



# River City Family Connections officially reopened July 6th for Supervised Visitation and Supervised Exchanges

Call 605-665-1204 to schedule a visit

## July Is Flying By



We are already half way through the month of July! The summer is going by fast. This summer has been one like no other summer before. Many summer activities have been cancelled, many vacations spots are closed, and others are open with restrictions. All of this means you are most likely at home a lot more this summer than summers past. Are you taking advantage of that? This is a perfect time to create stronger bonds with your children and family. Here are some ideas:

**Photo Books-** Get sentimental. Go through photo books and tell your child(ren) about their ancestors. Tell them

stories of when they were babies.

**Bake/Cook-** Baking or cooking with your child(ren) is a great way to bond. Work together to make something delicious. Play around and get messy.

**Bike Ride-** Bike rides are a wonderful way to play, bond, and get some exercise. Go on a family bike ride to the park. Race each other. Take in the fresh air.

**Games-** Whether it's board games or card games, they are a blast and work your brain! Have some friendly competition.

**Movie Night-** Turn off the lights, black out the windows, get out the pillows and blankets, grab the popcorn, and play your child(ren)'s favorite movie. Cuddle up together and have your own at home movie night.

## COVID-19 Policies and Procedures

River City Family Connections will be enforcing the following policies and procedures to protect children, staff, and families at this time.

**Health Screen-** Staff will take everyone's temperature and ask questions about

symptoms, travel, and possible exposure.

**One Room-** To help with sanitizing furniture and air, families will remain in one room for the visit with the door shut.

**No Visitors-** At this time, we will not be allowing visitors for the safety of our families, children, and staff

**Toys-** There will be minimal toys in the rooms and all toys will be sanitized between visits.

**Scheduling-** We are scheduling visits farther apart so we have ample time to sanitize the entry ways and hallways in between visits.

Click [here](#) for more information about our services.

### **Kids Need Self-Care Too**

Self-care is a big focus of our society right now. Life is hard. Everything around us is changing. Our entire lives have been flipped upside down. We all need some time to take care of ourselves and let go of all of our worries for a little bit. This includes kids! Many people may think "Well kids don't have bills or a job to think about. They aren't stressed out." Think back to when you were a kid. Did you worry about grades? Were you stressed out about an argument you had with a friend? Everyone worries. Suggest some of these activities to your children to help them relax for a moment.



## SELF CARE FOR KIDS

Take a bath (to play and relax)

Read a book

Have a dance party

Have a movie night

Go to the park

Go to bed early/sleep in

Draw or paint

Eat special snacks

Start a hobby

Relax outside

## Upcoming Events

### Virtual Walk A Mile In Their Shoes

13th Annual  
**W**ALK A MILE



A VIRTUAL EVENT:  
**August 11th-18th**

**Together, we walk with you.**

**WHY WE WALK:** We walk for all survivors of domestic violence, sexual assault, human trafficking and child abuse. *We walk to show that they are not alone.*

**WHAT WE CAN DO:** Register to walk- Collect pledges for survivors- Walk anywhere/anytime Aug. 11-18- Post a video or picture on social media, tagging #YanktonWeBelieve and 5 friends, challenging them to walk/pledge.

**HOW TO REGISTER:** [www.yanktondomesticviolencecenter.com/register-to-walk](http://www.yanktondomesticviolencecenter.com/register-to-walk) to sign up and/or pledge

*PRIZES WILL BE AWARDED*

-Presented by River City Domestic Violence Center "We Believe", supporting survivors since 1975.



**IN THEIR Shoes**

Click the button to go to registration!



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## Visitation Center Wish List

LYSOL SPRAY  
CLOROX WIPES  
PAPER TOWELS  
TRASH BAGS  
TISSUES  
AIR FRESHENER  
NEW BOOKS



Visit our website to see our  
complete wish list.

Visit our  
website

River City Family Connections | 605-665-1204 | [www.yanktonfamilyvisitation.org](http://www.yanktonfamilyvisitation.org)

