

AUGUST 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

FB: PEERS Family Development Center

FB: PEERS Adolescent Parenting Program Group

A Note from PEERS Staff

Happy August,

It is back to school time. Help your kids by setting a routine of eating breakfast and going to school prepared. Now is the time to practice routines with your family. Get clothes out the night before, prep bookbags, and get plenty of sleep. PEERS hopes each and everyone of you have a great start to your new school year.

Child development opportunities surround us daily. Try to let go, allow your children to go through the process of being creative by painting, cutting out materials or shapes to glue to a picture, or drawing and coloring. Such activities create some great conversations about how they feel, what they value, how they feel when they "mess up" and get frustrated or cranky feel. Do activities or go out in nature with your children. Remember to have fun spending time with your family.

PEERS is announcing the 3rd annual Kiwanis of Onslow Virtual 5-K for Safe Sleep, all monies will go to purchase new Pack'n Plays.

Register on the Eventbrite link. If you need help call PEERS at 910-333-9725, Ms. Sam can assist you.

<https://www.eventbrite.com/e/3rd-annual-virtual-pack-n-play-5k-tickets-394120353587>

Thank you for supporting PEERS.

Tondrea Leach, MSW, LCSW

PEERS Director

Adolescent Parenting Program

Pulling Strings

(12-15 months)

- While your toddler is in the high chair she may enjoy playing with toys. She may also enjoy throwing things on the floor.
- Tie string to a few of your child's toys. Tie the other end of the string under her chair. The string allows your child to play with a toy without its falling to the floor.
- Be sure the string is not long enough to pose a choking hazard.
- Your toddler also will find it a challenge to pull the strings to retrieve the toys.



Happy Birthday

Sierra

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!

August Group Connections

**Resiliency Screening
August 18th, 2022**

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 August 2022:

Tuesday August 30 - Making Children Mind without Losing Yours

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)



Cranky

www.kimochis.com

Book Resources:

Cranky Chicken

by: Katherine Battersby

Cranky Right Now

by: Julie Berry

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

How To Help Children When They Are Cranky

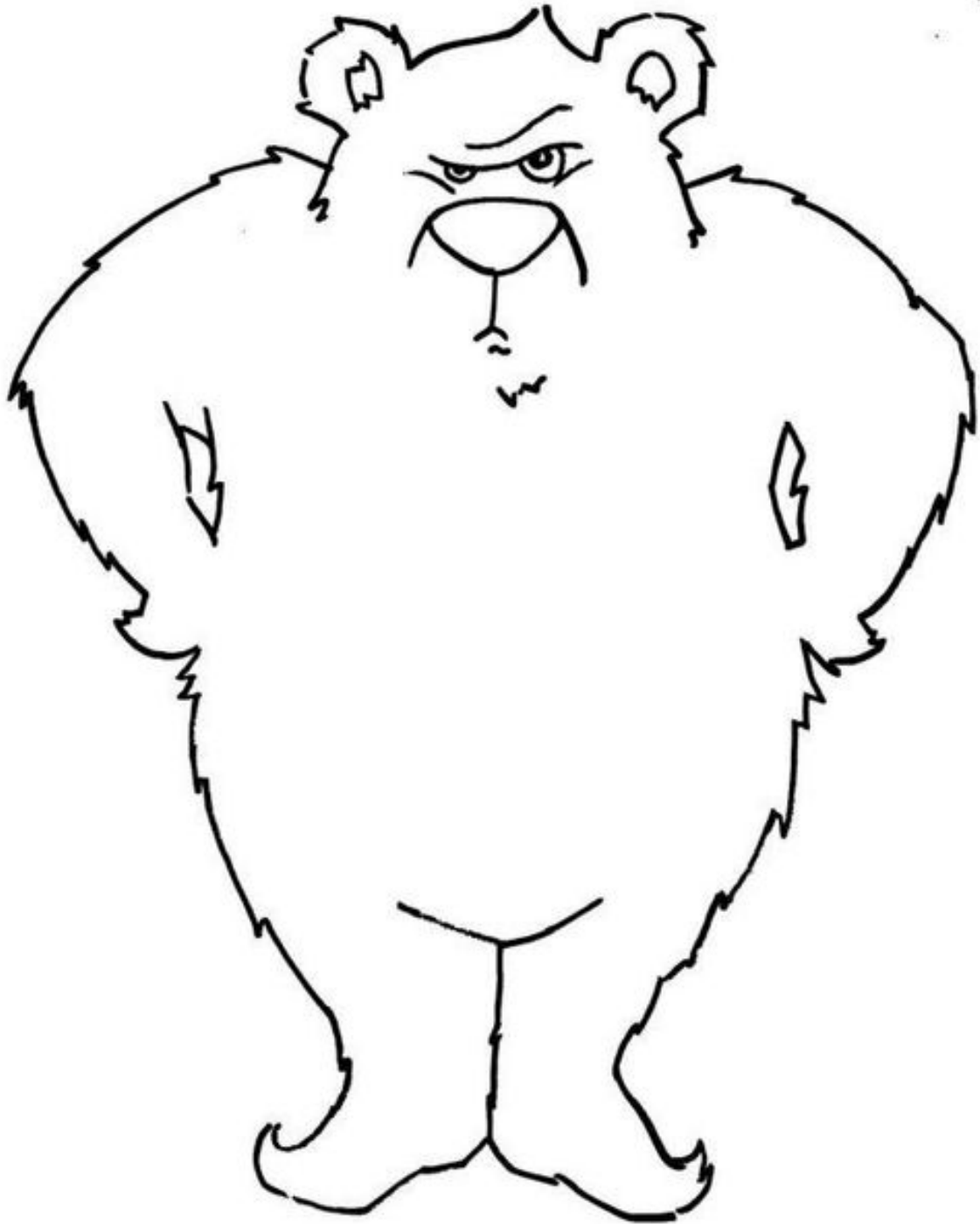
Regulating emotions and managing behavior are skills which develop slowly over time during childhood. Just like any other skills, your kids will need to learn and practice them, with your help.

If it's unusual for your child to have a tantrum, when one does happen, clearly but calmly review the rules. Saying something like "I know you're upset, but no yelling and no name-calling, please" might be all your child needs to hear to regain composure. Then patiently give an instruction, like "tell me what you're upset about" or "please apologize to your brother for calling him that name." In this way, you're guiding your child back to acceptable behavior and encouraging self-control.

Having coping strategies such as taking a break from the situation, finding a way to safely get the anger out, or learning to shift will help children.

<https://kidshealth.org>

Cranky Activity Page



THE VERY CRANKY BEAR

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.



Crunchy Granola Pretzel Sticks

Total Time: 25 minutes

Ingredients

- 1 package (12 oz) dark chocolate chips
- 24 pretzel rods
- Granola

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 or call 910-333-9725.



Parenting Education & Childcare is graciously sponsored by:

LIVE UNITED



United Way of Onslow County

3rd Annual Virtual 5-K



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EVENTBRITE:

[HTTPS://WWW.EVENTBRITE.COM/E/3RD-ANNUAL-VIRTUAL-PACK-N-PLAY-5K-TICKETS-394120353587](https://www.eventbrite.com/e/3rd-annual-virtual-pack-n-play-5k-tickets-394120353587)

SAFE SLEEP ~ PACK N' PLAYS



\$25 per participant

Post pictures of your 5-K on
Kiwanis of Onslow's Facebook Page
September 1st - September 30, 2022



Kiwaniis®

CLUB OF ONSLOW COUNTY