

JUNE 2023
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

FB: PEERS Family Development Center

FB: PEERS Adolescent Parenting Program Group

A Note from PEERS Staff

Summertime is here, and we have lots of community events to keep you and your family busy! Saturday June 3rd Downtown Court Street Reunion is hosting a fundraiser at the Marina Café with PEERS. All proceeds from this fundraiser go to support our Car Seat Installation Program; this allows us to purchase safe car seats to give to families who do not have one for their child(ren) during car seat checks.

There are several events around Onslow County to kick-off summer. Onslow Pines Park is hosting a Summer Reading event on June 10th from 9am-11am. Sandy Run is hosting their Summer Kick-Off on June 17th from 12pm to 3pm. The Zing Zumm Children's Museum is also hosting their Summer Celebration this month on June 24th from 12pm to 6pm. There will be more information about these events below. PEERS will be at each of these celebrations and we hope to see you there!

Our Partnership with the North Carolina Diaper Bank has proven to be very impactful in our community! Every Wednesday from 8am to 8pm we dispense diapers and wipes to families in-need. This is a grant-based partnership with the North Carolina Diaper Bank and we are limited to serving 50 families each month, so once we hit that limit we are unable to provide more diapers to families. We encourage families to come the first or second Wednesdays of the month to ensure we are able to help them.

PEERS is requesting donations for cleaning and hygiene products such as laundry detergent, dish soap, tooth paste, toothbrushes, body soap, deodorant, and feminine hygiene items for our outreach program. Here is a link to our [Amazon Wishlist](#) if you would like to support us directly. Thank you to all who donate and volunteer for your continued support! We couldn't do it without you!

♥ Emily Jefferson
APP Social Worker

emily_jefferson@onslowcountync.gov

HAPPY
FATHER'S
-DAY-

Important Dates

6/3 Downtown Court Street
Reunion Fundraiser - Marina Café

6/10 Summer Reading Kick Off
at Onslow Pines Park

6/17 Sandy Run Summer Kick Off

6/18 Father's Day

6/19 Juneteenth - Closed

6/24 Zing Zumm Summer Bash

6/28 No Diaper Bank
at PEERS

See below for information
about current Parenting
Classes and Childcare

Adolescent Parenting Program

Water Play

(8-14 months)

- Put a towel on the floor and place a wide container, such as a tray or even a cookie sheet with sides, on the towel.
- Fill the container with water. Let your baby explore the water by touching and splashing it.
- After your baby has had a chance to explore the water, add some household items like spoons, measuring cups, small waterproof toys, and even absorbent things like sponges or washcloths.
- Show your baby how to take an item and drop it into the water. Describe what happens: "The ball was dry. I dropped it in the water and now it's wet!"
- Ask your baby, "Can you put this in the water for me?", and describe what the baby is doing, "You made a splash!"
- Refill the tray as needed and continue to play as long as your baby is interested.



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!

JUNE GROUP CONNECTIONS

Chili's on Western
Wednesday June 21st, 2023
3:30pm-5:30pm

Topic:
Graduation Celebration!

Remember To Use
Your Points 

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



Parent Education

The parenting classes which begin in June 2023:

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)



FRUSTRATED

www.kimochis.com

Parent Book Resources:

The Explosive Child

by Ross W. Greene, PhD

The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World

by Katie Hurley, LCSW

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

www.kimochis.com

Helping Young Children Cope with Frustration

- **Attune to their frustration** In order for children to learn emotional regulation, they must experience it for themselves. Attunement means expressing the same emotions as the child through words, facial expressions, and body language, but in a controlled way so that the child can see you understand them. This empathetic gesture is a co-regulation process that is essential in building frustration tolerance in children
- **Emotional Coaching** To prevent future meltdowns in older children, coach your child in frustration management. Talk to them about their emotions when they are calm. Let them talk about their feelings and listen carefully. Discussing emotions with children rather than dismissing them can help them develop self-regulation. Some coping skills to teach your child include breathing, meditation, mindfulness, progressive muscle relaxation, and reappraising negative thoughts for low-tolerance children.

Resource: ParentingforBrain.com

Activity Page



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.



Frozen Yogurt Bark with Berries

All you need is vanilla yogurt and your favorite berries to make this summer treat.

1. Line a cookie sheet with parchment paper and spread the vanilla yogurt evenly over the bottom of the pan to about half an inch.
2. Sprinkle your favorite berries, such as sliced strawberries, raspberries, or blueberries, throughout the surface. Pat the berries lightly so they sit into the yogurt well.
3. Place the cookie sheet in the freezer for at least two hours.
4. Remove from the freezer, break into pieces, and enjoy!



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***

or

call 910-333-9725



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

LIVE UNITED



United Way of Onslow County

UPCOMING EVENTS

Summer Reading Kick Off at Onslow Pines Park

June 10th from 9am to 11am

Hosted by the

Onslow County Public Library

Free Event designed to promote
childhood literacy

Sandy Run Summer Kick Off at Sandy Run Apartments

June 17th from 12pm to 3pm

Hosted by the

Sandy Run Apartment Complex

Free Event designed to share community
resources with residents and citizens

Zing Zumm Summer Kick Off at Zing Zumm Children's Museum

June 24th from 12pm to 6pm

Hosted by the Zing Zumm Museum

\$5 admission

Event is designed to engage our children,
celebrate Zing Zumm's 4.5 Birthday, and
promote community resources

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

PEERS FAMILY DEVELOPMENT CENTER

PARTNER OF NC DIAPER BANK! WEDNESDAYS

8am-8pm

Closed for lunch 1:30pm-2:30pm
151 Chaney Ave.,
Jacksonville, NC 28540
910-333-9725

- Our distribution guideline is:
- Sizes Newborn - Size 5 = 2 packs of 25 diapers per child, per month (a total of 50 diapers.)
 - Sizes 6 and toddler pull-ups = 3 packs of 10 diapers per child, per month (a total of 30 diapers.)
 - 1 pack of baby wipes per family, per month



**Diaper Bank will only operate
6/7, 6/14, and 6/21 this month**



Thank you!

The work we do at PEERS would simply not be possible without contributions from donors and sponsors. We want to extend a special thank you to those who supported our Masquerade Ball in 2022 and our Cherish the Child Event in 2023! United Way sponsors our Child Care Program and Parent Education Program, but the events you support also fund our Child Care and Parent Education Programs.

Thank you!

Masquerade Ball 2022

Donors and Sponsors

Alchemy Healthy Minds and Wellness
Lejeune Motorsports
McDonald's on N. Marine Blvd
Skins Art
Firehouse Subs
Rita's
Odyssey
CarQuest
Little Gym
Cohen Center
Stacey Ford
Daniel and Victoria Thorndike
from Hwy55 Shakes and Fries
Doug Brown
Dan Normile
Jamie Lawrence
Louria Norris
Michael O'Connor
Shawn Norris

As always, a special thanks
to our partnerships with
United Way, Onslow County
Social Services, NCHHS,
TPPI, TASCOS, and
Jacksonville City, as well as
the local Jaycees and
Kiwanis. Our Masquerade
Ball supports our Parent
Education Program and our
Cherish the Child event
funds our Child Care
Program.

Thank you!

Cherish the Child 2023

Donors and Sponsors



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

Linx Electric
Love & Co.
Harvey Hoopes
Carolyn Ivy
Lorrie and Greg Vice
Wayne Ivy
Judy and Arthur Cannedy
Sandy Summers
Krystal Stearns Team

5 Star Nutrition
360 Reality
Adams Beverage
Alligator Adventures
Allstate
Alyssa Deeble, Rodan & Fields
Applebee's
Ashley Furniture Home Store
Baking With Britt
Bee Plus Apiary
Beacon
Bodi Barr
Charlotte Motor Speedway
Chaney Heights Winery
Chica's Corner Boutique
Chrissy Lewis
Chui's Customs
Coastal Beverages
Coastal Home Store
Coffee Haven
D's Interior Design
Donna Johns
Fresh Blends
Freeway
Fire Flies Pottery & Art Studio
Fit4life Health Club Jacksonville
Food Lion #167 (Gum Branch)
Food Lion #146 (Western)
Food Lion #775 (Wilm. Hwy)
Gypsie-GEM Mobile Artistry
Harper Rose Boutique
Holly Conner, Monat Products
Hwy 55 Burgers, Shakes & Fries
Jersey Mikes
Joelie Moor Boutique
Judy Gray
Just Got Reel Inshore Charters
Katie & Alan LeMaire
Kayeloni Everhart
Kendra Scott Jewelry
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Lowe's Hardware
Marine Federal Credit Union

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Mike's Farm
Military Federal Construction
Minervini's NY Bagel
Moore Buick & GMC
Myrtle Beach Family Golf
Mission BBQ
Modern Exterminating Services & Staff
Nan Patelos
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North Carolina Zoo, Asheboro
Northwoods Urban Farm
Old Chicago Pizza + Taproom
Onslow County DSS Staff
Pam & Phil Padgett
Red Robin
Rick & Alison Nezbeth
Sam's Club #6573
Seaview Fishing Pier & Restaurant
Shear Grace
SIA Group
Southern Glass
Smoke Wind Designs
Stacy and Co. Salon & Spa
Swingin' Things
The Crooked Lotus
The Flip'n Axe
The Unique Bee Boutique
Tieks by Gavrieli
Tiffany Croistiere
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