

5th Week of May 2021



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Monday

3 What Do You See ?

See the room through your child's eyes by getting down where they are. This is great for a safety check, but also to see how they are challenged by their size. Ask them what changes would be helpful. Then bring them up to your height for a look around too!

Let's Try That Again !

As a family talk about how to better communicate by doing a re-run of words that may have been cruel or hurtful. Then spend time making a list of words that could be used instead. And practice "I'm sorry", or "I'd like to say that a different way". Also practice understanding emotions by watching TV together, **without** the sound! Watch familiar programs and ask them to name all the emotions they see. Name ones they miss.



National website for COVID-19 information:

[Centers for Disease Control](https://www.cdc.gov/)
<https://www.cdc.gov/>

MORE INFORMATION :

[California Office of Child Abuse Prevention](https://www.cdss.ca.gov/inforesources/ocap)
<https://www.cdss.ca.gov/inforesources/ocap>

[Tuolumne County Public Health](https://www.tuolumnecounty.ca.gov/250/Public-Health)
<https://www.tuolumnecounty.ca.gov/250/Public-Health>

Tuesday

4 National Teacher Day

With your child, choose a way to say **Thank You** to their teacher(s). Ask your child how they would like to show their appreciation.



Ready...Set...Go

As a family take the 3 in 5 challenge! Set a timer and everybody organize, clean or straighten 3 things in 5 minutes. Stop and count how many things you all did. To get more done, do a 5 in 10, or a 10 in 20 challenge.



LOCAL SUPPORT:

[Tuolumne County Behavioral Health](https://www.tuolumnecounty.ca.gov/220/Behavioral-Health)
<https://www.tuolumnecounty.ca.gov/220/Behavioral-Health>

[Tuolumne County Social Services](https://www.tuolumnecounty.ca.gov/277/Social-Services)
<https://www.tuolumnecounty.ca.gov/277/Social-Services>

[Tuolumne County Superintendent of Schools](https://www.tcsos.us/)
<https://www.tcsos.us/>

[Center For a Non Violent Community](https://nonviolentcommunity.org/)
<https://nonviolentcommunity.org/>

[Kene Me-Wu](https://www.facebook.com/kenemewu)
<https://www.facebook.com/kenemewu>

Wednesday

5 Cinco de Mayo

How many ways are avocados delicious? Too many to count! Mashed on toast; filled with chicken or egg salad; in quesadillas; in tomato soup; **chunks with mango** & crab in vinaigrette; mashed in ranch dressing for salads.....



OR.... make this addictive sauce: Blend 1 avocado, 1/4 cup plain yogurt, 1 cup cilantro, 1/2 cup basil, 2 Tbs. lemon juice, 1 tsp. cumin, 1 seeded jalapeno (optional) salt to taste. Great on meats, veggies, salad.....everything!



And for dessert...! Fry flour tortillas quickly in hot oil, drain, shake in cinnamon sugar. Yum!

LOCAL SUPPORT:

[Adventist Health Sonora](https://www.adventisthealth.org/sonora/?utm_source=local-listing&utm_medium=organic&utm_campaign=website-link)
https://www.adventisthealth.org/sonora/?utm_source=local-listing&utm_medium=organic&utm_campaign=website-link

[Adventist Health](https://www.adventisthealth.org/)
<https://www.adventisthealth.org/>

[Network of Care](https://tuolumne.networkofcare.org/mh/#SkipToContent)
<https://tuolumne.networkofcare.org/mh/#SkipToContent>

[Food Bank ATCAA](https://www.atcaa.org/food-bank)
<https://www.atcaa.org/food-bank>

Thursday

6 Ha ha ha ha

Humor is an important stress reliever, but is very individual, and age related! What do you notice about your child's sense of humor? How does it compare to yours? Ask your child what they think is funny, and when is it inappropriate. Tips at:

Encouraging Your Child's Sense of Humor

<https://kidshealth.org/en/parents/child-humor.html>



Jokes for Kids

<https://parade.com/968634/parade/jokes-for-kids/>

LOCAL SUPPORT:

[First 5 Tuolumne](https://www.first5tuolumne.org/)
<https://www.first5tuolumne.org/>

[YES Partnership](http://www.yespartnership.net/child-abuse-prevention-resources/)
<http://www.yespartnership.net/child-abuse-prevention-resources/>

[ICES Infant / Child Enrichment Services](https://www.icesagency.org/programs/planning/overview.html)
<https://www.icesagency.org/programs/planning/overview.html>

[Sierra Senior Providers](http://www.sierraseniorproviders.org/)
<http://www.sierraseniorproviders.org/>

Friday

7 Reach For The Sun

Start seedlings using what you already have. Cut a toilet paper tube in half and fill with soil, drop in seeds. Or fill egg carton cups with soil and drop in seeds. Water regularly as seeds sprout. For growing plants inside, make a small terrarium using a soda bottle. Leave the cap on & cut off top 3rd, fill the bottom with soil and plants, push the bottle top back over the bottom and it's a terrarium!



CRISIS SUPPORT:

Tuolumne County Behavioral Health & 24 Hour Line
1-209-533-7000
1-800-630-1130

National Suicide Prevention Lifeline
1800-273-8255

Center For a Non Violent Community 24 Hour Crisis Line
1-209-533-3401

Kene Me-Wu
1-800-792-7776

National Crisis Text Line
Text HOME to 741741



Saturday

8 The Blues or More?

Depression in children may look different than adults. And symptoms may appear similar to other age related behaviors like, crying outbursts and anger. But it could move on to physical complaints, changes in eating, sleeping, and relationships or feeling a sense of worthlessness. Any behaviors that continue for more than a couple weeks need attention. Talk to your child's teacher, childcare facility and pediatrician. Search **childhood depression** at: samhsa.gov webmd.com kidshealth.org



Roll 'Um Up

Press canned biscuits into individual squares; lay a slice of cheese on it; add 1/2 a hot dog diagonally and roll up dough to middle, fold in ends and continue rolling. Press seams together. Bake at 350° for 10-12 minutes. Dip in favorite sauces.

Dear family....

If you are waiting to do a real vacations, use your imagination and write letters to each other telling all about the vacation you wish you were on and what you are doing.

Sunday

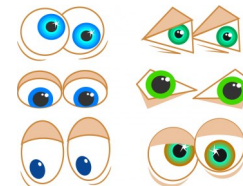
9 Mother's Day

Here are some ideas for a homemade gift: Paint the outside of a small, clean food can, add a message and put flowers in it. Trace and cut out handprints on color paper. Use for flower bouquets, butterflies, photo frames, book marks, etc.



Time To Blink

Staring at computer screens can be hard on your eyes. So try the 20-20-20 method. Every 20 minutes look up, 20 feet in front of you, for 20 seconds. Use this as a family break when everyone is on devices at the same time.



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

MAY

Family Wellness Month

American Cheese Month

Healthy Vision Month

MENTAL HEALTH Month

National Inventors Month

National Military Appreciation Month

National Salad Month

National Water Safety Month

National Family Month

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