

MARCH 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

Hello Onslow County,

Spring is coming. Parents take the opportunity to get out and enjoy the outdoors with your children. Host a family picnic in your yard or the local park, go for a family bike ride, plant some flowers, have the children help care for the plants or flowers, you can arrange a family camp night outside, ask the children to help wash the car, or have a water fight while washing the car. Have a special St. Paddy's dinner at home and watch a good family movie.

We practice talking about emotions, but let me share some kind words children should hear from the adults in their lives.

7 Things a child should hear:

1. I love you!
2. I'm sorry
3. I'm proud of you
4. I'm listening
5. I forgive you
6. This is your responsibility
7. You've got what it takes

The PEERS staff is working on gathering donations for our 19th Annual Cherish the Child dinner and silent auction. It will be Saturday, April 1, 2023, at Sturgeon City. If you are interested in purchasing tickets call PEERS or visit Eventbrite.

Have a wonderful month.



**"You're never
too old, too wacky, too wild,
to pick up a book and
read to a child."
-Dr. Seuss**

Tondrea Leach, MSW, LCSW
PEERS Director

Adolescent Parenting Program

Exercise Fun (0-3 months)

- This game will tone your baby's muscles and help develop her sense of rhythm.
- Put your baby on her back and gently move her arms and legs to the rhythm of a nursery rhyme.
- Say the words to "Baa, Baa, Black Sheep" as you move her hands in a circle.
- Say the words to "Diddle, Diddle, Dumpling" as you move her legs back and forth.



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!

March Group Connections

March 27th, 2023
3:00pm-4:30pm

Topic:
Financial Class with Eric Johnson

Remember to Use Your Points



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



Parent Education

The parenting classes which begin in March 2023:

Thursday, March 2-April 13 - First Five Years

Tuesday, April 11- May 16 - Making Children Mind (MCM)

Tuesday, April 18 - June 8 - Early Childhood Nurturing - am classes, Every Tuesday & Thursday

Thursday, April 20 - May 25 - Active Parenting (AP)

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)



PROUD

www.kimochis.com

Book Resources:

The Proud Button

by: Danette Richards

I am proud of myself!

by: Laurie Wright

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

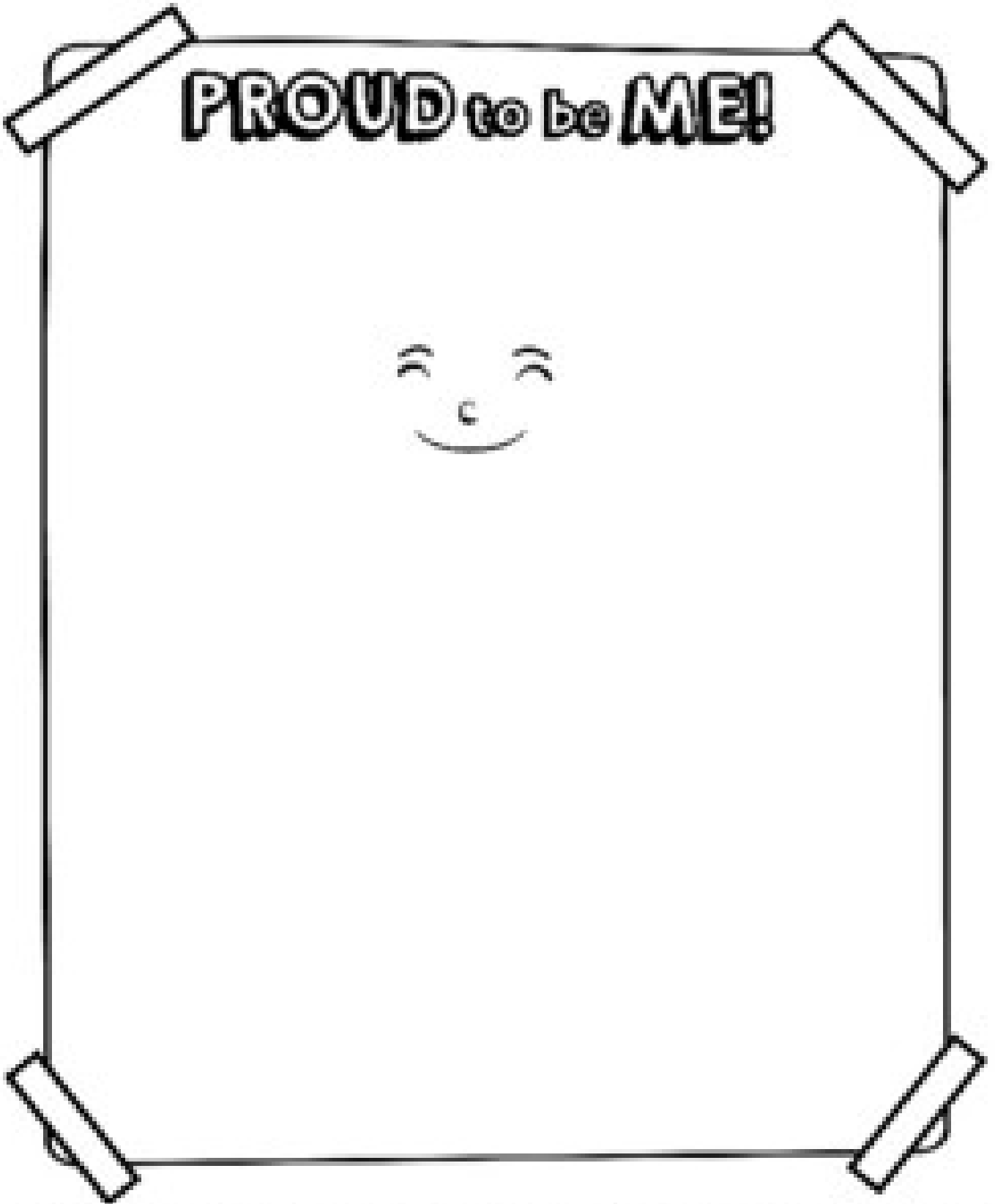
www.kimochis.com

How to Let Your Children Know You Are Proud of Them

- **Praise the process.**
- **Talk about obstacles.** When we express pride not only in their accomplishment but also recognize what they had to overcome in the process, they can see how long we have watched and how much attention we paid to their efforts along the way.
- **Express confidence.**
- **Refrain from overdoing it.** Having a small family event (maybe pizza or ice cream) and a good discussion with the family about how to achieve personal goals would be appropriate.
- **Choose the right time.** Lose proximity to the event and the recognition makes the whole thing even more meaningful for our child.
- **Avoid negative lists.** Leave out the negatives and just offer sincere expressions of pride for the accomplishment at hand.
- **Try I'm proud of you,** Focus on them when praising them
- **Recognize the efforts to others.** One good way to keep children humble while still recognizing their accomplishments is to help them see how others contributed to their success.

Resource: verywellfamily.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.



St. Patrick's Day Dessert

Ingredients

- green jello
- whip cream
- lucky charms
- clear cups

Instructions

1. Make the Jell-o according the instructions on the box in your clear cups.
2. Then start your sorting activity. Help the kids sort the marshmallows from the cereal.
3. When the Jello is ready to go, add the whip cream.
4. Then sprinkle your magical marshmallows on top



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

Facebook

@peersfamilydevelopmentcenter

TikTok - @peers1977

If you are interested in donating to PEERS, please

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