

NOVEMBER 2022  
**PEERS FAMILY DEVELOPMENT CENTER**  
**NEWSLETTER**



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

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

Happy Fall Y'all!

Last week we had our 5th Annual Unmasking Childhood Trauma Masquerade Ball and we want to send a huge THANK YOU to everyone that supported the event! We would not have the success (or fun) we have every year without participation from you all!

As we approach Flu and Cold season, we wish to remind everyone to wash their hands and social distance as much as possible. If you are interested in being vaccinated PEERS staff can help provide resources to where to go.

Adolescent Parenting Program is continuing to work with the teens and children in our program. We do have opening for more teens in the program if you know of anyone pregnant or parenting, under 20, and in school.

In observance of the Thanksgiving Holiday, PEERS will be closed Nov 23-Nov 25.

Parenting Education classes will end several classes in November and only offering a couple classes in December. Please watch out for the new 2023 Parenting Class Schedule, available now.

We are hoping to get a start date for our new toddler room teacher soon. To our parents, we appreciate your patience during this time where we can't offer both rooms to be open. Remember to check your Class Dojo.

*Meghan Beachman*  
APP Social Worker



Thank you again to our  
Masquerade Ball sponsors!



**LINX**  
ELECTRIC



The Steven A. Cohen  
Military Family Clinic  
at Hope For The Warriors



**OLD CHICAGO**  
PIZZA + TAPROOM



THE **Little**  
**gym**  
Serious Fun.



**B**AKING  
WITH  
**BRITT**

**Hwy 55**   
BURGERS SHAKES FRIES



# Adolescent Parenting Program

## Personal Puzzles

(15-18 months)

- Give your toddler a large sheet of construction paper or other study paper.
- Give him a crayon and encourage him to draw on the paper.
- Cover his artwork with clear contact paper.
- Cut the paper into two or three pieces, depending on your child's development.
- Give him the puzzle and help him put it together.
- Make puzzles out of sandwiches and slices of cheese.



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!

## November Group Connections

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**Bird House Painting  
11/16/22 3:30-5:00pm**

**PEERS Family Development Center**

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*Remember to Use Your Points*



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

**APP is graciously sponsored by:**



# Parent Education

The parenting classes which begin in  
November 2022:

Monday, Nov. 14-Dec. 19 - Active Parenting

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)



**GUILTY**

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

### Book Resources:

***Things That Surprises You***

*by: Jennifer Maschari*

***How to Surprise a Dad***

*by: Jean Reagan*

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

### How to Help Your Child Cope with Remorse

- **Remind kids that you love them.** Kids need to know that even when they messed up and you're both angry, your family still loves each other.
- **Help put things in perspective.** Parent can say things like, "Yes, you hurt my feelings, but what's important is to find ways to make sure this doesn't keep happening."
- **Remove the guilt.** Don't excuse what kids have done, but do let them know you understand they feels bad about it.
- **Teach your child how to apologize.** Apologizing is different from just saying "I'm sorry." It involves reflecting on your actions, taking responsibility for them, and coming up with a plan to respond differently next time.
- **Set house rules for behavior.** Make sure your child knows what the house rules are. Let your child know ahead of time the consequences for breaking those rules.
- **Follow the same rules.** It's important for the adults to follow the house rules, too. When kids see parents yelling at each other or calling each other names, they learn it's an appropriate way to cope with stress or that there are exceptions to the rules.

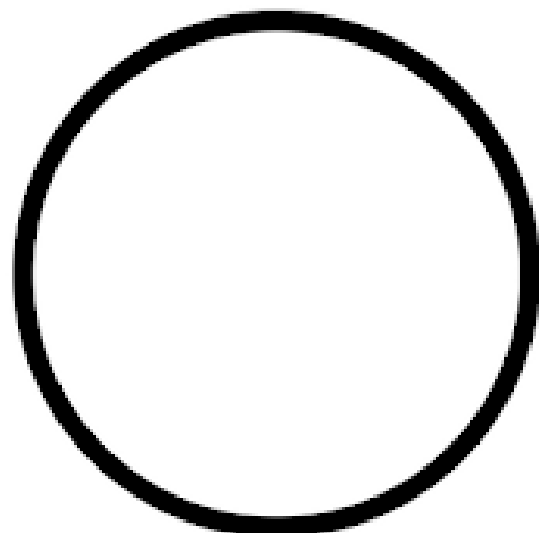
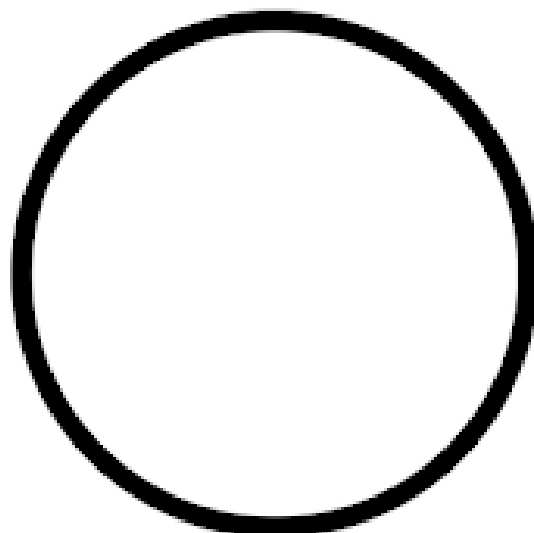
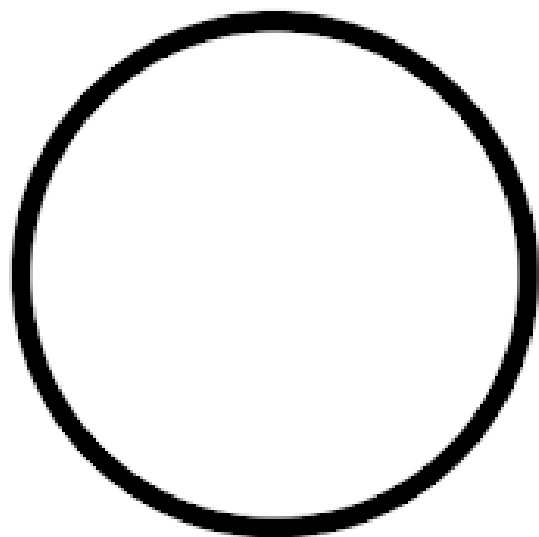
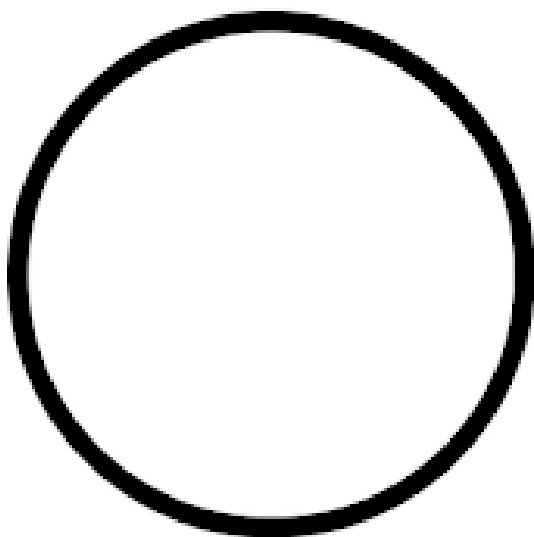
Resource: [Understood.org](http://Understood.org)

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

# Activity Page

## All Feelings are Okay!

In the circles below draw pictures of different feelings.  
Talk about how you can deal with each feeling!



**It's what we do with our feelings that counts!**

Never use your feelings as an excuse to hurt others or yourself! Use coping skills like talking to a friend or an adult about BIG feelings that trouble you!

# 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.*



## **Banana Sushi**

**Total Time: 5 minutes**

### **Ingredients**

- 1 Banana
- 2 Square dark chocolate
- 1 tbsp sprinkles

### **Instructions**

1. Peel the bananas and place them on a plate or board.
2. For the sprinkles sushi, melt the chocolate and pour it on top of the bananas. Add sprinkles on top and place in the fridge until set.
3. Serve straight away.



**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**

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**Twitter**

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**@peersfamilydevelopmentcenter**

**TikTok - @peers1977**

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

**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**