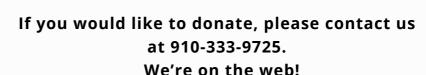
## **JUNE 2023** PEERS FAMILY DEVELOPMENT CENTER

## **NEWSLETTER**



www.peersfamilydevelopmentcenter.com FB: PEERS Family Development Center FB: PEERS Adolescent Parenting Program Group



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

## 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!

at PEERS See below for information about current Parenting

Classes and Childcare

**Important Dates** 

Reunion Fundraiser - Marina Café

6/10 Summer Reading Kick Off

6/17 Sandy Run Summer Kick Off

6/19 Juneteenth - Closed

6/24 Zing Zumm Summer Bash

6/28 No Diaper Bank

at Onslow Pines Park

6/18 Father's Day

**6/3 Downtown Court Street** 

♥ Emily Jefferson APP Social Worker

emily\_jefferson@onslowcountync.gov

## **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!



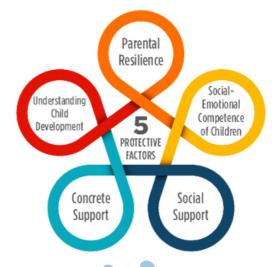
## **Parent Education**

#### 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)

#### Helping Young Children **Cope with Frustration**



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.

- 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 selfregulation. 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

www.kimochis.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

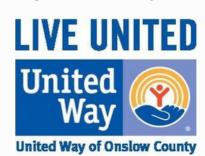
TikTok - @peers1977

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:



# 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-8pn

losed for lunch 1:30pm-2:30pr 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



## **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, TASCO, 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**



5 Star Nutrition

Love & Co. **Harvey Hoopes Carolyn Ivy Lorrie and Greg Vice** Wayne Ivy **Judy and Arthur Cannedy** 

**Linx Electric** 

360 Reality **Sandy Summers** Adams Beverage **Krystal Stearns Team Alligator Adventures** 

Allstate Michin Cupcakery Alyssa Deeble, Rodan & Fields Mike's Farm

Military Federal Construction Applebee's Ashley Furniture Home Store Minervini's NY Bagel

Baking With Britt Moore Buick & GMC Bee Plus Apiary Myrtle Beach Family Golf Beacon Mission BBQ

Bodi Barr Modern Exterminating Services & Staff

Charlotte Motor Speedway Nan Patelos Chaney Heights Winery Nicole Chapman

Chica's Corner Boutique North Carolina Zoo, Asheboro Northwoods Urban Farm Chrissy Lewis

Chuie's Customs Old Chicago Pizza + Taproom

Coastal Beverages Onslow County DSS Staff Coastal Home Store Pam & Phil Padgett

Coffee Haven Red Robin

D's Interior Design Rick & Alison Nezbeth Donna Johns Sam's Club #6573

Fresh Blends Seaview Fishing Pier & Restaurant

Freeway Shear Grace

Fire Flies Pottery & Art Studio SIA Group Fit4life Health Club Jacksonville Southern Glass

Food Lion #167 (Gum Branch) Smoke Wind Designs

Food Lion #146 (Western) Stacy and Co. Salon & Spa

Food Lion #775 (Wilm. Hwy) Swingin' Things

Gypsie-GEM Mobile Artistry The Crooked Lotus Harper Rose Boutique The Flip'n Axe

Holly Conner, Monat Products The Unique Bee Boutique

Hwy 55 Burgers, Shakes & Fries Tieks by Gavrieli Jersey Mikes Tiffany Croistiere

TK Customs Joelie Moor Boutique

Judy Gray Tiffany Moyer & Co, 360 Realty Just Got Reel Inshore Charters Tondrea & Rolland Leach

Katie & Alan LeMaire Twisted and Tangled Hair Design

Kayeloni Everhart Vann Fine Arts Portraits

Kendra Scott Jewerlry Virginia Huie, Scentsy Loft 400 Walton's Distillery

Wine and Design Marine Federal Credit Union WonderWorks Myrtle Beach

Lowe's Hardware