a number or a number word (like once, twice) Keep taking turns and see how the story grows...by numbers!</p>	<p>27 Step Together Approximately 40% of US families are blended. Step parenting is a huge commitment and children depend on adults to make safe & healthy choices. Speak about ALL parents with respect! For tips: verywellfamily.com</p>	<p>28 Yes ma'am We each make a choice to use our manners. Have you demonstrated manners to your child? It's more than please & thank you, like how to answer the phone; introduce themselves; open & close doors, refuse something...</p>	<p>29 Silent Time Silent movies are great conversation starters with your child. Look on streaming services, YouTube, or just watch something newer with no sound. Ask them what they think will happen, what the voices would sound like, what background they notice.</p>	<p>30 Rhyme My Meal Play with words & sounds today by rhyming. At each meal take turns using words that rhyme with the foods you are eating. They don't have to make sense! Milk—helk—belk—telk... Apple—napple—happle... Meat—beet—seat—heat...</p>	<p>***Adapt these ideas and activities based on your child's age, abilities, and your family style.</p>