



# Early Connections

connects

May 2021, Newsletter

## Did you know?

There are many inexpensive ways to fit active fun into your family life. When the weather is warm, play outside together! Here are some fun ideas:

**Create sidewalk art** –use chalk or “paint” with water and brushes.

**Go fruit picking** –whatever grows where you live!

**Blow bubbles** –and safely follow wherever they go.

**Enjoy a playground** –find one designed for young children.

**Plan a “wash day”** –wagons, tricycles and outdoor toys, maybe even the family dog!

**Go on a nature hike** –look for wild flowers, bugs, rocks, sticks, leaves, butterflies and other natural things.

**Enjoy the outdoors** and please remember to always stay with your child, apply sunscreen and wear hats (even on cloudy days) and drink plenty of water!

Adapted from NIBBLES FOR HEALTH 38 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

## Book Corner

Explore the great outdoors in books!

Run Wild by David Covell

Daniel Finds a Poem by Micha Archer

Please Take Me for a Walk  
By Susan Gal

## PAT Phone Directory

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## COMMUNITY RESOURCES

### People’s Resource Center

<http://peoplesrc.org/>

### C.R.I.S (Community Resource Information System)

[www.dupagecris.org](http://www.dupagecris.org)

### Loaves and Fishes Food Pantry

<https://www.loaves-fishes.org/>

### West Suburban Food Pantry

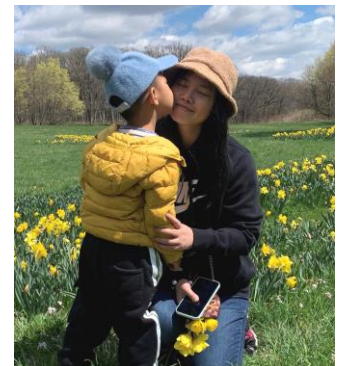
6809 Hobson Valley Drive #118 Woodridge IL  
Bring photo ID proof of residency and bags or boxes  
Tue 8:30-11:30am, Thur 5:30-7:30pm, Sat 8:30-11:30am

### Naperville Public Library Video Zoom Story Time

Tuesdays May 11<sup>th</sup> and 25<sup>th</sup> 12:30-1:30

Your Parent Educator will send you the link!

Contact your home visitor to set up a visit for your family to the Morton Arboretum!



# May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>Celebrate Spring On May Day!</b>
2 <b>It's Brothers and Sisters Day! Do something nice for your sibling.</b> 	3 <b>Mix up a bunch of socks and then sort them by color.</b> 	4 <b>Parents! Attend the Covid-19 Vaccination Presentation On Zoom At 7:00 PM</b>	5 	6 <b>Find 5 circles in your home.</b> 	7 <b>Child Care Provider Day</b> 	8 <b>Plan something special for Mom!</b>
9 	10 <b>Sing your favorite song together!</b>	11 <b>Join us for Library Story Time on Zoom with a special presentation on dental care at 12:30</b>	12 <i>Eid al-Fitr</i>  <i>End of Ramadan</i>	13 <b>Jump like a frog today.</b> 	14 <b>Share some fruit with someone you love!</b> 	15 <b>Take an extra-long nap!</b>
16   <i>Love a Tree Day</i>	17 <b>Try Toddler Yoga.</b> 	18 <b>Go outside and find something</b>  <b>Green!</b>	19 <b>Read a favorite book together.</b>	20 <b>Use your favorite colors to scribble on paper.</b> 	21 <b>Play catch.</b> 	22 <b>Protect your skin! Wear a hat and use sunscreen!</b> 
23 <b>Go for a nature walk!</b>	24 <b>Organize your toys today.</b> 	25 <b>Join us for our end-of-year Library Story Time on Zoom At 12:30</b>	26 <b>Learn a word in a different language.</b>	27 <b>Try a new vegetable today.</b> 	28 	29 <b>Create patterns with blocks.</b>
30 <b>Celebrate your family!</b> 	31 					