



FAMILY HUDDLE

Parenting Tips

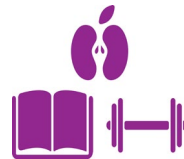
Is your child beginning to display the classic signs of cabin fever?

The American Academy of Pediatrics provides tips to help:

- Address children's fears.
- Keep healthy routines.
- Use positive discipline.

Learn more at

[healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)



HEALTHY SPIRIT, MIND, AND BODY

Drumsticks Exercise

Nothing beats stress like some rhythmic drumming. A bonus? It also can be great exercise!

Join Jenn from the YMCA of Greenville as she leads you and your child in a fun exercise with drumsticks.

No drumsticks? Jenn shares some ideas of what else you can use.

Watch at youtu.be/YbC5v5Cd3WM



MORE ACTIVITY, MORE FUN

Story Time Fun

Spend some family time with baby animals!

Join Ms. Erin at the B.R. Ryall YMCA of Northwestern DuPage County in Illinois for story time as she reads *ZooBorns!: Zoo Babies From Around the World* by Andrew Bleiman and Chris Eastland.

Watch at

drive.google.com/file/d/1Imcm5PqFYB0wOWGFr4RHLMiEShKk0S52/view



HOMework HELPER

Beach Ball Math

Draw a line (like the equator line on a globe) around a beach ball with a marker. Place numbers on each side of the ball.

Throw the ball and use the numbers where your hands land to form an equation. Say it out loud and the group can answer together.

For more directions visit

[foundationsinc.org/wp-content/uploads/2019/07/CGG-Beach-Ball-Math.pdf](https://www.foundationinc.org/wp-content/uploads/2019/07/CGG-Beach-Ball-Math.pdf)