

# 5<sup>th</sup> Week of April 2021



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Jackson, CA 95642

(209) 223-1485

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

26 **FULL MOON** 

Tonight is a Super Pink Moon! No, it won't actually look pink, the name comes from the color of a wildflower in the Northeast that bloomed during April. Native American tribes also name full moons for seasonal changes that reoccur in each month. But tonight will be a Super Moon because it will look a little bigger and brighter than normal. As a family celebrate by planning meals with pink foods (salmon, raspberries, shrimp, pink grapefruit, guava) and foods that begin with the letter A (apples, acorn squash, almonds, asparagus, avocados)

## National Pretzel Day

A universal & versatile snack, pretzels are most enjoyable with delicious toppings like salt, seeds, sugars. Or dips like: cheese, mustards, chocolate, cream cheeses, caramel. For fun name your flavor combinations.



27 **What Could It Be?**

Collect a group of small items with different shapes and textures. Place them in a cloth bag and let your child try to identify what they are. Have very young children name the texture, like smooth, bumpy, soft, rough. For older kids, time them as they name everything. Have several sets of items to continue the guessing game.



## Watch Out

With you child, take a walk outside and ask them to point out all the things they see that are unsafe and safe.

## 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://amadordcoe.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/>

28 **DENIM DAY**

This day brings particular awareness and education about sexual violence. Find more at:

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

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



## One Step....Two Steps

With your child, measure the number of steps between common areas you use. How many steps from the bed to the bathroom? From the door to the car? From the kitchen to the table? Compare the difference between your steps and theirs.



## 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://sutteramador.networkofcare.org/>

"It's OK to not be OK"

**NAMI Amador** (209) 256-1293  
[namiamador.org](http://namiamador.org)

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

29 **Table For 5**

As a family talk about the reasons we sit at a table for meals, what everyone likes and doesn't like about that. Who sets the table? Who clears it?



What about table manners, and the reasons we need them. Take turns creating special table settings with a theme this week! Movies, super heroes, truckers, seaside, garden, royalty, graduation, jungle, outer space...



## 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/>

30 **In The Budget?**

As a family, practice money management together by using grocery & other advertisements to shop. Everyone see what they can purchase with \$1, \$5, \$20, from the ads. Use this information next time you are at the store.



## National Honesty Day

Ask your child what it means to be honest. Is it different from telling the truth? Practice with them using examples of truth, lies and fantasy.

## CRISIS SUPPORT:

**Amador County Behavioral Health**  
(209) 223-6412

**24 Hour Line**  
1-888-310-6555

**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



1 **Spring Has Sprung** 

It's **May Day!** A time to celebrate the new season of light, growth and outdoors! Together gather green leaves and branches to put in vases. Make a celebration torch using paper tubes with crepe paper strips taped to the inside for waving in the air.



## Bicycle Ride Anyone?

How did you learn to ride a bike? Have you taught your child to ride one? If possible, ride together today. Make an obstacle course to test driving skills. OR ... bicycle inside! Lay on the floor, feet & hips in the air and pedal away!



## Funny Faces

As a family, use black construction paper to cut out silly moustaches, beards and eyebrows. Tape them to a mirror so they line up with your faces!



2 **It's A Challenge**

Gather 1 paper clip, a 24 inch string, 2 pencils, and 6 straws. Then challenge your child to create something that is useful. Or team up with a friend to do it.

## I'm Feel Like The Color...

We often name colors that describe our mood or feelings. As a family share the feelings you think have a color. Then draw faces with those expressions on the matching colors.



## Roll Away

Build a bowling alley! Start by collecting 10 empty, one liter bottles, and number the bottles 1-10. Teach your child how to set up the "pins". Measure how far away to stand and roll a light weight ball to knock them down. For older kids add water to the bottles to make them harder to knock over. Strike!

**\*\*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  
Smart Money Classes

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

**Youth:**  
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](mailto:pporto@atcaa.org)