**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-device / service.

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

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**Sunday**
- Postal Workers Day: Since 1789 the US Postal Service has allowed citizens to communicate across states and the globe. As a family, mail something at the post office, check how far your mail will travel, look at the selection of stamps, thank a postal worker!

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**Monday**
- This is the beginning of the second half of your year! Together, make a list of the best things that happened this year & what you are planning for the next half. Create a goal chart with pictures.

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**Tuesday**
- Compliment Your Mirror Day: With your child, draw self portraits while looking in the mirror. On the back of it, write all the positive things about yourselves, that can't be seen by others. Talk about those.

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**Wednesday**
- Integrity Day
- Tell the Truth Day: TRUTH: Indisputable truth, fact, reality. It's common for young children to confuse truth & fantasy, so much of their day is spent pretending. Patently share examples of both.

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**Thursday**
- Independence Day
- Math 2.0 Day: Math makes the world go round! And so many ways to have fun with math. With your child, measure anything & convert to centimeters; have them time each task while shopping with you; weigh all your food at meals.

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**Friday**
- Roll Up Your Food: With you child, experiment with rolled up foods! Sushi with any filling; lasagna noodles with cheese; lettuce with chicken or veggies; fruit rolls with nut butter and raisins.

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**Saturday**
- Light the Way: Together, make medieval torches! You need: paper, travel tubes, cellophane in red & orange, packing tape, flashlights. Slide the flashlight into the tube flush with top; tape cellophane layers around top; snip edges. Light!

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**July 2019**

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**GIVE AWAY**
- Items to someone you know.
- To try; research together; put it on your calendar.
- For young children to confuse truth & fantasy, so many ways to have fun with math.

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**Full Moon Tonight**
Create meals today using red, white & blue foods. Create stories. With your child, pick 2 small items to your child, including what you are planning for the next half. Create a goal chart with pictures.

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**World Emoji Day**
Celebrate the fun of these characters by using them to create stories. With your child or organization.

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**Moon Landing 50th!**
This day in 1969 changed world history when mankind stepped on the moon. Celebrate by watching the videos or find someone who remembers it. Info at: nasa.gov/apollo50th

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**Be Someone Else**
As a family, each choose someone from history and become them for dinner. Wear costumes, speak like them, stay in character as you speak with each other. Invite family & friends too.

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**On the Cover**
With your child, pick favorite books, then redesign the covers. Include what you think would encourage another to open the book and read. Re-cover it with your art.

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**Pop-Cups**
With your child, make a quick cold treat! You need: paper cups, craft sticks, juice, yogurt, diced fruit. Place cups in a container; fill cup 1/4 with juice; freeze; add yogurt & craft stick; freeze; add fruit & freeze; yogurt again; freeze!

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**Self Care Day**
As a parent, you model many things to your child, including how to care for your physical & emotional health. So have a spa day for both! Together choose soothing music, hand, foot & scalp massages; write & draw; stretch; eat fresh.

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**Video Game Day**
Many experts believe playing video games can offer ways to develop logic, literacy, and sometimes social skills; reduce stress; develop other interests sometimes improve physical movement. But ONLY limited use and age appropriate!

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**Homeschool Experiment**
With your child, pick 2 small house plants; measure size; put them in separate rooms. Every day for 3 weeks, speak to only one plant with kindness & praise. Then, measure each plant’s growth. Is there any difference in their size?

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**Get Grouchy Dude**
As a family, make lists of something new you want to try; research together; put it on your calendar. And grouchy doesn’t mean risky or dangerous, just a very new experience.

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**Rubber Band, Band Together, collect boxes, tubes, & containers without lids. Put rubber bands around them and pluck to hear the differences in sound. Name your instruments, then start jamming.**