

MARCH 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 Adosecent Parenting Program Group

TikTok: @peers1977

Updates from PEERS

Happy March,

During this time of year, I am just coming out of hibernation appreciating the warmer days and wishing spring was here. I often find myself reflecting upon all the wonderful things we have planned for PEERS. It is time to spruce up the ole PEERS house and yard in preparation of the April Events. Cherish the Child tickets are on sale now.

We are in the midst of hiring a new Adolescent Parenting Program Social Worker, until then, Ms. Jin and I are working with our teens. I am truly enjoying getting to know our families as their worker. I was a teen parent myself. This makes it easier for me to relate to them and the efforts it takes to raise children so young, I appreciate all their hard work and dedication to their children more in these times. We have an MSW intern Ms. Chrissy working with teens as well. Please remember if you know anyone pregnant or parenting under the age of 20 and still in school (HS or college), please refer to our program.

Ms. Katie, Alison, and Brittni are all doing a fabulous job in Parenting Education and sharing resources. They are always welcoming new families to class. If you have questions, please call us. If you are not sure, which class is best, call us. We offer 14 curriculums.

In Childcare, Ms. Ally is leaving us on March 11th. Ms. Nicole will have Infant Room on Monday's only and Toddler Room on Wednesday and Fridays. Ms. Sam at the front is welcoming all in, signing them up for classes.

TASCO is working on Community Cafe's, visit both PEERS and TASCO Facebook page. Come out an join us.

National Write a Letter of Appreciation Week is March 1-7, 2022. Take time to write a note, not text, with paper, pens or pencils. You can also draw an appreciation picture. Let's all give each other appreciation for what others do for each other.

Happy St. Paddy's Day.

Tondrea Leach, MSW, LCSW
PEERS Director





JOIN US FOR PEERS FAMILY DEVELOPMENT
CENTER'S 18TH ANNUAL

Cherish the Child Dinner & Silent Auction

A FUNDRAISER EVENT TO BENEFIT THE PEERS FAMILY
DEVELOPMENT CENTER'S FREE CHILDCARE PROGRAM.

April 1, 2022 | 6pm-9pm

Discovery Church International

1309 Lejeune Blvd, Jacksonville, NC 28540

Live Entertainment by:

FREEWAY

Food by:

MISSION BBQ
The American Way.



50/50 - Silent Auction - Wine Pull

To Purchase Tickets

Call PEERS at (910) 333-9725

or Order Online via Eventbrite

\$40/Individual / \$300/Table



Adolescent Parenting

Sound vs Silence

(6-9 months)

- Silence is an important part of auditory discrimination.
- When a room is quiet, you are able to concentrate on the sounds around you.
- When there is constant background music or noise, you can't hear things in the environment.
- Hold your baby in your arms as you play some music. Dance around the room to the music.
- Turn off the music, stop dancing, and hold her quietly.
- Repeat this activity several times so that she will begin to understand the difference between sound and silence.

APP GOALS:

- * KEEP YOUR MONTHLY APPOINTMENTS!
- * STAY IN SCHOOL!
- * DELAY A SECOND ADOLESCENT PREGNANCY!
- * CONTINUOUSLY DEVELOPING PARENTING SKILLS!
- * GRADUATE HIGH SCHOOL!
- * ATTEND MONTHLY GROUP CONNECTIONS!
- * LEARN TO BE AN INDEPENDENT ADULT!
- * AVOID ABUSE AND NEGLECT FOR YOURSELF AND YOUR CHILD!

MARCH

Group Connections

WHAT: Coastal Carolina Community College & WIOA tour

WHEN: Wednesday, March 9, 2022

WHERE: Virtual Group at 3pm-5pm

Happy Birthday

Jace

Everleigh

Remember to Use Your Points



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

APP is graciously sponsored by:

APP utilizes Parents As Teachers curriculum & Group Connections as a part of our growing program.



Parent Education

The parenting class schedule is now available. It is posted on the PEERS Facebook page.

If you have any questions about parenting or about classes, please give us a call. We'd love to assist you!

Upcoming classes in March:
- Crossroads to Parenting & Divorce
- Darkness to Light

Call to register - 910-333-9725.



Call to schedule a
Resiliency Screening
or a *Darkness to Light*
training off-site.

This is free to any
organization.

Kimochis: (feelings)



Insecure

www.kimochis.com

Book Resources:

B Is for Breathe

The ABCs of Coping with Fussy & Frustrating Feelings

by: Dr. Melissa Munro Boyd

A Flicker of Hope

by: Julia Cook

How parents and adults can deal with Insecurity in Child(ren):

- (1) Don't laugh/be respectful of child's feelings.
- (2) Have a simple or longer conversation. Sit down, listen, and be open to what child is saying. Be on the child's level.
- (3) Be open to apologizing if it was something you said or did.
- (4) Monitor their behaviors, look for changes in behaviors, tones, and actions. This means you may have to monitor social media/cell phones, yes even for the smaller children.
- (5) Truthfulness, always be true and teach child to be the same. It is always better to know why or what than to be lied to.
- (6) Give words of affirmations, but mean them.
- (7) Meet them where they are at.
- (8) Teach forgiveness by modeling forgiveness. Your child watches you and takes cues how to manage feelings (actions).
- (10) Praise positive behaviors.
- (11) Do not overreact as a parent.

Childcare

This respite program is available on Monday, Wednesday and 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 summer time, please place sun screen on your child before they come to PEERS due to outdoor play time.



St. Patrick's Day Trail Mix Treat **Total Time: 5 minutes**

Ingredients

- 1 box golden graham cereal
- 1 bag mini marshmallows
- 1 bag peanut M&M's green

Instructions

- Simply combine the three ingredients in a large bowl, and mix until evenly combined.



Childcare helps your child by working in centers and on a schedule.

Children learn rules, social interactions, boundaries through 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

**@peersfamilydevelopm
entcenter**

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

MAY the
LUCK
of the Irish
be yours
today
and
ALWAYS



5 Things I Love About Myself

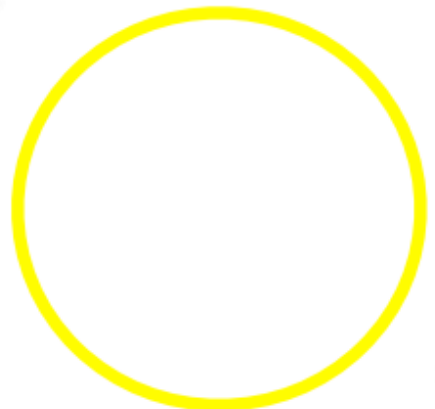
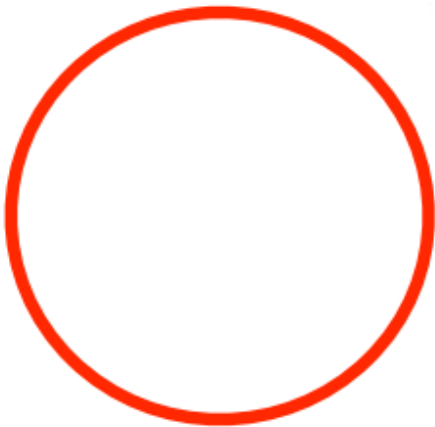
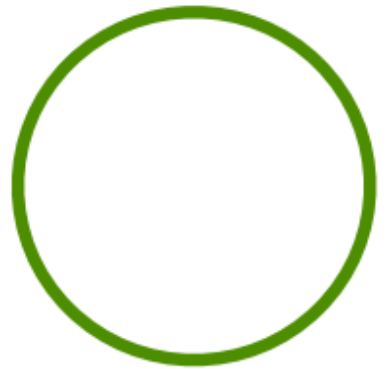
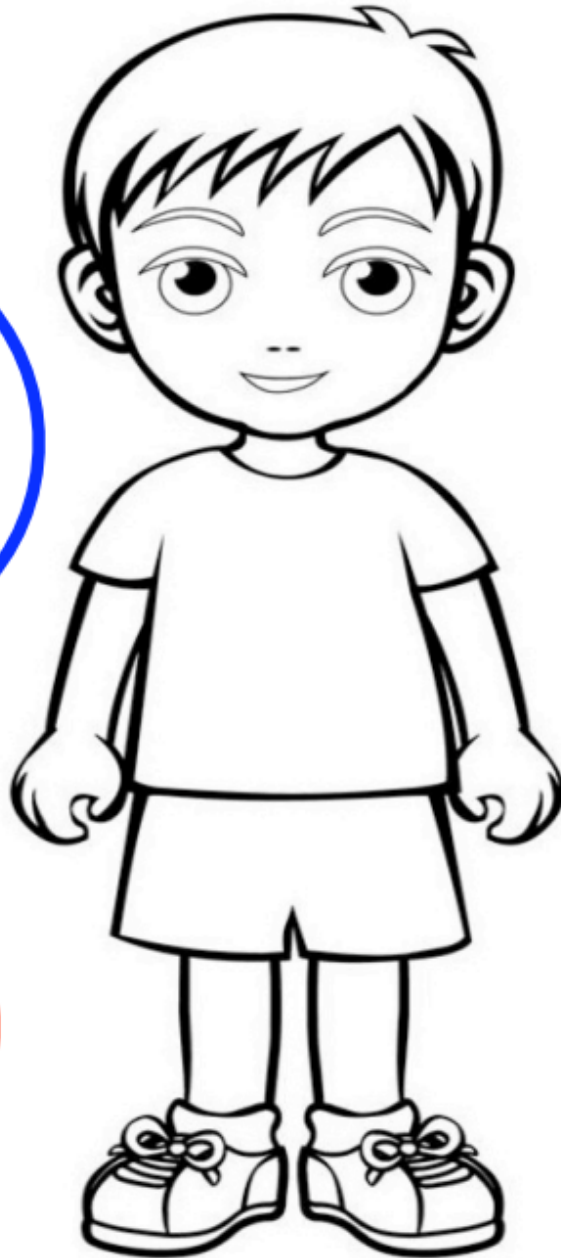
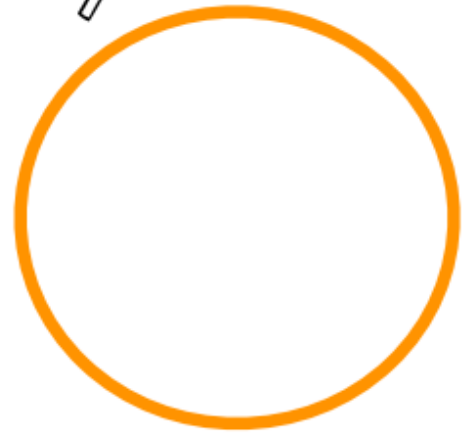
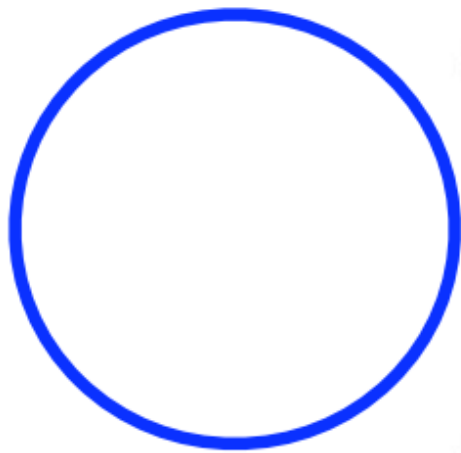
Directions:
You are an Awesome Person!
In the circles below, write 5
things you just love
about yourself!



Name & Date:

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