

Celebrating a new JUMP match

**Matt,
Jamie
and
Aiden**



JUMP for Kids

Journey Up Mentoring of Pella

August 2023



Summer Fun Ideas

Sand castles at Red Rock Beach
Make a campfire meal
Play baseball
Sidewalk chalk
Go on a bike ride
Splash tag
Water relay races
Put on a puppet show
Play at the school playground
Gaga ball and Sand volleyball
at Caldwell
Make smoothies
Head to the pool
Geocaching
Set up a lemonade stand
Origami
Play tennis or pickleball
Homemade ice cream
Kayaking
Make banana splits
Face painting
Slip N Slide
Hike at the Lake
Backyard science experiments
Skip rocks
Owl calling
Kite flying
Make a giant bubble wand
Red Rock ranger programs
Iowa State Fair

The Pella Aquatic Center closes
August 18

TRY OUT Canoeing or
Kayaking or both.
Lifejackets provided
Roberts Creek
Friday, August 18
5-7pm Free



First Church Fall Kickoff
All are welcome!
Activities are FREE.
Bouncy houses, cotton candy,
lots of games, face painting,
cake walk, lawn games, FREE
loaded taco plates for supper.



Coming up in September:
JUMP kickball and pizza

We have several mentees
on our waiting list.
If you know anyone who
would be a great mentor,
please tell them about
JUMP for Kids!



Mentees, have a great
start to the school year!

Many THANKS to the
**Marion County
United Way**
for their support for JUMP





**FAMILIES FIRST OF
PELLA**



LOVE AND LOGIC[®] PARENTING CLASSES

PARENTS...

Do you find yourself...

- arguing with your kids?
- bribing kids to do chores and behave?
- fighting with kids over their devices?
- constantly playing referee?
- feeling like you must yell to be heard?
- dreading morning, mealtime and bedtime routines?

CLASSES:

MEET AND EAT: (FOCUSES ON BIRTH TO 6 YEARS)

TUESDAYS, SEPT. 12-NOV. 28 (12 WEEKS)

12-1 PM (FLEXIBLE!), PELLA PUBLIC LIBRARY MEETING ROOM

CHILDCARE AT SECOND REFORMED CHURCH

EVENING CLASS:

THURSDAYS, 5:30-7:45PM, TRINITY CHURCH

TWO OPTIONS:

- SEPT. 14, 21, 28: FOCUSES ON ALL AGES
- OCT. 5, 12, 19: FOCUSES ON AGES BIRTH TO 6 YEARS

LOVE AND LOGIC CLASSES

- practical, easy-to-use techniques
- make parenting fun and less stressful!
- used all over the world for over 45 years
- a balanced, loving approach
- learn to avoid anger, yelling, lectures and threats
- developed by experts in the fields of education, psychology and parenting

**THANK YOU,
SPONSORS!**



NO COST TO ATTEND!

INCLUDES CLASS, MEAL AND
CHILDCARE

REGISTER:

FAMILIESFIRST94@GMAIL.COM

641-780-5741

WWW.FAMILIESFIRSTOFPELLA.ORG

