

FAMILIES FIRST NEWSLETTER

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Preparing to Go Back to School and what that may look like

This has been a year of firsts: first pandemic of our generation, first experiences with e-learning, home-schooling, and working from home. We are starting to come out of the other side of everything and are wondering what does next school year look like?

The answer is - we don't really know! While districts have plans made for students to go back either in person or virtually, nothing is completely set in stone. Your students may only be going back part-time until districts feel it is safe enough to be together full time.

So how do we prepare to go back to school? We try to prepare as normally as possible with a few extra steps along the way.

1. **Pick out new school supplies** - supply lists are out, so help your student pick out their new notebooks, backpacks, lunch boxes, etc. Get them excited about going back to school, no matter what it may look like.

2. **Teach them how to wear their face masks properly** - wearing something that covers your

nose and mouth for several hours a day is not comfortable and it takes getting used to. Help them figure out how to wear their mask and only take it off using the ear pieces.

3. **Hand washing and sanitizing** - Over the course of the last few months we have heard A LOT about washing and sanitizing our hands regularly. Make sure your students know how to wash their hands for at least 20 seconds (sing a song like the ABC's or Happy Birthday twice) with plenty of soap and water.

4. **Make it fun** - when we are stressed and worried about something, our kids are too. This is new for all of us, so get them excited about picking out their own masks and supplies, help them set up a space in the house that is theirs for e-learning. Make sure to also talk to your kids about their feelings if they are scared or nervous about going back to school. Be honest and explain the changes that will be happening at school.

Be safe and take care of yourself and your family!

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SOLDIERS

FAMILIES

RETIREES

CIVILIANS

If you are a military father - meaning you or your spouse is active, retired, or a guard member - you are invited to be a part of our monthly fatherhood activities! Each month we plan an activity specifically for children and their fathers. Twice a year we open these activities up to the whole family! All events are FREE and are at different community venues. Past outings have been fishing, ice skating, trampoline park, and many more. To learn more about the next activity email Jennifer Kerr at jennifer.a.kerr10.civ@mail.mil or Alyssa Acton at AlyssaA@childabuseqc.org

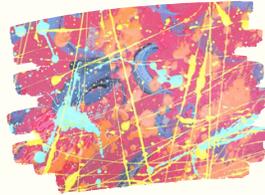
Spray and Squeeze Art

Did you know that some of the best kids art making tools can actually be found in your fridge and cupboard?

Basically anything that you can spray or squeeze can be filled with paint and used to make amazing abstract art. Think tomato sauce, mayonnaise, squeeze honey bottles, moisturizer, stain remover, cleaning spray etc.

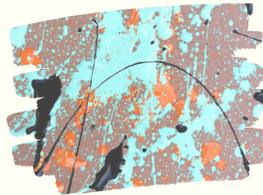
Materials needed:

- Assorted spray and squeeze bottles
- Paint (any kind will do)
- Water
- Recycled cardboard or fabric
- Paint clothes (it's going to be a little messy!)



Directions:

1. Thoroughly clean out bottles you will be using
2. Pour paint into bottles by directly or use a funnel
3. Add water to make it your desired consistency (the more water used the more of a watercolor effect you will get)
4. Set up fabric or cardboard in an area you don't mind getting messy
5. Get painting!



Book Nook

For Kids:

- Who will you be? by Andrea Pippins
- Jasper & Ollie Build a Fort by Alex Willan
- There's an Alien in Your Book by Tom Fletcher
- Exclamation Mark by Amy Krouse Rosenthal
- The Haunted Library by Dori Hillestad Butler

For Teens:

- Guys Write for Guys Read by Jon Scieszka
- Theiving Weasels by Billy Taylor
- Iron Case by Destiny Soria
- Do You Know Who You Are? by DK
- We Should Hang Out Sometime by Josh Sundquist

For Adults:

- It's Not all Downhill from Here by Terry McMillan
- Sharks in the Time of Saviors by Kawai Strong Washburn
- The Vanishing Half by Brit Bennett
- Pizza Girl by Jean Kyoung Frazier
- The Answer is... Reflections on My Life by Alex Trebek

FROZEN S'MORES

Ingredients:

- 1 box instant chocolate pudding
- 2.5 cups milk
- Graham crackers
- 7 oz marshmallow creme
- 4 oz softened cream cheese
- 8 oz frozen whipped topping

Directions:

1. Line 9x13 pan with foil or parchment paper
2. In bowl, whisk together pudding mix. Pour into pan & chill
3. In bowl, beat together cream cheese and marshmallow creme until smooth
4. Fold whipped topping into marshmallow mixture
5. Spread over chocolate layer, cover with foil
6. Freeze layers for approx. 4 hours or until firm
7. Using foil, remove layers from pan, cut into 15 squares the same size as graham crackers (broken in half)
8. Sandwich layers between 2 graham crackers and enjoy!



WE VALUE YOUR FEEDBACK!

Let us know how you are liking the newsletter.

Take this month's survey at: <https://www.surveymonkey.com/r/FFAUG20>