



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

# OCTOBER 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

# October

## Important Dates:

### October is SIDS Awareness Month

Indigenous People's Day 10/9

(Onslow County Schools Teacher Work Day 10/9)

Fire Prevention Week 10/9-10/15

World Mental Health Day 10/10

County Fair 10/10-10/14

United Way-Trunk or Treat 10/26

Halloween 10/31

Check out the rest of the  
newsletter for information  
about Child Care and  
Parent Education

## A Note from PEERS Staff

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. While SIDS has decreased by 50% in the last 20 years in the United States, it is still the leading cause of death for infants from 1 month to 1 year of age- babies are at their highest risk of dying due to SIDS from 2 to 4 months old. While the exact cause of SIDS remains unknown, scientists suspect multiple risk factors can increase the chances SIDS. These risk factors include defects in the parts of the brain that control breathing and waking up, a low birth weight, complications from respiratory infections, and unsafe sleep practices. Below are the best sleep practices for parents and families to use to decrease the chances of losing a baby to SIDS:

1. **Back to sleep**- Always place your baby to sleep on their back and ensure that every caregiver for the baby knows this expectation. This is the best practice for the first year of life.
2. **Use a firm, flat mattress**- Infant mattresses are not as soft as the mattresses many adults sleep on- this is to reduce the risk of suffocation. Always avoid thick, fluffy padding.
3. **Keep the sleep area clear**- Do not use crib bumpers or loose sheets and blankets, and avoid keeping stuffed animals or pillows near a sleeping baby.
4. **No co-sleeping**- Do not sleep in the same bed or on the couch with your baby, ! We encourage parents to keep the crib in their room, but to never sleep in the same bed as their baby.
5. **Avoid overheating**- Baby's typically need one more layer than adults to stay comfortable. Use a sleep sack or an additional layer of clothing, but do not use blankets, and never cover a baby's neck or head.

For information about any of PEERS programs, or to sign up for a parenting class, please call us at 910 333 9725.

♥ Emily Jefferson  
APP Social Worker

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

# Adolescent Parenting Program

## 3 Blocks, 2 Hands (5-12 months)

- Place your baby in a high chair or on the floor.
- Place two blocks in front of the baby. Encourage them to pick up the blocks. Place the blocks in their hands if they do not pick them up.
- Take a third block and hand it to your baby. They will learn they have to drop one block so that they can pick up another.
- This activity helps to develop your baby's hand release skills, which is a very important motor skill development.
- Continue to do this until your child is no longer interested

*adapted from Jackie Silberg's  
"Games to play with Babies"*



### 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!*

## OCTOBER GROUP CONNECTION


PEERS

Wednesday October 25th, 2023

3:30pm-5:00pm

Topic:

Love Notes & Relationships

Remember to Use  
Your Points 

**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.



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



# Parent Education

## The parenting classes which begin in October 2023:

**October 24-December 5:** Stress and Anger Management 6pm-8pm (Tuesdays)

**October 26-December 7:** Crossroads of Parenting and Divorce 6:00-8:00pm (Thursdays)

Follow this [link](#) for our full schedule and class descriptions for the end of 2023. 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)



**SCARED**

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

### Book Resources:

*Once I Was Very Scared*  
by Chandra Ghosh Ippen

*Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*  
by Reid Wilson, PhD & Lynn Lyons, LICSW

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

## Helping Your Child Deal with Fear

- **Share worries as a family** Putting a worry into words can make it more manageable. The goal is to become aware of your child's worries before they become full-on fears. Be sure to also share some of your worries and fears and how you deal with them
- **Don't try to reason through an irrational fear** Irrational fears cannot be "talked through", in most instances. Once the panic sets in, you won't calm them with a reasonable argument. Instead, validate your child's feelings and let them know that you are going to try to help. Feeling supported will help diminish their anxiety
- **Do not belittle or isolate your child** Putting down a child and their fears only brings feelings of shame, and isolating your child when they are afraid will only increase panic. Instead, emphasize their strengths and offer a safe and reassuring touch, like a hug, to let them know they are safe
- **Read books together about fear** Work to develop your child's resiliency by exposing them to stories of people overcoming their fears. Teach them calming and regulating techniques, like breathing or positive self-talk



# 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.***



## **Rice Krispy Pumpkins**

**All you need to make this is Rice Krispies cereal, butter, cooking oil, marshmallows, red and yellow food coloring, mini Rolo's, green M&Ms, and parchment paper**

- Melt 1/4 cup of butter over low heat, then add large bag of marshmallows (approx. 40 regular marshmallows). Stir until marshmallows completely melted.
- Remove the mixture from heat and add 3-4 drops of red food dye, and 10-12 drops of yellow food dye. Mix well. Add 6 cups of Rice Krispies and mix completely.
- Use the cooking oil (or more butter) to coat both sides of your hands to prevent sticking. Roll the Rice Krispies mixture into the desired size (golf ball to tennis ball size) and set on parchment paper. Oil your hands after making each "pumpkin".
- Before the "pumpkins" cool completely, press a mini Rolo on top for the stem, and add a green M&M for the leaf.
- Allow to cool until firm.

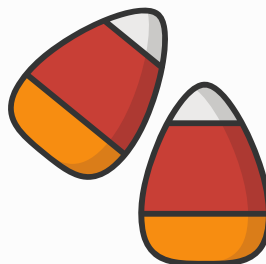
<https://onelittleproject.com/rice-krispie-treat-pumpkins/>



**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)***

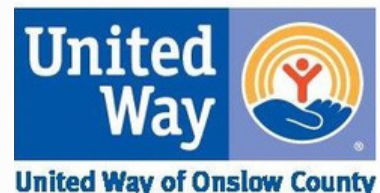
***or***

***call 910-333-9725***



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

**LIVE UNITED**



# UPCOMING EVENTS

## United Way Trunk or Treat

Thursday, October 26th  
from 4P to 6P  
@ Marine Chevrolet on  
Western Blvd

## Monster Bash 2023

Hosted by Onslow Parks &  
Recreation  
Saturday, October 28th  
from 5P to 9P  
@ Onslow Pines Park



PEERS FAMILY DEVELOPMENT CENTER

6th Annual Masquerade Ball

SAVE *the* DATE

SATURDAY, AT 6 O'CLOCK - SATURDAY, JANUARY 20, 2024  
SWANSBORO ROTARY CENTER - 1104 STATE ROAD, 1447  
SWANSBORO, NC

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



**The Diaper Bank will operate  
ONLY on 10/11, 10/18 and 10/25,  
while supplies last.**

**Due to diaper and staff  
availability, we will not be able  
to provide diapers on 10/4  
Please call us at 910 333 9725  
to check our availability**

