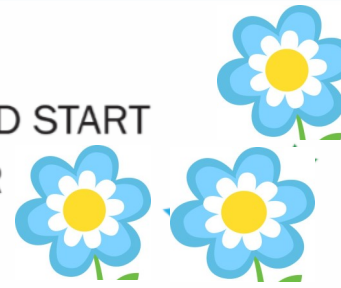




HOME EDITION

JERSEY CITY EARLY HEAD START/HEAD START PARENT ACTIVITY CALENDAR

APRIL 2020



Mon	Tue	Wed	Thu	Fri
<p>Need help or have questions with these ideas? Call or Email: Stephanie Latasa Parent Activity Coordinator 201-884-1050 ext. 7728 Email: stephanie.latasa@greaterbergen.org Rev:4/2</p>		<p>1 Taking Ownership of Your Community: Helping "Earth Day"</p> <p>Plant something in a cup, in a pot or in your backyard and watch it grow!</p>	<p>2 Taking Ownership of Your Community: Helping "Earth Day"</p> <p>Make musical instruments from recycled materials found at home...remember to have fun together and know that you did something good for our earth today.</p>	<p>3 Taking Ownership of Your Community: Helping "Earth Day"</p> <p>Have you changed your lightbulbs to LEDs yet? It is "saving energy," & it helps save your family some money too...every little bit helps!</p>
<p>6. Mindful Monday Learn Good Morning Yoga https://www.youtube.com/watch?v=m_E0AK2nkAY</p>	<p>7 Breakfast for Dads: Dads Read to Your Kids at Home Day Make it a Tuesday Habit! Remember: Be creative with making a simple breakfast together and find new ways to bring a story alive!</p>	<p>8 Need to work on your resume? Email your family worker for help! Need Food? Call the Salvation Army in Jersey City 201 435- 7355 by appointment only</p>	<p>9 Training Thursday Safe Sleep Ambassador Training https://cribsforkids.org/safe-sleep-ambassador/</p>	<p>10 Positive Words Friday: Use the word: "Amazing" throughout the day with each other REMINDER: Food Pantry at St. John's tomorrow</p>
<p>13 Mindful Monday Learn Good Morning Yoga https://www.youtube.com/watch?v=m_E0AK2nkAY</p>	<p>14 Breakfast for Moms: Moms Read to Your Kids at Home Day Make it a Tuesday Habit!</p>	<p>15 Looking for a Job? Email your family worker for help! Need Food? Call the Sharing Place in JC: call 201 963-5518 next scheduled distribution date 4/18</p>	<p>16 Training Thursday Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball</p>	<p>17 Positive Words Friday: Use the word: "Helpful" throughout the day with each other Reminder: Food Pantry at the Sharing Place tomorrow</p>
<p>20 MUSIC MONDAY</p>	<p>21 ARTSY TUESDAY</p>	<p>22 Working Together Wednesday CELEBRATE EARTH DAY!</p>	<p>23 LET'S PAINT THE TOWN BLUE THURSDAY</p>	<p>24 FAMILY FUN FRIDAY</p>
WEEK OF THE YOUNG CHILD				
<p>27 Mindful Monday Learn Good Morning Yoga https://www.youtube.com/watch?v=m_E0AK2nkAY</p>	<p>28 Breakfast for Kids: Kids Read to Your Parents at Home Day Make it a Tuesday Habit!</p>	<p>29 Need Food? Our Lady of Sor-row in JC: call 201 433-0626 Mon, Wed, and Fri. 9:30am-11am. By appointment to Jersey City Residents only at 93 Clerk Street.</p>	<p>30 Training Thursday Work on your bending, twisting, shaking, reaching, and crunching. Can you think of other ways to move while staying in one spot?</p>	<p>Positive Words Friday: Use the word: "Terrific" throughout the day with each other</p>