

THE QUARANTIMES

by Aunt Katie's Place
www.auntkatiesplace.com

Your kids are home... for who knows how long?! Just breathe - we've got you covered!

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www.auntkatiesplace.com

Issue 1; 5 Pages

Welcome to the first issue of Aunt Katie's Place's "The QUARANTIMES"!

This is a confusing time for all of us, and we're here to help bring you a little bit of peace in the midst of all this chaos. We'll be sending out a weekly short newsletter with ideas for how to keep your kids occupied and helpful information about preparing to stay quarantined and indoors for long periods of time... basically ways to help you keep your sanity while your children are unexpectedly locked inside with you for... who knows how long?

We'd also love to involve your kids to make this time seem much less stressful and scary for them. We'd love for you to send us their funny quarantine stories, drawings, photos, etc. and

we'll share them in our weekly newsletter. Humor is so important to help ease the stress! You can send this information by email to auntkatie@auntkatiesplace.com or through Facebook Messenger to [@auntkatiesplace](https://www.facebook.com/auntkatiesplace).

Aunt Katie's Place's mission is to to champion the intellectual, physical, and emotional well-being of all children. This most definitely does not stop during quarantine. We hope you'll find this informative newsletter useful, and we'd love for you to pass it on to your friends, relatives, associates... whoever is at home with their kids and needs it! ✨

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For Theatre, Science, Fitness,
and Reading

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Quarantine is a great time to start your kids learning a second language! Check out the

LANGUAGE LEARNING RESOURCES AT AUNT KATIE'S PLACE!

Available in Spanish, French, and German
www.auntkatiesplace.com

Does your child have a funny quarantine story, photo, or drawing they'd like to share? Send it our way and it may get featured in an issue of "The QUARANTIMES"!
auntkatie@auntkatiesplace.com

ONLINE RESOURCES

Art, Theatre, Music, Science, Math, Fitness, Reading... nothing is off limits!

Art/Theatre Activities

Get your kids' creativity going!



Facebook Live Puppet Show

Fridays 11:00 am EST

by WonderSpark Puppets

@WonderSparkPuppets

www.facebook.com/wondersparkpuppets

"WonderSpark Puppets have the sweetest, funniest puppet shows that engage the imaginations of kids and adults alike! WonderSpark Puppets is husband and wife team Chad Williams and Z. Briggs." - from the WonderSpark Puppets Facebook page.

Free digital resources from your local library!

Did you know that your local library has a whole slew of digital content you can access from home? Your library card unlocks a whole world of e-books, videos, language learning applications... all for FREE! Don't have a library card? Well, you have two easy options: 1) you can apply for a library card online - visit your local library's website and look for the online application. If you can't find it - contact them! They should have that information easily accessible, and if it's not, they need to know so they can fix it! Or 2) most public schools have an agreement with their public libraries to allow a child's student school ID to be useable as a library card number. Check your local library's website for more details! And again, if you can't find the information - contact them! ✨

Science Activities

Exploring the world... while indoors!



Facebook Live Home Safari

Daily 3:00 pm EST

by Cincinnati Zoo and Botanical Gardens

@cincinnati zoo

www.facebook.com/cincinnati zoo/

"While the Cincinnati Zoo is closed and kids are home from school, let us help make your children's hiatus from school fun and educational. Join us for a Home Safari Facebook Live each weekday at 3pm EDT where we will highlight one of our amazing animals and include an activity you can do from home." - from the Cincinnati Zoo Facebook page.



Astronaut Academy by Janet's Planet

via Zoom

Daily 9:00-10:30 am CDT

On demand on YouTube 10:00 am EST daily

@janetsplanet

www.facebook.com/JanetsPlanet/

www.youtube.com/channel/UC0J0BQqvNIBBIg5dCwbEnyg

(you will need to copy/paste)

"Traveling at the speed of thought, Janet delivers information about health, science and history on this planet and many others!" - from the Janet's Planet Facebook page.



Online Classes - Science Mom and Math Dad

Daily 11:00 am - 1:00 pm EST, 8-10 Pacific

Livestream on YouTube and Facebook

@thesciencemom

www.facebook.com/TheScienceMom/

www.youtube.com/channel/UC-QcZISbFb9EilEQ41cVhXw

(you will need to copy/paste)

"Helping kids discover science through hands-on activities." - from The Science Mom's Facebook page.

Fitness Activities

Let's release your kids' pent up energy!



Facebook Live Ballet Classes *Daily, different times/age groups*

by Ballet Nova Center for Dance
@BalletNovaCenterForDance
www.facebook.com/balletnovacenterfordance

"Founded in 1981 by Kathryn and Kenneth Fredgren, the BalletNova Center for Dance has been one of Northern Virginia's premier dance education organizations." - from the Ballet Nova Center for Dance Facebook page.



Cosmic Kids Yoga Videos *On demand YouTube videos*

by Cosmic Kids Yoga
www.youtube.com/user/CosmicKidsYoga

"Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early!" - from the Cosmic Kids Yoga YouTube page.



GoNoodle Videos - Get Moving! *On demand YouTube videos*

by GoNoodle
www.youtube.com/user/GoNoodleGames

"GoNoodle videos get kids moving to be their strongest, bravest, silliest, smartest, bestest selves. Over 14 million kids each month are dancing, stretching, running, jumping, deep breathing, and wiggling with GoNoodle." - from the GoNoodle YouTube page.

Reading Activities

Reading is fuel for the brain!



Twitter Live Book Reading by "Olaf" (actor Josh Gad) *Daily 7:00 pm EST*

@joshgad
<https://twitter.com/joshgad>

"Just trying to do my part and help keep you and your kids (somewhat) sane?" - from the Josh Gad Twitter page.



Stop Motion Stories by Bri Reads *On demand YouTube videos*

@brireads123
www.facebook.com/BriReads123/
www.youtube.com/channel/UCUcCuqQXE_PLpLs68wULXCw *(you will need to copy/paste)*

Bri is an amazing storyteller - her videos are exciting and fun! - Aunt Katie



Story Time From Space *On demand videos*

by Global Space Education Foundation
<https://storytimefromspace.com/>

"While in space, astronauts are videotaping themselves reading these books to the children of Earth." - from the Story Time From Space website



Scholastic Daily Lessons *On demand videos and activities*

www.scholastic.com/learnathome

"This free resource provides your children with 20 days of exciting articles and stories, videos, and fun learning challenges." - from the Scholastic website*

Proper Nutrition When You Can't Get To The Store

How can you make sure your child is receiving adequate nutrition if you can't get fresh food from the store?

Making sure your child is receiving proper nutrition is something most parents struggle with on a daily basis. Not all children love fruits and vegetables, and it's hard to make sure they have the proper nutrients their bodies need to grow. Maybe you're blessed and your child will eat canned fruit and canned veggies, so you're not so worried about their nutrition during quarantine. But, if your kids are anything like my niece, you are deathly worried about how you're going to make sure your picky eater has their proper nutrition. You probably have one (or two) thing(s) that they will eat that provide some nutrition. For my niece, it's fresh fruit and Suja/Naked drinks. So if we aren't able to go out to the grocery store on a regular basis, and it may get to the point where we can't go at all for awhile, how can we provide the nutrients our picky eaters need?

The first suggestion I have: while you can still go to the grocery store, stock up on fruits and vegetables that don't go bad quickly. So... apples and carrots. These can last for a few weeks, compared to one week like most other fruits and veggies. I would also grab some frozen fruits and make sure you have a good blender at home. You can always blend together frozen fruit and refreeze them to make frozen fruit cups or popsicle sticks that kids will love. Bananas are another fruit that you can stock up on and then freeze the ones that don't get eaten before they go bad.

My next suggestion is to stock up on supplements, such as PediaSure or Instant Breakfast, that can help provide a lot of nutrients in the form of a drink. You can buy

these as pre-made individual drinks, or you can buy large canisters of powder to make 30 or more servings from one container. Amazon has a lot of good options for protein powders and green superfood powders for kids. They come in all kinds of flavors. These would be perfect to blend with a frozen banana and some aseptic packaged almond milk for a quick meal. *PediaSure is high in sugar and sodium, so unless your child is underweight you might want to consider supergreens powders and Instant Breakfast first*

My final suggestion would be to make sure you are providing your child with a good multivitamin (if you aren't already) and also add on a vitamin C and vitamin D₃ supplement. These can be found as gummies or chewables through places like Amazon, WalMart, etc.

From my own personal experience, vitamin D₃ supplements have made a huge difference in my health. I have a very bad immune system; I have two autoimmune disorders (that I know of) and I would always get big sick multiple times a year. The kind of sick that requires weeks, or months, of recovery and sometimes several rounds of antibiotics. Because of my autoimmune disorders, I also have a vitamin D deficiency. I started taking daily vitamin D₃ supplements last year, and I haven't had any major sicknesses since. **Vitamin D₃ is the bomb.** And, as we are just coming out of winter, it is something you and your children are (most likely) lacking.

Unless you are a doomsday prepper, then this whole Covid-19 situation has thrown us all for a bit of a loop. One day it's business as usual, and the next it's trying to figure out how to feed our families, pay for our houses, and wipe our butts after we use the loo. It's going to take a lot of creativity, and a bit of humor, for us to make it through this.

What other ideas do you have for giving kids proper nutrients during quarantine? ✨

Aunt Katie is not a medical provider and this article is based solely on her opinion from her own experience.

Virtual Playdates

Using the internet to ensure your child can still hang out with their BFF during quarantine.

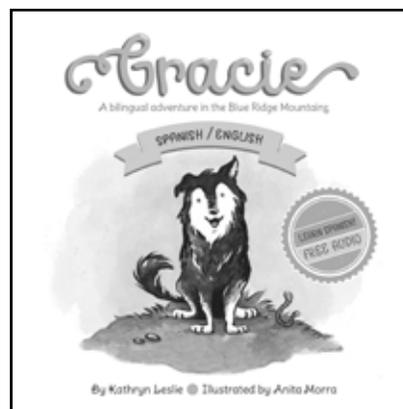
There's no reason your child shouldn't still see their BFF, best friend forever, while they're in quarantine! They just can't touch each other, share toys, or be within 6 feet of each other... but they can still *see* each other! Welcome to the world of virtual playdates.

Using an online video portal, such as Skype, Facebook Messenger for Kids, Zoom, Facetime (for Apple products), etc. your kids can successfully have playdates with their school friends. While this may not seem like it would be as much fun as seeing them in person, children can easily forget that they aren't physically with their friends as they become immersed in the experience of playing with them via video chat.

If you are using a laptop to video chat, just set it near your child's play area with the camera pointing at your child. If you are using an iPad or tablet, then make sure it has a protective case and let your child walk around with it. They'll have fun showing their friend all their toys, their room, their pets, their house, etc.

For the first playdate, you may want to sit with your child for first 10-15 minutes. Start playing with your child's toys and encourage your child to talk to their friend through the screen. In no time, they'll be asking you to leave so they can play without your guidance.

The majority of video chat services are free to use, you just need to sign up for an account. If you don't already know the contact info for the parents of your child's BFF, you can contact your child's school teacher and ask them to send out an email to the other parents asking for emails of those who would like to set up virtual playdates. Happy video chatting! ✨



FREE AUDIO
at Aunt Katie's
Place!

Learn Spanish,
French, or
German!

It's a great time to start learning Spanish, French, or German with Gracie!

Available at www.auntkatieplace.com,
Amazon, Barnesandnoble.com, Target.com,
and Walmart.com

Garden Planning

It's that time of year! And now that your kids are home, they can help!

It's that time of year! For those of us in colder climates, it is finally time to start getting our gardens planned out and our seeds purchased and started. This year, with the quarantine in effect, I'll be making sure to plant extra veggies for drying, freezing, and canning.

Since your kids are home, make sure to put them to work in your garden! Include them in the planning stage of what plants they would like to grow (and eat!) and where you are going to place them. My niece helps me fill peat pots with dirt and push seeds into the earth. She gets very excited when the seedlings pop up!

If you're unable to buy full grown plants, and you don't have heat mats and grow lights, then make sure to locate the sunniest spots in your house to start your seeds. You can find more information about beginning gardening at: <https://www.almanac.com/vegetable-gardening-for-beginners> ✨