

JANUARY 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

Happy New Year everyone! We hope everyone had a relaxing and enjoyable holiday season and as we look into the upcoming year, the PEERS staff sends wishes for a prosperous and healthy 2023!

In December, we said goodbye to our parenting educator, Katie Lemaire. Katie retired after over 20 years of services to Onslow County. Her impact on those she has served will resonate for a lifetime and she will be dearly missed!

On January 9th, PEERS welcome two new staff members. Alison Nezbeth, Parent Educator and Mandi Price, Childcare Worker. We are very excited to welcome them to the team. Please continue to check the PEERS website for their profiles to learn more about them. As well, our new Parenting Education Schedule is available on our website.

The Adolescent Parenting Program has immediate openings for any teen who is pregnant or parenting under the age of 20. This is our free incentive-based program. Teens will earn enough points to provide their child with toys, diapers, wipes, car seats, pack n plays and sleep sacks while they remain in the APP program. to make a referral call Meghan Beacham at 910-333-9725.

Our free childcare is accepting children. Monday, Wednesdays or Friday from 9:00AM-1:00PM families can use this for children ages 5 and under who are not in another childcare setting. Childcare can be used up to 1 day a week, reservations are required. Ms. Sam will be happy to send parents the intake packet or come by PEERS for a walk through of the childcare rooms.

As always, please continue to contact PEERS for any needs that arise with the families you serve, we are here to help!

Meghan Beacham
APP Social Worker



Adolescent Parenting Program

Playdough Experiment

(18-21 months)

- The kitchen is a great place to experiment with playdough.
- Show your child how to roll a piece of playdough and squeeze it, pound it, and pull it apart.
- Give your child some tools to use with the playdough, such as a Popsicle stick for poking, cutting, scraping, and scooping. She can use a rolling pin with both hands to flatten the dough.
- With cookie cutters, your child can make "pretend cookies" for teddy bears.



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!

January Group Connections

Chili's
January 30th, 2023
3:30pm-5:00pm

Topic:

New Year, New Goals

Remember to Use Your Points



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



Parent Education

The parenting classes which begin in January 2023:

Monday, Jan. 9-May 22 - Substance Abuse Recovery Nurturing (SARN)

Tuesday, Jan. 10-Feb 14 - Making Children Mind (MCM)

Wednesday, Jan. 11-April 26 - Early Childhood Nurturing (ECN)

Thursday, Jan. 12-Feb. 16 - Crossroads to Parenting & Divorce (CPD)

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)



SAD

www.kimochis.com

Book Resources:

When I'm Feeling Sad

by: Trace Moroney

When Cloud Became a Cloud

by: Rob Hodgson

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

www.kimochis.com

Helping Young Children Cope with Sadness

- **"Normalizing Sadness.** One of the most important messages you can convey to your child during times of sadness is that you are there for them. Sadness can be a lonely emotion, especially if experiencing something very personal and individual. It helps to have support from someone who knows what you are going through.
- **Coping With Sad Feelings.** Creative activities can be a wonderful outlet for expressing sad feelings in a constructive way. Instead of saying, "Don't feel sad," encourage your child to draw a picture about how they are feeling, sing, dance, or build something. Music, art, projects, modeling clay—there are many ways to use creativity to process emotions.
- **There's Hope!** There is no get-over-sadness timeline. Depending on what your child is sad about, they may never lose the sense of loss, but over time they can learn how to cope and feel happy again. If the sadness is more minor, the child may move on quite fast. Either way, the child should be allowed to process their feelings at their own pace. True strength and resilience are built by learning to process emotions rather than ignoring them."

Resource: American Psychological Association

Activity Page

I Can Cope! with feeling SAD



Some things that make me feel sad are...

1. _____
2. _____
3. _____

These changes happen when I feel sad:

Changes in my body...

Thoughts I have...

Things I do...

When I feel sad, I can cope by:

Check all of the coping skills that might be helpful! Use the blank spaces to write in your own.

Deep breathing

Going for a walk

Using positive self-talk

Writing in my journal

Taking a time-out

Crying

Talking to a friend

Thinking happy thoughts

Talking to an adult

Keeping myself busy

Playing a game

Exercising

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.



Rainbow Jello Cups

Ingredients

- 6 3-oz pkg. Jello (rainbow colors)
- 3 cups of yogurt
- whipped cream

Instructions

1. For each layer, add 1 cup of boiling water to each package of Jello one at a time. Stir and dissolve Jello.
2. Set half of it aside. Using a whisk, stir 1/2 cup sour cream or yogurt into the other half of the Jello.
3. Pour the creamy Jello layer into clear plastic cups (I used 7 cups with 5 colors of Jello). To the other half of Jello, add 3 Tbsp. water and set aside.
4. When the first layer is set, pour second layer on it. Repeat process for remaining packages of Jello.



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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@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