

OCTOBER 2022

## 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](http://www.peersfamilydevelopmentcenter.com)

FB: PEERS Family Development Center

FB: PEERS Adolescent Parenting Program Group

## A Note from PEERS Staff

October is here! Fall is in full swing. October is Safe Sleep Awareness Month. Remember the ABCs of Sleeping, Alone, Back, and Crib. Look at our social media for more information on Safe Sleep throughout the month.

This month we are happy to be hosting our Pennies for PEERS event. Kids can bring in pennies to place in the penny jar and participate in games, the bouncy house and other fun activities. We are planning to have free food, first come first serve. We will have lots of candy, cookies and cake! We are looking forward to seeing you all. Pennies for PEERS will be held Wednesday, October 26th from 5pm-7pm in the front yard of the PEERS building.

United Way is also hosting a Trunk or Treat this year on October 27th at Marine Chevrolet from 4pm-6pm. Trunks are decorated by United Way and their partner agencies. Attend the event to enjoy complimentary hot dogs, drinks, and games. A prize will be given away to one lucky trunk or treater who visits each trunk and turns in their card!

Enjoy spooky times with your children. Make wonderful memories, invent new traditions, make cool crafts, as long as you are having fun with your children, you are making good memories. Best treat for you is the investment of your time for your children. Have fun!

*Meghan Beachman*  
APP Social Worker



# Adolescent Parenting Program

## Unwrapping Game

(18-21 months)

- Wrap a ball or a toy in colorful paper.
- Show the wrapped toy to your toddler and ask, "What do you think is inside?"
- Give the wrapped toy to your child to remove the paper.
- This is difficult for a young child, and she will be enthralled by the effort. The sound of the paper might interest her more than the toy itself.
- Gather several kinds of paper such as tissue, foil, wrapping paper, and newspaper.
- Take the toy that your child unwrapped and wrap it in another kind of paper while she watches.
- Let her unwrap again. Continue until she tires of the game.



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!

## October Group Connections

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**Resiliency Screening  
10/20/22 3:30-5:00pm**

**PEERS Family Development Center**

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*Remember to Use Your Points*



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

**APP is graciously sponsored by:**



# Parent Education

The parenting classes which begin in  
October 2022:

Tuesday, Oct. 11-Nov. 15 - Stress & Anger  
Management

Thursday, Oct. 20-Dec.13 - Triple P -  
Stepping Stones

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)



**SURPRISED**

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

### Book Resources:

***Things That Surprises You***

*by: Jennifer Maschari*

***How to Surprise a Dad***

*by: Jean Reagan*

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

### Tips For Comforting A Nervous Child

- **Do Be There** - For many children, your presence will help calm them. Hug them or hold them on your lap to give them a sense of security and comfort.
- **Don't Be Too Involved** - By telling your child exactly what to do or even what to say in stressful and challenging situations, they are not able to solve problems on their own or learn ways to cope by themselves. This doesn't mean they'll never need help, but you should let them try to problem solve first before offering a helpful hand.
- **Don't Avoid Activities** - When children constantly avoid situations that make them afraid or uncomfortable, their fears never go away. Try easing them into activities that make them nervous. You don't want to expect too much at once because it can take them a while to conquer a fear.
- **Do Talk It Out** - Having the opportunity to express what you're feeling is important, especially for children. Give them some one-on-one time and listen without judging or discounting their anxiety. The best time to talk it out is when they are feeling calm because they are able to listen to you more easily.

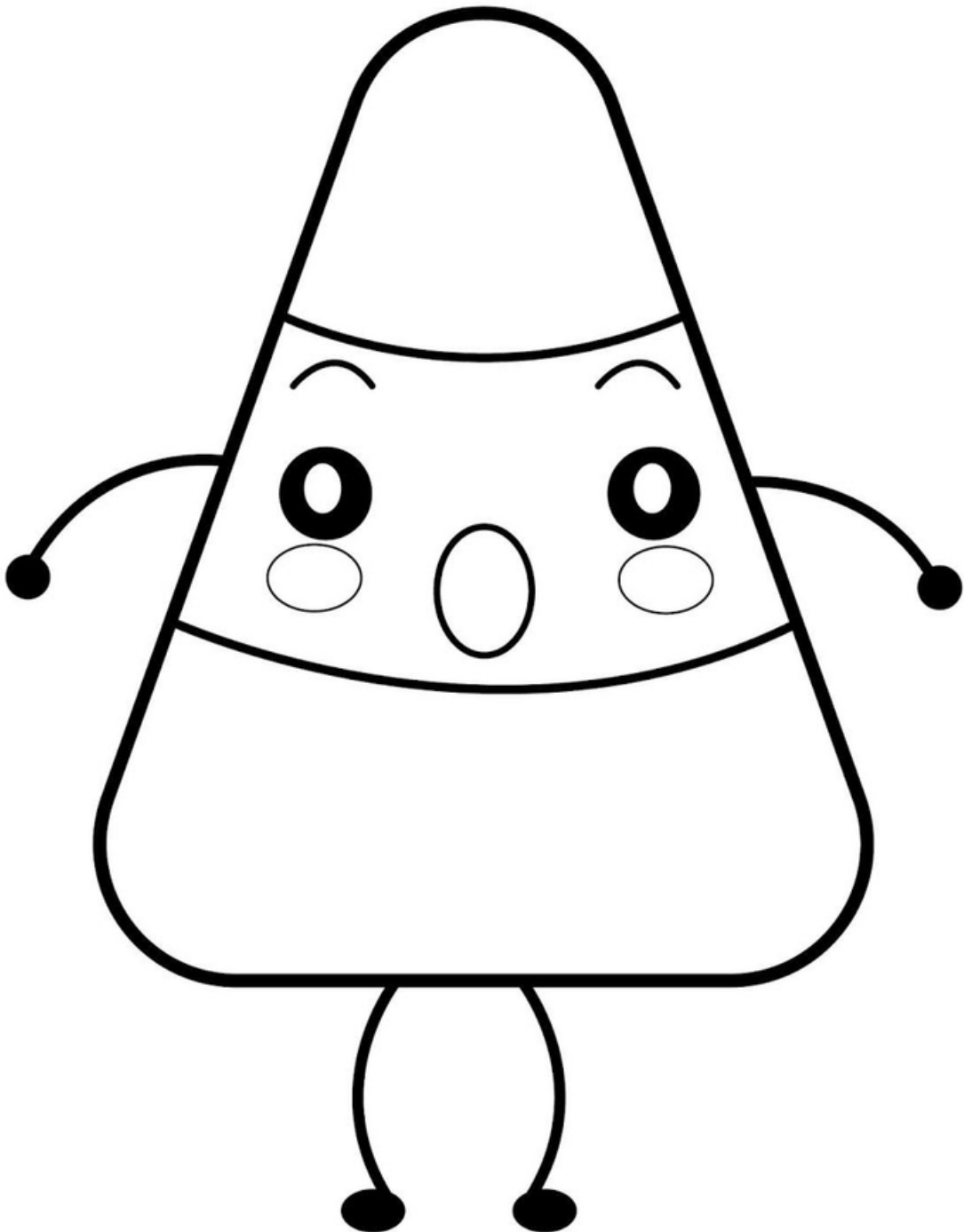
**Resource: [Pathways.org](http://Pathways.org)**

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

# Activity Page

Name: .....

## Surprised



# 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.*



## *Ants on a Log*

*Total Time: 5 minutes*

### **Ingredients**

- 3 celery sticks
- 1/4 cup creamy peanut butter
- 1.4 cup raisins

### **Instructions**

1. In a microwave, melt chocolate chips in 2 cup glass measuring cup; stir until smooth. Pour into 1 side of a large shallow dish.
2. Roll each pretzel halfway into chocolate. Allow excess coating to drip off, then sprinkle pretzels with granola. Place on waxed paper until set. Store in an airtight container.



**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**

**tictok - @peers1977**

**If you are interested in donating to PEERS, please**

**contact us at**

**[peers@bizec.rr.com](mailto:peers@bizec.rr.com) or call 910-333-9725.**



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

**LIVE UNITED**



**United Way of Onslow County**