



Parenting ~ the Roots of our Past and the  
Branches of our Future

MAY 2023

# PEERS FAMILY DEVELOPMENT CENTER NEWSLETTER

If you would like to donate, please contact us  
at 910-333-9725.

We're on the web!

[www.peersfamilydevelopmentcenter.com](http://www.peersfamilydevelopmentcenter.com)

FB: PEERS Family Development Center

FB: PEERS Adolescent Parenting Program Group

## A Note from PEERS Staff

Hello everyone,

May 20th is our Purses for a Purpose bingo event. It will be held at Senior Services from 11AM to 1PM. Tickets are \$35 per person or \$60 for two. This event directly supports our Adolescent Parenting Program. Our Group Connections will be on May 22nd at PEERS where we will review Outdoor Child Safety and build bird houses for Mother's Day. Downtown Court Street Reunion will host an event on June 3rd at the Marina Café. Tickets are \$30 and include music and food - all proceeds support PEERS. Check out our Facebook or the flyers attached to the end of our newsletter for more information about these upcoming events.

Our Adolescent Parenting Program has immediate openings for any teen who is pregnant or parenting under the age of 20. This is a free incentive-based program where teens can earn enough points to provide their child with toys, diapers, wipes, car seats, pack-n-plays, and sleep sacks while they remain in the APP Program.

PEERS would also like to welcome Emily Jefferson as the new Social Worker for our APP Program. Emily was a school teacher in Onslow County for several years and is excited to support our community in a new way. To make a referral for our APP program, please reach out to her at the email listed below or call PEERS at 910 333 9725 and ask to speak with Emily or Jin.

Emily Jefferson  
APP Social Worker

[emily\\_jefferson@onslowcountync.gov](mailto:emily_jefferson@onslowcountync.gov)



### Upcoming Important Dates:

May 14th Mother's Day

May 20th Purses for a Purpose

May 22nd Group Connection

June 3rd Downtown Court  
Street Reunion

See below for information  
about current Parenting  
Classes and Childcare

# Adolescent Parenting Program

## Blowing Bubbles

(15-18 months)

- An inexpensive jar of bubbles liquid will provide hours of giggles for you and your toddler. Try the following:
- Blow bubbles by waving the bubble wand in the air rather than blowing through it.
- See how many bubbles you can catch on the wand.
- See how many bubbles you can count at one time.
- Blow bubbles in front of fan.
- Try to catch all the bubbles before they reach the ground.
- Step on the bubble. Where do they go when they pop?
- Teach your toddler to blow bubbles. Practice in shaping his mouth to blow will promote language development.



All APP Participants need to have two visits per month

**APP utilizes Parents As Teachers curriculum & Group Connections as a part of our growing program.**



## APP GOALS:

- \* **Keep your monthly appointments!**
- \* Stay in school!
- \* Delay a second adolescent pregnancy!
- \* Continuously develop parenting skills!
- \* Graduate High School!
- \* Attend Monthly Group Connections!
- \* Learn to be an independent adult!
- \* Avoid abuse and neglect for yourself and your child!

## MAY GROUP CONNECTIONS

### PEERS

Monday May 22nd, 2023

3:30pm-5:00pm

Topic:

**Outdoor Safety & Bird Houses**

*Remember to Use  
Your Points* 

**For extra points, name  
the Kimochis listed this  
month at group!**



# Parent Education

The parenting classes which begin in  
May & June 2023:

Wednesday, May 3 - June 21, 2023 -  
Triple P Stepping Stones

Monday, June 5, 2023 - Resilience  
Tuesday, June 6, 2023 - Coping Skills  
Thursday, June 8, 2023 - Darkness to Light

If you have any questions about parenting  
or about classes, please give us a call. We'd  
love to assist you!

Call to register - 910-333-9725.



Call to schedule a  
**Resiliency Screening**  
or a **Darkness to Light**  
training off-site.

This training is free to any  
organization.

## Kimochis: (feelings)



[www.kimochis.com](http://www.kimochis.com)

### **Book Resources:**

***The Heart and the Bottle***

by: Oliver Jeffers

***Hey I'm not okay with that!***

by: Andean Brown-Jacobs

**Go to the public library and locate  
other great books to read  
with your children.**

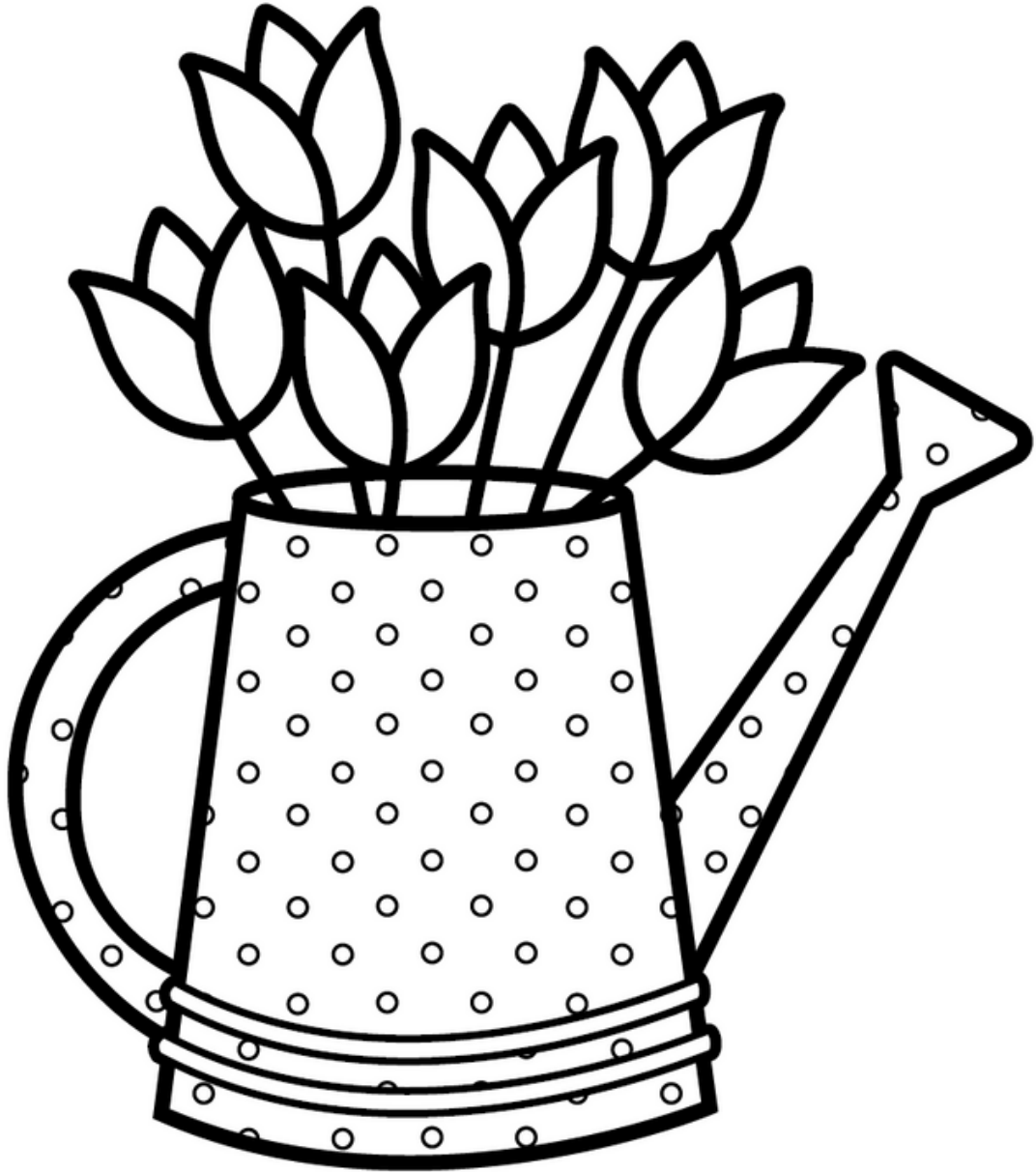
[www.kimochis.com](http://www.kimochis.com)

## Teach Kids When and Why They Should Say Sorry

- **Use Bad Behavior as a Teachable Moment.** Having the child think about what they have done wrong, why it was wrong, and the impact the bad behavior had on others is the best way to approach the situation. After giving the child time to think about their actions, ask them what they can do about it to make the situation right.
- **Model Good Behavior.** Sometimes children do not know how to make the situation better so as parents, you can demonstrate a better response. It is important for parents to model good behaviors and teach kids how to deal with sticky situations. You want to empower your child to see himself as a generous person who can make things better when he has done something wrong or hurtful.
- **Talk About Feelings.** By preschool age, kids are beginning to learn about empathy. When a child learns that his actions caused another child to feel sad or mad, it can have a greater impact than just "getting in trouble."

Resource: [Verywellfamily.com](http://Verywellfamily.com)

# Activity Page



I am sorry

# Childcare

*This respite program is available on Monday, Wednesday, or Friday of most weeks from 9:00 AM to 1:00 PM by reservation.*

*To reserve a spot for your child, call the office at 910-333-9725.*

*During the summertime, please place sunscreen on your child before they come to PEERS due to outdoor play time.*



## Rainbow Fruit Kabobs

### Ingredients

- Skewers
- Strawberries/cherries, oranges, pineapple chunks, kiwi chunks, blueberries, and grapes

### Instructions

1. Wash and prepare all of your fruit by cutting the oranges, pineapple, and kiwi into chunks.
2. Take a skewer and begin adding one piece of fruit at a time. Start with a strawberry, then add an orange, pineapple, kiwi, blueberries, and finally grapes.



**Childcare helps your child by working in centers and on a schedule.**

**Children learn rules, social interactions, boundaries through play, games, reading, arts & crafts, and activities. Outside play time is encouraged.**

**Somedays there is singing and dancing.**

**FIND US ON  
SOCIAL MEDIA**

**Instagram, Twitter,  
and Facebook  
@peersfamily  
developmentcenter**

**TikTok - @peers1977**

**If you are interested in  
donating to PEERS**

**contact us at  
[ocpeers@onslowcountync.gov](mailto:ocpeers@onslowcountync.gov)**

**or  
call 910-333-9725**



**Parenting Education &  
Childcare is graciously  
sponsored by:**

**LIVE UNITED**



**United Way of Onslow County**



# Purses with a Purpose

Saturday 11AM-1PM  
Senior Services



## 50/50 RAFFLE

INCLUDES:

10 rounds of bingo  
Bingo cards & one dauber  
& Refreshment

Gently used and new  
designer silent auction

Join us for a bingo fundraising event with the chance to win up to ten NEW designer handbags!



Get your tickets now!

# 910-333-9725

\$35 per ticket / \$60 for 2 tickets  
or Eventbrite



**2023 DOWNTOWN COURT  
STREET REUNION  
JACKSONVILLE, NC**



**LIVE BANDS, MUSIC,  
FOOD & DRINK  
12 PM - 6PM**



---

**DOORS OPEN AT: 12PM  
SATURDAY JUNE 3, 2023**

---

**Location: Marina Cafe'**



Tickets available at  
PEERS Family Development Center



\$30 per person, includes BBQ Plate and Drink

