

JULY 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

Hello friends!

June was a very busy month for PEERS and our community - we loved seeing everyone *every weekend* in June! Our partnership with Downtown Court Street Reunion band raised \$5,000 for our Car Seat Safety program, ensuring more than 60 families have safe car seats for their children when they complete our installation training with one of our technicians!

We were at the Onslow County Public Library's Summer Reading Event, as well as the Sandy Run and the Zing Zumm Summer Kick-Off Celebrations sharing resources and giving away books; PEERS gave away nearly 200 donated books in June alone! Our local museums and Public Libraries in Onslow County continue to have events throughout the summer for children ages 1 year old to 12th grade, and even adult events- please check out [this link](#) for access to Onslow County's calendars for July. Onslow County Parks and Recreation will be hosting their 39th Annual Freedom Festival on July 4th at Onslow Pines Park from 3PM to 9PM with live entertainment, fireworks, axe throwing, and food. Here is a link to [5 other ways to celebrate Independence Day](#) in Onslow!

We have finalized our Parenting class schedule for our PEE program for the rest of 2023. You can find our July schedule and a link to our full schedule later in the newsletter. These classes are free to any Onslow County resident. Parents and families are more than welcome to refer themselves, please call us at 910 333 9725 if there are classes you are interested in signing up for.

Our Adolescent Parenting Program has openings for new referrals. Please email OCpeers@onslowcountync.gov or call us if you know of a pregnant or parenting teen who could use support.

Our partnership with the NC Diaper Bank continues this month, beginning July 5th. The diaper bank is available from 8AM to 8PM every Wednesday until we meet our monthly quota.

Please consider donating an item from our [Amazon Wishlist](#) for our Outreach Program. As always, thank you for your support!

♥ Emily Jefferson
APP Social Worker

emily_jefferson@onslowcountync.gov



Important Dates:

July 3rd and 4th:

Closed in Observance of
Independence Day

July 1st-7th: National Clean
Beach Week

July 7th: National Father
Daughter Take-a-walk Day

July 27th: National Aunt
and Uncle Day

Adolescent Parenting Program

Gathering Treasures (8-15 months)

- The outdoors is a wonderful place for babies to explore and discover! Take your child around your yard or even do this activity while at the beach or a park.
- Take a bucket, basket, or a large bowl outside and help your baby discover by gathering rocks, sticks, leaves, branches, twigs, and sea shells.
- Bring the container to a comfortable place and dump out everything you have gathered.
- Let your baby hold the rocks, leaves, and so on in their hand while you tell them the name of each of your treasures.
- Your baby will enjoy putting the treasures back in your container and dumping them out again.
- Ask your child to give you a specific item, like a shell or a leaf, to help them build their vocabulary.

*adapted from Jackie Silberg's
"Games to play with Babies"*



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!*

JULY GROUP CONNECTION

Coastal Carolina Community College

Wednesday July 19th, 2023

3:30pm-5:00pm

Topic:

WIOA and Campus Tour

Remember to Use
Your Points 

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



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.



Parent Education

The parenting classes which begin in July 2023:

July 17-Nov 27: Early Childhood Nurturing (ECN)

July 18-August 1: Triple P (Positive Parenting Program) – Daytime class = *no childcare*

July 18: Darkness to Light

July 19-Aug 23: Crossroads of Parenting and Divorce

July 20-August 24: Active Parenting- First Five Years

July 25-August 29: Stress and Anger Management

Follow this [link](#) for our full schedule and class descriptions for the end of 2023. 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)



DISAPPOINTED

www.kimochis.com

Parent and Children's Book Resources:

Dealing with Disappointment

by Elizabeth Cray, Parent Educator

The Disappointment Dragon: Learning to cope with disappointment

by K.I. Al-Ghani, Special Ed Teacher

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

Helping Young Children Cope with Disappointment

- **Empathize first** Connection helps kids recover from adversity. Acknowledge how they feel and give them time and space to cry or be upset
- **Be a guide, not a fixer** It's important to act as a guide when it comes to managing setbacks instead of jumping in with the fix. Help your child brainstorm solutions such as asking, "What did you wish would happen?" or "What can be done differently the next time?"
- **Help your child manage expectations** Try this: Make a list to indicate hopes, possibilities and "sure things". On your big family trip, for example, you hope to go to a theme park for a day, it's possible that you'll visit a waterpark or museum, and you'll definitely spend some time at the beach. This helps kids anticipate the excitement without expecting to do it all.
- **Practice delayed gratification** In a world that thrives on instant gratification, it can be difficult for kids to understand that many things require time and practice. Establishing a rule where kids have thirty minutes of downtime before heading to the park to meet friends after school teaches kids to slow down and wait instead of running from activity to activity. Routines are helpful when it comes to helping kids learn to delay gratification. Practicing goal setting as a family is another useful strategy.

Activity Page



Childcare

This respite program is available on Monday, Wednesday, or Friday of most weeks from 9:00 AM to 1:00 PM by reservation.

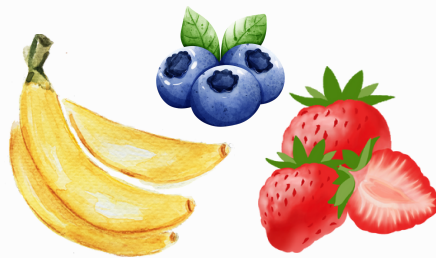
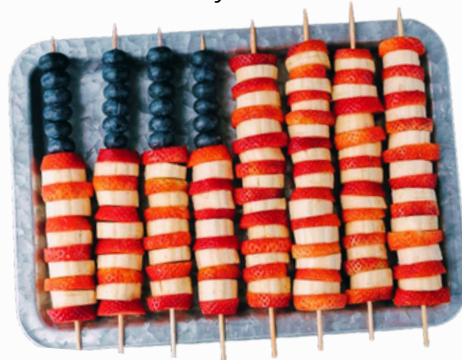
To reserve a spot for your child, call the office at 910-333-9725.

During the summertime, please place sunscreen on your child before they come to PEERS due to outdoor play time.

American Flag Fruit Kabobs

All you need is strawberries, bananas, blueberries, and 8-10 8" wooden skewers.

- Wash blueberries and strawberries.
- Remove the tops of the strawberries and peel bananas. Slice strawberries and bananas into 1/2 inch to 1 inch rounds.
- Start sliding bananas and strawberries onto the skewers, alternating to create the red and white stripes of the American flag. Start and end each kabob with strawberry.
- On 4 of the skewers, stop adding strawberries and bananas about 2/3 of the way up the skewer and make the rest blueberries for the stars in the American flag. The rest of the kabobs should be just strawberries and bananas.
- Lay out the kabobs next to each other to create the image of the American Flag.
- **Recipe can be made with mini marshmallows or raspberries, as well, for the red and white stripes!**



eatingonadime.com



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,
and Facebook
@peersfamily
developmentcenter**

TikTok - @peers1977

If you are interested in donating to PEERS

**contact us at
ocpeers@onslowcountync.gov**

or

call 910-333-9725



Parenting Education & Childcare is graciously sponsored by:

LIVE UNITED



EVENTS & REMINDERS



Parenting ~ the Roots of our Past and the Branches of our Future



PEERS FAMILY DEVELOPMENT CENTER

6th Annual Masquerade Ball

SAVE *the* DATE

SATURDAY, AT 6 O'CLOCK - SATURDAY, JANUARY 20, 2024

SWANSBORO ROTARY CENTER - 1104 STATE ROAD, 1447.

SWANSBORO, NC



PEERS FAMILY DEVELOPMENT CENTER

PARTNER OF NC DIAPER BANK! WEDNESDAYS

8am-8pm

Closed for lunch 1:30pm-2:30pm

151 Chaney Ave.,

Jacksonville, NC 28540

910-333-9725

Our distribution guideline is:

- Sizes Newborn - Size 5 = 2 packs of 25 diapers per child, per month (a total of 50 diapers.)
- Sizes 6 and toddler pull-ups = 3 packs of 10 diapers per child, per month (a total of 30 diapers.)
- 1 pack of baby wipes per family, per month



The Diaper Bank
will operate from
8AM to 8PM on
**7/5, 7/12, 7/19, and
7/26, until we meet
our quota**

