



Idaho KinCare Project

GENTLE WAYS TO TAKE CARE OF YOURSELF



Be kind to yourself this fall. Try some of these self-care methods.

Say no to anything that is not important to you. Give yourself permission to focus on what is important.

Ask for help. Asking for help will allow those who love you to feel valued and needed.

Drink tea. Hot and comforting, herbal tea will not make you dehydrated like coffee can.

Listen to your favorite music. Soothing music can help calm you and those in your family down. Upbeat music can be energizing.

Take five minute mini-breaks every hour. Take a walk around the room if you can't get outdoors. The change of pace will do you good.

Make a plan of everything that needs to be done. Making a list and crossing off

completed items feels good.

Make sure you keep in touch with your friends. Come to Support Group!

Surround yourself with inspiring photos. You'll feel better when you can focus on something pretty or pictures of your beautiful children!

Write a daily gratitude list. Even if it feels like nothing went right that day, reflect. Maybe you will only be able to write "I'm glad my child's eyes are so pretty."

Take your vitamins. Put your supplements out along with your breakfast so you are sure to take them.

Keep track of your accomplishments. It's easy to focus on the negative or what we didn't get done. We seldom spend much time thinking of what we were able to achieve.

Do something silly. Don't forget to laugh, even though

you are busy. Tell knock-knock jokes to your kids.

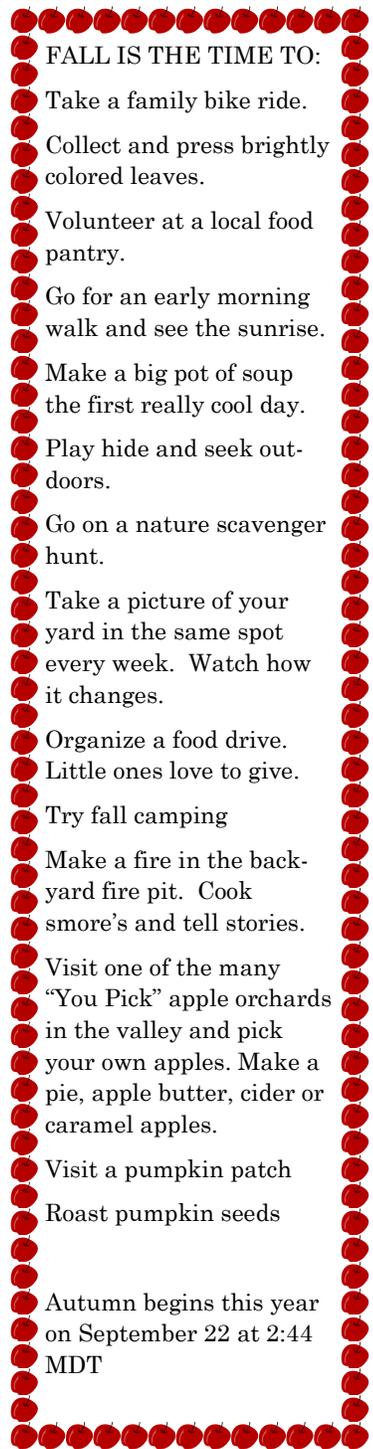
Get more sunlight. Get your daily dose of sunlight if you are spending a lot of time indoors. The days are getting shorter. Make the most of the sunlight now.

Allow your emotions to come to the surface. If you are tired and sad, cry it out. Crying reduces stress and contains antibodies that fight pathogenic microbes.

Eat fresh fruits and vegetables. Farmers Markets are great places to purchase fresh inexpensively.

Do the dreaded or hardest task first. You won't dread it all day.

Accept yourself as you are. Let yourself off the hook and accept that you are only human and doing your absolute best.



FALL IS THE TIME TO:

- Take a family bike ride.
- Collect and press brightly colored leaves.
- Volunteer at a local food pantry.
- Go for an early morning walk and see the sunrise.
- Make a big pot of soup the first really cool day.
- Play hide and seek outdoors.
- Go on a nature scavenger hunt.
- Take a picture of your yard in the same spot every week. Watch how it changes.
- Organize a food drive. Little ones love to give.
- Try fall camping
- Make a fire in the backyard fire pit. Cook smore's and tell stories.
- Visit one of the many "You Pick" apple orchards in the valley and pick your own apples. Make a pie, apple butter, cider or caramel apples.
- Visit a pumpkin patch
- Roast pumpkin seeds
- Autumn begins this year on September 22 at 2:44 MDT

THE FAMILY THAT PLAYS TOGETHER

Try one of these bestsellers for your next family game night.

"Qwirkle" Match tiles and win points as you plot and scheme your way to victory.

"HedBanz" A fast paced, fun, simple question game. Draw a card and place in your HedBanz and guess your identity by asking questions of the other players.

"Richard Scary Busy Town" Race around town solving mysteries. How many objects can you find?

"Operation, Despicable Me" The classic game of Operation with many, many minions.

"Clue Classic" has been puzzling generations of amateur detectives. Still great fun.

"Run Wild" A simple card game set at a chaotic pace. Everyone plays at the same time.

"Telestrations" Like playing Telephone but with markers. One player sketches, the others guess.

"Scrabble Junior" Kid-sized words and colorful pictures. A new twist on an old classic.

"Murder Mystery Mansion" One team stages a "crime" for the rest of the players to solve.

"Forbidden Island" Think Indiana Jones as your intrepid adventurers explore a island that is rapidly sinking. Race against time to recover ancient artifacts before the island sinks.

Self Help Legal Alternatives*

In a small office at 3350 American Terrace in Boise, you will find Leo Wees. For the past 23 years, Leo has been assisting Idahoans with the filing of their legal documents.

Leo is careful to point out that he is not an attorney and he can offer no legal advice. What he can offer is his more than two decades of experience filing legal briefs and documents with Idaho courts.

His business card reads: "Legal Documents Prepared Court-Ready" and he can prepare an amazing variety of documents at prices that

most of us can afford. He may also work out an installment plan for you or a waiver for low income clients.

If you need assistance filing documents with the courts and you cannot afford the services of an attorney, Leo can help with:

- Adoption
- Answer and Counterclaim
- Custody
- Child support modification
- Contempt of Court

Corporations and LLC's

Divorce

Guardianship

Wills

Living Trusts

Probate

You can reach Leo at 344-3208.

**this article does not represent an endorsement by the Idaho Department of Health and Welfare but is for information purposes*



IN SEPTEMBER

There is much cause for celebration in the month of September. How many of these celebrations can you hold in your family?

1. Emma M Nutt Day, the first woman telephone operator
2. Labor Day
3. Skyscraper Day
4. Newspaper Carrier Day
5. Be Late for Something Day
6. Fight Procrastination Day
7. Neither Rain nor Snow Day
8. Grandparents Day
9. Teddy Bear Day
10. Swap Ideas Day
11. 9/11 Remembrance
12. Chocolate Milk Shake Day
13. Positive Thinking Day
14. National Cream-filled Donut Day
15. Make a Hat Day
16. Collect Rocks Day
17. National Apple Dumpling Day
18. National Cheeseburger Day
19. International Talk Like a Pirate Day
20. National Punch Day
21. Miniature Golf Day
22. Elephant Appreciation Day
23. Checkers Day
24. National Cherries Jubilee Day
25. National Comic Book Day
26. Johnny Appleseed Day
27. Crush a Can Day
28. Ask a Stupid Question Day
29. Confucius Day
30. National Mud Pack Day



Happy Grandparents Day!

September is also celebrated all month long in unique ways, so....

Happy Classical Music, Hispanic Heritage, Fall Hat, International Square Dancing, National Blueberry Popsicle, Courtesy, Piano, Chicken, Baby Safety, Little League, Honey, Self Improvement, Better Breakfast, Be Kind to Editors and Writers (please), Cable TV, Bed Check, Mind Mapping, Piano, Rice, Papaya, National Preparedness, Healthy Aging and Literacy Month!

Who comes up with this stuff?

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HOW TO HELP YOUR KIDS WITH HOMEWORK

FROM PARENTING.COM

Do you dread homework as much as the kids do? Help them develop good study habits and take some of the sting out of this dreaded chore.

Step 1: Have a Plan

Sit down with your kids and lay out expectations now, when the school year is starting, rather than waiting until problems arise. Two or three goals is plenty, and you'll get better results if your child helps decide them.

Ask: What were your child's stumbling blocks last year? Maybe homework time was running into bedtime, so agree on an earlier start time. Did your child resist reading? Work on ways to make it fun—maybe set up a reading tent under your dining room table. Review your child's homework goals again in October, and perhaps once more in January. Adjust your plan as you go, letting your child take as much ownership of the process as possible

Step 2: Get in a Routine

All the research says the single best way to improve your child's homework performance—and bring more peace to your home—is to insist on a daily schedule or routine. In some homes, that means doing it right after school; for others, it can mean waiting until after dinner if your child is the type who needs to expend some energy before he dives back into the books.

Give kids at least 30 minutes to have a snack and unwind, with one caveat: That half-hour break really shouldn't involve anything with a screen—television, e-mail, or video games—or you may have trouble getting kids off.

Giving kids a half-hour break between after-school activities and homework is a smart idea, too. Sports or after-school care isn't really a break. Kids need to let down a little at home before launching into homework. If your child goes to a babysitter or aftercare program, make a deal that while he's there he'll work on one assignment—something easy he can do even with distractions—every day before he gets home so he has less work later.

The key is to be consistent about the

routine. Take a few weeks before homework gets heavy to try different approaches and see what works best, then stick to it.

What about weekends? Everyone deserves a break on Fridays, of course. But pick a regular time during the weekend for homework. You may find that your child can finish in 30 minutes on the weekend what can take two hours during the week.

Step 3: Know When to Get Your Child Extra Help

If your kid is truly stuck on a homework assignment, don't make the common mistake of trying to reteach the information. Your goal is not to become your child's study buddy. Plus, your approach might be too different from the teachers. Imagine being a kid learning long division for the first time. You don't understand what your teacher is saying, and your parents or guardians teach you another method. When you get back to school, you're bound to be even more confused.

Instead, send an e-mail or note to the teacher asking her to please explain the material to your child again. If your child is a fourth-grader or older, have him write the note or talk to the teacher. It's important that he learns how to speak up for himself. The teacher will likely have office hours earmarked for those who need help. Also ask her about specific websites (many school textbooks now have practice sites kids can use in conjunction with the material in the book.)

Step 4: Pick the Right Spot

Some kids do best with a desk set up in their bedroom so they can work independently; others want to be smack in the middle of the kitchen while you cook dinner. Let kids choose their preferred study spot. If your child focuses better lounging on a couch or the floor, let them do it. Wherever your child does homework, keep it distraction-free—no TV, video games, or loud siblings playing nearby. It's ideal if you can set a quiet family work time, when younger kids color or do other 'homework-like' tasks and you do paperwork or reading

of your own.

Step 5. Don't be too helpful

Although you may feel guilty at first, it's smart to have a one strike rule when it comes to forgetting homework, if your child leaves his assignment at home and calls, begging for you to bring it to school, bail him out, only once for each grading period. Then help your child figure out where the homework/return to school chain is broken. Does he leave it on the table or forget something because it is a different color folder? Create a homework checklist and post near his study space.

And finally, remember that you shouldn't be doing homework. If homework comes with "instructions for parents", let the teacher know that perhaps it is too much. A project can be a great way to bond, but if it is taking up too much of your time, it is probably too much for your child. If your third grader is spending an hour and a half on math homework, that's way too much. Keep track of her time for several days, then talk to the teacher. Sometimes teachers honestly underestimate how long an assignment will take. If your child routinely works long hours because she is struggling, also talk to the teacher. If she is slaving because she is a perfectionist, you may need to discuss a reasonable amount of time to devote to an assignment and then clock her.



THE IMPORTANCE OF ART IN A CHILD'S DEVELOPMENT

Most of us instinctively know that art is important for our children. But beyond what we feel, there is much factual information about why it is important in a child's development. Children develop life skills through art activities. Communication, problem solving, social and emotional skills, fine motor skills and self expression and creativity. For more information on this topic, visit: <http://www.barnesandnoble.com/u/maryann-kohl-importance-of-art/379002442/>



DOLLAR STORE ILLUMINATED PUMPKIN

Walking through the stores this time of year, it's hard not to be bombarded with twine pumpkins. And they can be expensive!

Helping your children express their creativity doesn't need to be expensive or difficult. Here is an easy craft with materials sourced at the dollar store.

Materials: Latex balloon, white glue, twine, twinkle lights or battery operated candle.

You will also need two empty plastic containers such as the kind you get with cottage cheese or margarine, latex or vinyl gloves and foam brush (optional).

Blow up the balloon to the size you would like your pumpkin to be.

Pour some glue into one of the containers. With a foam brush, or your hands, coat the entire balloon with glue.

Cut a good length of twine and dip it into the glue. Coat the entire length of the twine. Don't cut it too long or it will get tangled. Start gluing your glue covered twine to the balloon starting at the bottom. Make sure to tuck loose ends in behind other twine to keep it from standing out from your finished product. Glue the twine to the balloon in all different directions. It doesn't have to be perfect. Leave a hole at the top and bottom; just use your fingers to pry the wet twine apart into a nice neat hole at both ends. Make the top hole big enough to insert a stick or stem and the bottom hole large enough to insert twinkle lights or battery operated candle. Place your glue covered balloon into the second container and allow it to almost dry. (It will take about two hours) When it is almost dry and still pliable, pop the balloon and remove it from the pumpkin. Once the balloon is out of the pumpkin, take your hands and make an indent at the top to form the top of the pumpkin where you will place your stem. Allow it to completely dry. Insert a stick where the stem of the pumpkin would be.

You can now paint your pumpkin any color you would like or leave it as it is. Glitter would be great too. For the lights, you can insert a set of twinkle lights or a battery operated candle. The lights will cast an amazing shadow on the wall behind the pumpkin.

HEALTHY AFTER SCHOOL SNACKS

Are your kids “starving” when they come home from school? Still want them to eat dinner? Try one of these healthy snack ideas.

- A. Plain or flavored yogurt or cottage cheese with sliced fruit and granola
- B. Whole grain cereals or oatmeal, yogurt or raisins
- C. Trail mix or healthy granola bars and fruit bars (look for high fiber and no trans fat)
- D. Half a peanut butter sandwich with jam and cashews
- E. Chocolate or carob graham crackers with almond butter
- F. Quesadillas (melted cheese on whole wheat tortillas)
- G. Rice cakes topped with cheese
- H. Popcorn, home made (see making microwave popcorn recipe below)
- I. Tortilla chips and salsa or guacamole topped with cheese and put under the broiler
- J. Breads like banana, pumpkin, corn or zucchini
- K. Hummus dip with vegetables
- L. Hard boiled eggs
- M. Apple slices with cheese, peanut butter or honey
- N. Fruit kabob (cut fruit on a stick dipped in yogurt)
- O. Ice cream cone filled with yogurt and chopped fruit
- P. Sliced bananas with strawberries and a sprinkle of semi sweet chocolate chips

MAKE MICROWAVE POPCORN USING A SIMPLE BROWN BAG

If you’ve been buying microwave popcorn because of the convenience you’ll want to check out this incredibly inexpensive way to make microwave popcorn at a sixth the cost of commercial bags.

The writers at Squawkfox, a frugality-centered blog, were shocked when they did the math on how much they were paying for the convenience of pre-bagged popcorn. When they crunched the numbers they realized they were paying over \$3.50 a pound for popcorn versus \$0.50 for a raw pound of popcorn. What do you get for the extra three bucks? A whole lot of fancy packaging and a whole lot of questionable ingredients.

- Step one: Get a brown paper bag, the flat bottomed kind you used to take your lunch to school. Pretty easy so far!
- Step two: Add 1/2 cup of bulk popcorn kernels to your brown bag.
- Step three: Fold the bag over twice. Don’t staple it; that would make it spark in the microwave
- Step four: Put the bag in the microwave. Try three minutes as your setting. Stop when the popping slows to one or two pops per second.
- Step five: Add a “gourmet” topping. Salt and a dab of butter is the conventional way to eat popcorn, but you might like chili powder, hot sauce, onion powder, garlic powder, parmesan cheese, a dash of cinnamon with a sprinkle of sugar or a little honey.
- Step six: Sit back and enjoy your healthy, inexpensive snack.

