



WEEKLY PARENT NEWSLETTER

DECEMBER 10, 2020

THE IMPORTANCE OF SELF-CARE

From The Center for Childhood Resilience (CCR), housed at Lurie Children's Hospital

Taking care of yourself is an important part of being a parent. It can be challenging to prioritize time for yourself when we have so many other people and things to take care of in our family. There is a cycle to self-care. If you are not feeling well, healthy, and nurtured, your stress and fatigue can impact others around you. It can be easy to forget that adults create the climate of the family. With some intention and best practices, even the most stressful situation can be managed by adults to ensure that the home environment is one of peace and safety where all can thrive. You have to first take care of yourself before you can focus on others. If you are not feeling well, healthy, and nurtured, your stress and fatigue can impact others around you. It can be easy to forget that adults create the climate of the family. With some intention and best practices, even the most stressful situation can be managed by adults to ensure that the home environment is one of peace and safety where all can thrive.

Sometimes you just can't do self-care on your own—and you need others to help you. Squads can be small, intimate and affectionate while other times our squad is enormous and bonded by geographic or historic identity. The bottom line is that squad care reminds us there is no shame in reaching out to others and our squad can enrich and support our self-care practices. When you forget to put your own mask on first, your squad is there to remind you.

The following resources serve as examples of ways to support self-care practices.

<http://carescenter.ucla.edu/covid-19-resources-staying-resilient>

<https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough>

REMINDER

The monthly parent café with the Illinois Afterschool Network will also focus on self-care and is scheduled for this **Saturday, 12-12-2020**.

Register with this link:

<https://us02web.zoom.us/join/register/tZcud-2tqDsQH9IO49itgBW39GoQ93mdgB9M>



Links to low cost and safe family activities for the Holidays

<https://www.familyeducation.com/fun/christmas-activities-traditions/12-days-fun-cheap-christmas-activities-families?mpweb=1054-7592-1644809>

Multicultural customs activity

http://i.infopls.com/botr/botr_025_6-6.pdf



GET READY!

Fun with the FVPD home activity kits begins next week

Starting next week, the MyTime parent newsletter will contain the links to the activities that correspond with the take home kits that all MyTime students received. All of these links will re-direct the student to **YouTube** to follow along and do the activity with Fox Valley Park District personnel. While the linked video content is appropriate for young children, the **YouTube** ads that surround the video tutorial might not be. This is something beyond our control. In an effort to maintain a safe remote learning environment, we are asking parents and Mytime staff **supervise** the students when they are viewing the activity kit tutorials. Each week will feature three links from each of the following Fox Valley Park District activity categories: Performing arts, fitness and nature. This is an exciting addition to MyTime and it will be another fun way to engage in quality activities as a family.



Recursos para
ayudarle a
usted y a su
familia durante
el Covid-19 y el
aprendizaje a
distancia

MyTime

RESUMEN DE RECURSOS COMUNITARIOS

B, A, B, Y.

Free Diaper Drive

Hosted by
First Baptist Church Aurora

15 Oak Ave - Aurora IL - 60506

**Saturday
December 12th
Starts at 12pm**

**Weather permitting
Drive-thru pick up while supplies last**

**Entrega de pañales gratuitos
mientras duren las provisiones**

ANNOUNCING DINNER MEALS

West Aurora School District is happy to announce that in addition to breakfast and lunch, our meal packets will now include dinner beginning Thursday, December 10th!

Dinner is a larger meal and is designed to be heated up (instructions provided) and will be available during our current meal times of 10:30 am-2:00 pm Monday through Friday at all 11 locations, our pop up locations, and Monday-Thursday evenings at West High from 4:00 pm-6:00 pm.

Please know that our goal is to provide all children in our community with food security and we know that adding dinner will help our families as the needs continue to grow.

All families in our community can access our food distribution, regardless of whether or not they attend our schools. No questions asked. No ID is necessary.



ANUNCIANDO LA CENA

El Distrito Escolar de West Aurora se complace en anunciar que además del desayuno y el almuerzo, nuestros paquetes de comidas ahora incluirán la cena a partir del jueves 10 de diciembre.

La cena es una comida más grande y está diseñada para calentarse (se proporcionan instrucciones) y estará disponible durante nuestro horario de comida habitual de 10:30 a.m. a 2:00 p.m. de lunes a viernes en las 11 locaciones de costumbre al igual que en nuestras ubicaciones emergentes y los lunes a Jueves por la noche en West High de 4:00 pm a 6:00 pm.

Por favor, sepa que nuestro objetivo es brindar seguridad alimenticia a todos los niños de nuestra comunidad y sabemos que agregar la cena ayudará a nuestras familias a medida que las necesidades continúan creciendo.

Todas las familias de nuestra comunidad pueden acceder a nuestra distribución de alimentos, independientemente de si asisten o no a nuestras escuelas. No se harán preguntas y no necesita identificación.



Step by Step Wellness

Free classes...

- will teach you to manage diabetes, heart disease or weight with simple changes that will make a big impact on your health.
- will educate you on how to eat healthy, be more active and more!
- are fun and interactive educational experiences!
- are offered in English and Spanish.

To register, visit www.vnahealth.com/services/wellness-classes
All classes at this time are online.

Classes led by Deepa Deshmukh, Dietitian, are on Wednesdays at 3:30.

Classes led by Viridiana Hernandez, Dietitian, are on Wednesdays at 6:00 pm starting on January 6th, 2021.

Call (630) 892-4355 ext. 8114 for more information

FREE Online Classes

Earn a Step by Step
gift each time you
complete 4 classes.

You do not need to be a
VNA Patient to attend.

Classes are FREE of charge
and open to any adult.



VNA Health Care
www.vnahealth.com



Bienestar Paso a Paso

Clases gratis...

- le enseñarán a manejar su diabetes, enfermedad del corazón o peso con pequeños cambios que causan un gran impacto en su salud.
- le enseñarán a como comer saludable, ser más activo y mucho más!
- son experiencias educativas divertidas e interactivas!
- se ofrecen en Inglés y en Español.

Visite www.vnahealth.com/es/services/wellness-classes para registrarse.
Todas las clases se imparten en línea.

Clases dirigidas por Deepa Deshmukh, Dietista, son los miércoles a las 3:30pm

Clases dirigidas por Viridiana Hernandez, Dietista, son los miércoles a las 6:00 pm a partir del 6 de enero de 2021.

Llame al (630) 892-4355 ext. 8114 para obtener más información.

Clases en línea GRATIS

Gana un regalo del
programa Paso a Paso cada
vez que completes 4 clases.

Usted no necesita ser un
paciente de VNA para asistir.

Las clases son GRATUITAS
y disponibles para
cualquier adulto.



VNA Health Care
www.vnahealth.com

**Beginning December 1,
immigrant seniors with low-
incomes are eligible for health
insurance coverage in Illinois!**

Three Options to Sign Up:

1. Call 1-800-843-6154 for a phone application
2. Visit abe.illinois.gov to apply online
3. Find free local help in your language:

Illinois Coalition for Immigrant and Refugee Rights Family Support
Network Hotline: 1-855-HELP-MY-FAMILY

Illinois Welcoming Centers: bit.ly/welcomingIL



#HealthyIllinoisForAll

**¡A partir del 1 de diciembre, personas
mayores inmigrantes con bajos
ingresos son elegibles para cobertura
de salud en Illinois!**

3 Opciones para Inscribirse:

1. Llame al 1-800-843-6154 para aplicar por teléfono
2. Visite abe.illinois.gov para aplicar por sitio web
3. Encuentre ayuda local gratuita en su idioma:

Illinois Coalition for Immigrant and Refugee Rights Family Support
Network Hotline: 1-855-HELP-MY-FAMILY

Centros de Bienvenida de Illinois: bit.ly/welcomingIL



#IllinoisSaludableParaTodos

