

FEBRUARY 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

Welcome to February Friends,

Happy Valentine's Day on 2/14/2022. So much has been happening at PEERS. We are cleaning and reorganizing offices, and other areas in the PEERS House. All while we still prepare for our upcoming fundraisers.

The 19th annual Cherish the Child fundraiser is scheduled for April 1st and will be held at Sturgeon City. Tickets are available for purchase on Eventbrite, directly from PEERS or any of our board members. We can take payment by phone or you can come in anytime during our normal hours. If you would like to get involved please see Sam at the front desk at PEERS. We are seeking out sponsorships and items for the silent auction.

PEE classes are being held as scheduled. PEE is taking referrals for one-on-one for specific curricula. Please contact Alison Nezbeth for any specific PEE requests or needs!

Our APP Social Worker, Meghan Beacham, will be leaving PEERS on February 9th. We wish her the best of luck in her new position. The APP program will be maintained by CSSA Jin Pereira and we are actively accepting referrals and intakes.

Childcare is open and receiving new children. Contact Samantha if you wish to enroll your child(ren) for respite childcare. The childcare teachers have prepared different crafts and activities to celebrate Valentines and Black History Month.

With Much Love and Appreciation,

Meghan Beacham

APP Social Worker



Adolescent Parenting Program

Blowing Bubbles

(15-18 months)

- An inexpensive jar of bubbles liquid will provide hours of giggles for you and your toddler. Try the following:
- Blow bubbles by waving the bubble wand in the air rather than blowing through it.
- See how many bubbles you can catch on the wand.
- See how many bubbles you can count at one time.
- Blow bubbles in front of fan.
- Try to catch all the bubbles before they reach the ground.
- Step on the bubble. Where do they go when they pop?
- Teach your toddler to blow bubbles. Practice in shaping his mouth to blow will promote language development.



APP Participants need to have two visits per month. Earn incentive points for items for your child, diapers, wipes, toys, books, and so much more.

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!

February Group Connections

**Mommy and Baby
Valentine Craft & Discussion on
Relationship Boundaries**

**Feb 16th, 2023
3:30pm-5:00pm at PEERS**

Remember to Use Your Points



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



Parent Education

The parenting classes which begin in February 2023:

Tuesday, Feb 21-Mar 28 - Stress and Anger Management

February 23 - Darkness to Light

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)



UNCOMFORTABLE

www.kimochis.com

Book Resources:

The Heart and the Bottle

by: Oliver Jeffers

Hey I'm not okay with that!

by: Andean Brown-Jacobs

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

www.kimochis.com

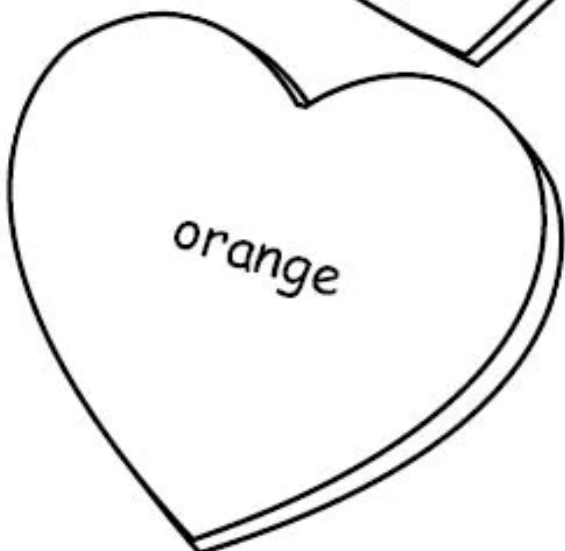
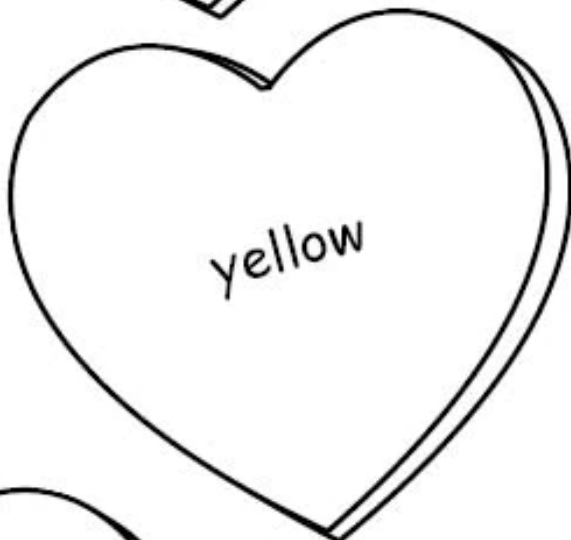
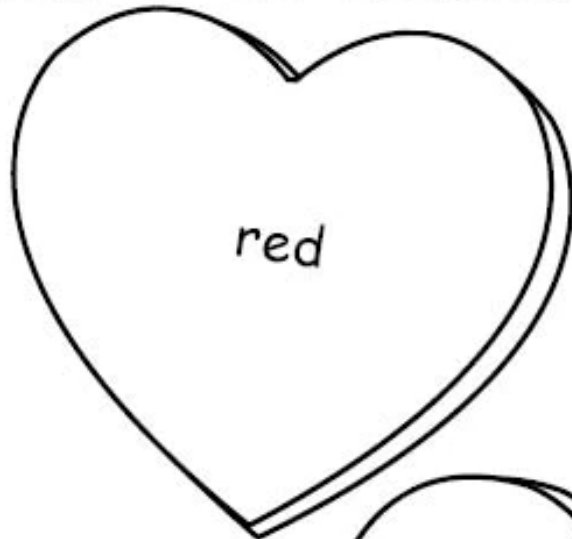
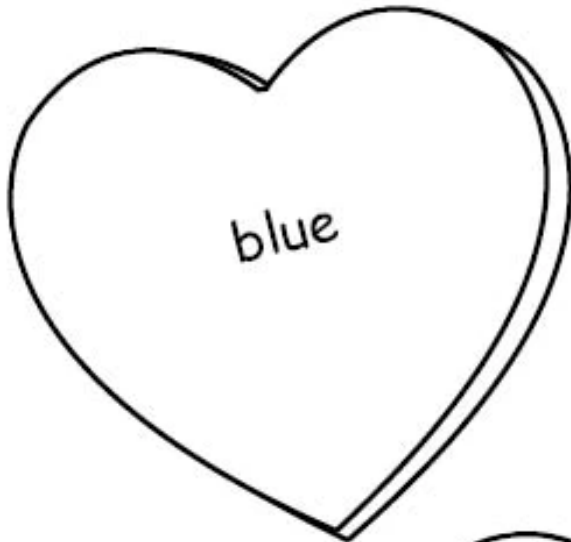
Helping Young Children Cope with Uncomfortable Feelings

- **Acknowledge that it's uncomfortable.** Empathize. Admit that you're uncomfortable too! Model doing something important even though it's uncomfortable. Maybe you can tell a story about when you or someone your child admires stepped outside their comfort zone for a good reason. Encourage your child to stretch a bit. We grow the most when we expand outside our comfort zones. Rising to that challenge is where we find real pride in ourselves and in others.
- **Create safety.** Ask what would make the conversation more comfortable. They're refusing you now – would another time be better? Next week? Next month? Sometimes being able to anticipate something difficult makes it more comfortable. There's safety in knowing what's coming. Ask if your child wants more privacy. Plan to talk when everyone else is out of the house, or take your child on an outing for just the two of you.

Resource: Talkwithyourkids.org

Activity Page

COLOR THE CANDY HEARTS.



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.



Healthy Valentine's Snack Mix

Ingredients

- 1 cup freeze dried strawberries
- 1 cup yogurt bites
- 1 cup rice or corn Chex
- 1 cup pink m&ms
- 1 cup strawberry fruit snacks
- 1 cup sour cherry candies

Instructions

1. Mix all in large bowl and enjoy!



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

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