Every April, a light is shown on child abuse and neglect prevention around the nation. It’s an opportunity for us to talk about and put into practice healthy ways to strengthen all families, donate our time and resources to organizations that support children and families, and recognize that every child matters. The color for Child Abuse Prevention Month is blue. One of the best ways we can prevent child abuse is by increasing the protective factors in our own family and encouraging them in others.

What are the Five Protective Factors?
Learn more about the Protective Factors and how to implement them at WHATMAKESYOURFAMILYSTRONG.ORG.

1) Social Connections: Parents with a social network of emotionally supportive friends, family, and neighbors often find it is easier to care for their children.

2) Social and Emotional Competence: Children’s early experiences of being nurtured and developing a positive relationship with one or more caring adults affects all aspects of behavior and development.

3) Concrete Support: Families who can meet their own basic needs for food, clothing, housing, and transportation — and who know how to access essential services such as childcare, health care, and mental health services to address family specific needs — are better able to ensure the safety and well-being of their children.

4) Resilience: Parents who can cope with the stresses of everyday life, as well as an occasional crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well.

5) Knowledge of Parenting and Child Development: Children thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations, and safe opportunities that promote independence.

FGH will be promoting Child Abuse Prevention Month through a pinwheel garden in the flower bed at the corner of Orchard & Florida, blue kids outside the FGH office and the preschool, and the Eggscellent Childhoods event on April 20. We are thankful for the strong families and excellent children in our communities!

ONLINE LEASE RENEWAL BEGINS APRIL 1
All current Family & Graduate Housing standard and extended leases end at noon on July 31. If you would like to return to your apartment next year, online lease renewal for 2019-2020 begins April 1. The online lease renewal site HOUSING.ILLINOIS.EDU/LEASERENEWAL will allow you to request to return to your current apartment or transfer to another apartment within the Family & Graduate Housing community. If you do not want to renew your lease for next year, you must also visit the online lease renewal site to decline your lease renewal. The lease renewal site will be available through April 30.

EARLY LEASE TERMINATION FORMS ARE DUE
May graduates and residents who will not be affiliated with the University during the 2019–2020 academic year may request to end their current lease prior to July 31. Early Lease Termination Request Forms are available online at HOUSING.ILLINOIS.EDU/FORMS or at the Family & Graduate Housing office. If the request is approved, residents will continue to be billed for rent a minimum of 45 days from the day their completed Early Lease Termination Form was returned to the Family & Graduate Housing office.
APRIL PROGRAMS

All programs are in the Orchard Downs Community Center 510 George Huff Court unless noted. Email Artinese at amyrick2@illinois.edu with questions unless another contact is noted.

FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE
Mondays from 3:20–4:50 p.m.
Family Resource Center (1834-A Orchard Place)
If you are interested in learning how to plan healthy meals on a budget and new cooking techniques, then this is the program for you! A recipe is made together each week. There are opportunities to earn prizes that will aid you in cooking at home and bigger prizes if you graduate from the program. Contact lescott4@illinois.edu with questions.

April Recipes
April 1: Oat! My Tropical Pizza
April 8: Apple Oat Meal Muffins
April 15: Heavenly Deviled Eggs
April 22: Turkey Burger with Jicama and Red Delicious Apple Slaw
April 29: Garden Cannellini Bean Salad

ALLERGIES: ALL YOU NEED TO KNOW
Wednesday, April 3 at 6 p.m.
Spring is the season when allergies strike. Join our peers from the McKinley Health Center to find out more about allergies, what they are, how they happen, and what you can do if you find yourself unwell in spring!

PLANT A COMMUNITY PINWHEEL GARDEN
Thursday, April 4 at 6 p.m.
Meet at the flower bed at the corner of Orchard & Florida
RAIN DATE: Monday, April 8 at 6 p.m.
Take part in an important community event to show Champaign-Urbana that our housing community promotes excellent childhoods through the prevention of child abuse. We will be planting a Pinwheels for Prevention® garden — show your commitment to prevention by showing up to plant a pinwheel in the garden. Every pinwheel represents a community member that believes that “Every Child Matters!” All participants will be given a blue ribbon to wear throughout April and a pinwheel craft project to complete at home with the chance to win a prize. Pinwheels will be provided and there will be fun outdoor activities. This is a great event for all residents to attend, singles and whole families! Contact Jessie at jlmyers2@illinois.edu for more information.

ORCHARD DOWNS BOOK CLUB: EAT, PRAY, LOVE
Sunday, April 7 at 4 p.m.
We are reading Eat, Pray, Love by Elizabeth Gilbert. We will discuss the first section about Italy. Light snacks will be provided. Contact Meredith Riddle at davidand.meredith.riddle@gmail.com or Emily Floess at floessharmon@gmail.com with questions.

BIRTHDAY BINGO
Wednesday, April 10 at 6:30 p.m.
Celebrate April birthdays with treats, prizes, and bingo. Everyone is welcome to come, and children must be supervised.

MONTHLY WOMEN’S GROUP: PICK A PROJECT
Friday, April 12 from 10-11:30 a.m.
Family Resource Center (1834-A Orchard Place)
All women are welcome! Together, we will share information, have topic discussions, and build friendships. This April, we will pick a project from last year to do for a second time. Options will be: painting, gratefulness jars, family trees, plate decorating, and crochet/knitting. Contact Jessie at jlmyers2@illinois.edu for more information.

ORPHEUM ON WHEELS: DINOSAURS
Tuesday, April 16 at 6 p.m.
This is a great learning opportunity for the whole family to learn about Dinosaurs hosted by Orpheum Children’s Science Museum. All are welcome, children MUST be supervised. Contact Edith at ejauci2@illinois.edu with questions.

EGGCELLENT CHILDHOODS
Saturday, April 20 at 1 p.m.
Spring is time for bunnies, eggs, baskets, and chocolate. It is also a great time for us to show we are committed to every child in our community having an excellent childhood. Join us for a fun, family-friendly event with activities for children and learning opportunities. We will play games, crafts, and strengthen our families through the Protective Factors. Highlighted activities are making blue slime and egg dying.

YOGA & MEDITATION WORKSHOP WITH SKY @ UIUC
Wednesday, April 24 from 6-7 p.m.
A monthly time of relaxation and stress reduction through yoga and meditation. All skill levels are welcome. This is an excellent way to improve focus. Yoga mats will be provided, but you are welcome to bring your own. This workshop is for adults only and arriving right at 6 p.m. is very important. Contact jlmyers2@illinois.edu with questions.

FINAL FLING: SUPERHEROES
Saturday, April 27 at 2 p.m.
The biggest event of the year! Soar into the Superheroes Final Fling — a party for all residents with food, games, and prizes. We will also have some local resources to explore. Vegetarian options available on the menu. This event is for all ages, and children must be supervised.

We care about the environment. We encourage you to bring your own reusable plates, silverware, and cups to food events. FGH will continue to provide paper products for those who do not bring their own.

We often take photographs during community events for use in FGH publications. If you do not wish to have your photograph taken inform a staff member at the event or contact FGH.
PARENT-CHILD PLAYGROUP AT THE FAMILY RESOURCE CENTER (1834-A Orchard Place)
Every Monday and Thursday from 10–11:30 a.m.
Everyone loves playtime! This playgroup is for children ages 0-5 and their caregiver(s). Every Monday and Thursday we will come together to sing, read, grow, and play while spending time with one another. A parent/guardian must stay with their child. Contact Jessie Heckenmueller at ilmyers2@illinois.edu with questions.

April 4: Mother Goose on the Loose program from the Champaign Public Library – every child gets a book

WELCOME TO THE WORLD
Babies are a sign of hope and bring much joy to our lives. We want to welcome your newborn to our community with a small gift to say, “Welcome to the World!” If you have recently welcomed a new baby into your family, contact Jessie Heckenmueller at ilmyers2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

SPECIAL SATURDAY GREAT START PLAYGROUP
Saturday, April 13 from 10–11:30 a.m.
Can’t make it to playgroup on the weekdays, no problem! Join us for a special playgroup with GREAT Start from Champaign-Urbana Public Health. We will sing, play, learn, read, and grow together. The playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Contact ilmyers2@illinois.edu with questions.

FAMILY & FRIENDSHIP STORY HOUR
Tuesday, April 2 at 6 p.m.
There will be stories about family, positive relationships, and friends in honor of Child Abuse Prevention Month. We will have snacks and a craft. All are welcome, children must be supervised. Contact Edith at ejauci2@illinois.edu with questions.

April showers bring May flowers, but May flowers bring....reptiles and dinosaurs? During our first two weeks of April we will be talking about reptiles and dinosaurs. We will have a turtle for a class pet during our reptile unit. We will then crawl our way into bugs and insects after we dig deep with dinosaurs. We will all settle down as snug as a bug in a rug as we end the month of April with our nursery rhymes unit!

KIDS’ CORNER
APRIL IS AUTISM AWARENESS MONTH
Raising a family with an autistic child can be stressful, but also an opportunity to build a strong, compassionate family. If you have a child on the autism spectrum, make sure you communicate openly with all your kids. Set examples of patience, tolerance, and compassion for your kids, and teach them how to interact with their brother or sister with autism. Make sure your kids know why one of them needs special treatment but also try to treat everybody as “normal” as possible. For resources, visit AUTISMSOURCE.ORG or AUTISM-SOCIETY.ORG.

AVOCADO CILANTRO HUMMUS
Needs a food processor bowl or mixer to make. If you don’t have one, try to heat the avocado in a microwave oven and then mash it. For the beans, boil and mash them and mix.

INGREDIENTS
• 1 large ripe avocado
• 15 ounces garbanzo beans, rinsed & drained
• 1/3 cup chopped fresh cilantro
• 1/2 cup avocado oil (or olive oil)
• 1 jalapeño, seeded
• 4 teaspoons tahini sauce
• 1 tablespoon fresh lemon juice
• 1 teaspoon coarse salt

PREPARATION
1. Cut the avocado in half lengthwise. Remove the pit from the avocado and discard. Remove the avocado from the skin and place the avocado flesh into a food processor bowl.
2. Add the garbanzo beans, cilantro, avocado or olive oil, jalapeño, tahini, lemon juice, and salt to the food processor bowl. Process the ingredients for about 10-15 seconds until the mixture is smooth. Remove lid to taste and adjust salt if needed.
3. Refrigerate for up to 3 days, or serve immediately as part of a sandwich or wrap.