

MAY 2024

PEERS FAMILY DEVELOPMENT CENTER
NEWSLETTER



A Note from PEERS Staff

Thank you to all who supported and attended our 20th Annual Cherish the Child Silent Auction Fundraiser! We had a wonderful time celebrating PEERS with our community and raising funds for our programs. Special thanks to our sponsors for this event: Roller City of Jacksonville, Southern Glass and Mirror, SNCO Spouse's Club at Camp Lejeune, and E.L. Jones Development. Without support from local businesses and community members, we would not be able to continue the work we do in Onslow. Thank you!

Our Partnership with the Diaper Bank of North Carolina continues in the month of May. In April, we served 200 children - that's nearly 100 families who were able to receive diapers! Diapers are provided every Wednesday from 8AM to 7PM, while supplies last. We close daily from 1:30P to 2:30P for lunch. Please call ahead to make sure we have specific diaper sizes available. Thank you to Blue Cross Blue Shield Federal Employee Program for making our Partnership with the Diaper Bank of North Carolina possible.

We have received lots of calls and emails in recent weeks asking about changes to our programs, and while we are thankful for the concern from our community, we do not have a lot of information to share at this time. We can confirm that our Adolescent Parenting Program will be ending at the end of this month and we are so sad to no longer offer direct support services to pregnant and parenting teens in Onslow. At this time, there are no other changes to remaining programs, such as our Child Care Program or the Diaper Bank. Our Parenting Education Program will not have new classes starting in May, but if you have questions about Parenting Classes or are trying to refer a family, please call us. We are looking forward to updating our community on any other changes, and continuing to meet to needs of Onslow's families.



PEERS Staff

Keep up with us on Facebook and Instagram
@PEERSFamilyDevelopmentCenter
www.peersfamilydevelopmentcenter.com

THANK YOU!

Important Dates

May is Foster Care Awareness Month

May 5th - Cinco de Mayo

May 10th - Daycare Appreciation Day

May 12th - Mother's Day

May 27th - Memorial Day, PEERS office closed



FAMILY SKATING

*Southern Glass
&
Mirror*



A Service Disabled Veteran Owned Company



PEERS FAMILY DEVELOPMENT CENTER



**PARTNER OF
NORTH CAROLINA
DIAPER BANK!**



WEDNESDAYS

Distribution Guidelines

- Sizes Newborn to Size 5: 50 diapers
- Sizes 6 to pull-ups: 30 diapers
- 1 pack of baby wipes, per family

Diaper Bank is open from
8AM to 7PM and is
first come, first served.

Please call before you
come to make sure we
have your size! We close
from 1:30P to 2:30P daily

910 333 9725



**BlueCross
BlueShield.**

Federal Employee Program.

ADOLESCENT PARENTING PROGRAM

All APP Participants are expected to have two visits per month

May Group Connection

There will be no Group Connection for the month of May

Nature Walk (20 months+)

- Tell your child you are going to make binoculars for your walk. Cut a paper towel tube in half to create two tubes and tape them together. Thread yarn through one end to create a neck strap for the binoculars.
- Go on a nature walk together with the binoculars and an empty egg carton. Wonder with your child, "What do you think we will find?"
- Walk for a while, using the binoculars to focus on interesting items. Pick up items your child is interested in like grass, rocks, flowers, or leaves, and add them to your egg carton.
- After you have walked a while, look at your collection. If desired, use a magnifying glass to observe the objects closer.
- Identify the objects, discuss their similarities or differences, and even try sorting them.

Adapted from the Parents As Teachers Curriculum

Remember to Use Your Points



APP UTILIZES THE PARENTS AS TEACHERS CURRICULUM TO FACILITATE OUR PROGRAM



PARENT EDUCATION ENHANCEMENT

What Parents Need to Know About Childhood Depression

- It is normal for kids to be sad, mad, act grouchy, or be in a bad mood. When these moods last for weeks, or longer, and it is coupled with behavior changes, it may be depression
- Some common signs are: a sad or bad mood, being self-critical, a lack of energy or effort, not enjoying things, sleep or eating changes, complaints of aches or pains
- If you suspect your child is depressed you should talk to them about it. Visit their doctor or reach out to a therapist. Most importantly, be patient and kind with your child and be sure to spend time together

Summarized from kidshealth.org/en/parents/understanding-depression.html

**There are no Parent
Education classes starting
in the month of May.**

**If you have questions about class
offerings for the fall, please call us at
910 333 9725 or email us at
OCPEERS@onslowcountync.gov**



SAD

Book Resources:

When Sad, Scary Things Happen

by Erika Arnold - McEwan, LICSW

It Didn't Start With You

by Mark Wolynn

**Go to the public library and
locate other great books!**

www.kimochis.com

**CALL TO SCHEDULE A
RESILIENCY SCREENING
OR A DARKNESS TO LIGHT
TRAINING OFF-SITE.**

**THIS TRAINING IS FREE TO ANY
ORGANIZATION.**



**CALL US AT 910 333 9725
OR EMAIL US AT
OCPEERS@ONSLOWCOUNTYNC.GOV
IF YOU HAVE QUESTIONS.**

Activity Page

HAPPY
Mother's Day



CHILD CARE PROGRAM

Call us to see if your child qualifies for our Childcare Program.

Our childcare program is available on Monday, Wednesday, or Friday of most weeks from 9AM to 1PM, by reservation.

To reserve a spot for your child, call the office at 910-333-9725.

During the summertime, please use sunscreen on your child before they come to PEERS -we have outdoor play time.

Ham and Egg Cups

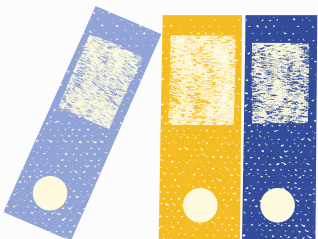
Ingredients: thinly sliced ham, 1/2 c of shredded cheese, 6 eggs, 6 tbsp of heavy cream, salt, pepper, and chives

- Preheat the oven to 400 degrees F. Prepare a muffin tin by lining each cup with tin foil.
- Layer 2 slices of ham directly on top of each other in each muffin mold to form a cup, making sure the ends of the ham hang over the edge. Repeat with the remaining ham.
- Dividing evenly, sprinkle half of the cheese into the bottoms of the ham cups. Crack an egg into each and add 1 tablespoon cream. Divide the rest of the cheese, 1/4 teaspoon salt and 1/4 teaspoon pepper evenly among the cups.
- Bake until the egg whites are set and the yolks are still soft, 20 to 24 minutes, rotating the baking sheet halfway; some cups may cook faster than others. Sprinkle with the chives and then carefully lift the ham cups out of the foil so you do not tear the ham or break the shape of the cup. Place on a large platter or on individual plates and serve.



<https://www.foodnetwork.com/recipes/baked-ham-and-egg-cups-recipe-2120188>

CLICK THE ICON BELOW TO DOWNLOAD OUR CHILD CARE INTAKE PAPERWORK



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.

PARENTING EDUCATION & CHILDCARE IS GRACIOUSLY SPONSORED BY:

LIVE UNITED



United Way of Onslow County