

MAY 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 May,

April was a busy month providing many classes to our community in parenting education and Resiliency Screenings. We appreciate everyone's interest in attending Resiliency. The information in Resiliency helps us build upon our own resiliency understanding. The new parenting schedule is out and published on our website.

When you have time, look at our new website which has gone live. If you have feedback, please call us or email us at OCpeers@onslowcountync.gov.

Childcare is still trying to fill the position in the infant room. I am happy to say we have an interim person willing to work in the infant room starting next week. We are excited to have our infants and young toddlers back with us on Monday, Wednesday, and Friday.

Adolescent Parenting Program has welcomed Meghan Beacham as the new social worker. Jin has been working diligently in scheduling and keeping home visits and group meetings. Meghan has been in her required Parents as Teachers curriculum training. Meghan and Jin will be working on community outreach. If you know of a pregnant adolescent or already parenting, please call us so we can do an intake with them. They would love to talk to individuals about the program, incentives, home visit, and group meetings.

Our staff is getting ready for our 45-year birthday party. Keep a look out on our website and social media for the Eventbrite link. We would love to have everyone come join us for our breakfast celebration at the Onslow County Government Center on July 15th. Thank you all for your continued support.

A special thank you to Beta Sigma Phi, Saigon Sam's Military Surplus and the Hartis family for your donation.

Tondrea Leach, MSW, LCSW

PEERS Director



Wrapping with Babies

(9-12 months)

- Select three or four small toys and wrap them in tissue paper or aluminum foil.
- Show your baby one of the wrapped toys.
- Talk about the size of it.
- Ask, "What do you think is inside?"
- Give the wrapped toy to your baby and encourage him to unwrap it.
- He will be delighted to unwrap the toy.
- He may even play with it after he opens it.



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!

May

Group Connections

WHAT: Car Seat checks & a fun activity
(Do you want pizza or KFC?)

WHEN: Wednesday, 5/11/2022
3-5PM

WHERE: PEERS

Happy Birthday

Christian

Sydney

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



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 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!

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)



DISAPPOINTED

KOTOWAZA
Maybe next time.

www.kimochis.com

www.kimochis.com Kimochis All Images © Kimochi/Plushy Feet/ Corp. 2009-2019

Book Resources:

Get Unstuck from Disappointment

by: Gill Hasson

Disappointed Ninja

by: Mary Nhim

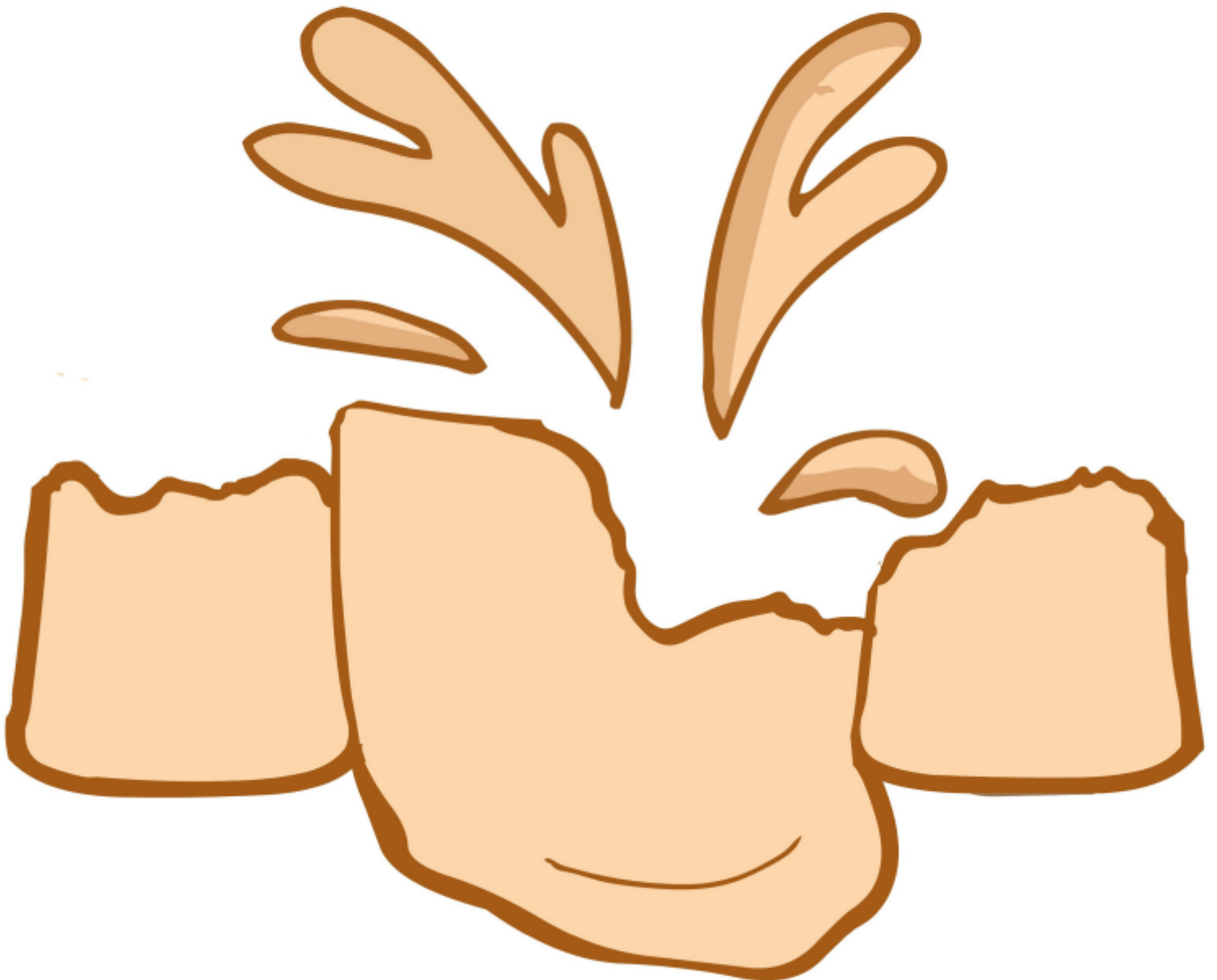
When the child is disappointed:

- (1) Name the feelings as "disappointment" or "disappointed". When your child is dealing with any big feelings, it can be helpful to identify the feeling for him or her.
- (2) Affirm your child's capabilities. After naming the emotion, it is important to affirm to your child they can manage their big feelings. This communicates confidence to your child.
- (3) Lead with empathy. Instead of minimizing a child's disappointment and saying "It's not a big deal," lead with empathy and acknowledge that this feeling is hard for your child.
- (4) Give some space. Often children need space to work through their feelings. Give your child physical space to feel their feelings. You may want to say, "I'm going to give you some space to work through your feelings" and walk away. Remember to go back to your child in case they want to talk about their feelings.
- (5) Get close to your child. If you have a child who feels more comfortable with you close by or with your physical touch, hang out with them and offer hugs and cuddles if that's what your child needs. They may need your silence but your presence.
- (6) Practice calming strategies. Calming strategies can help a child get regulated enough to manage their disappointment. Taking deep breathes, counting to 10, and coloring a picture are all easy manageable calming strategies.

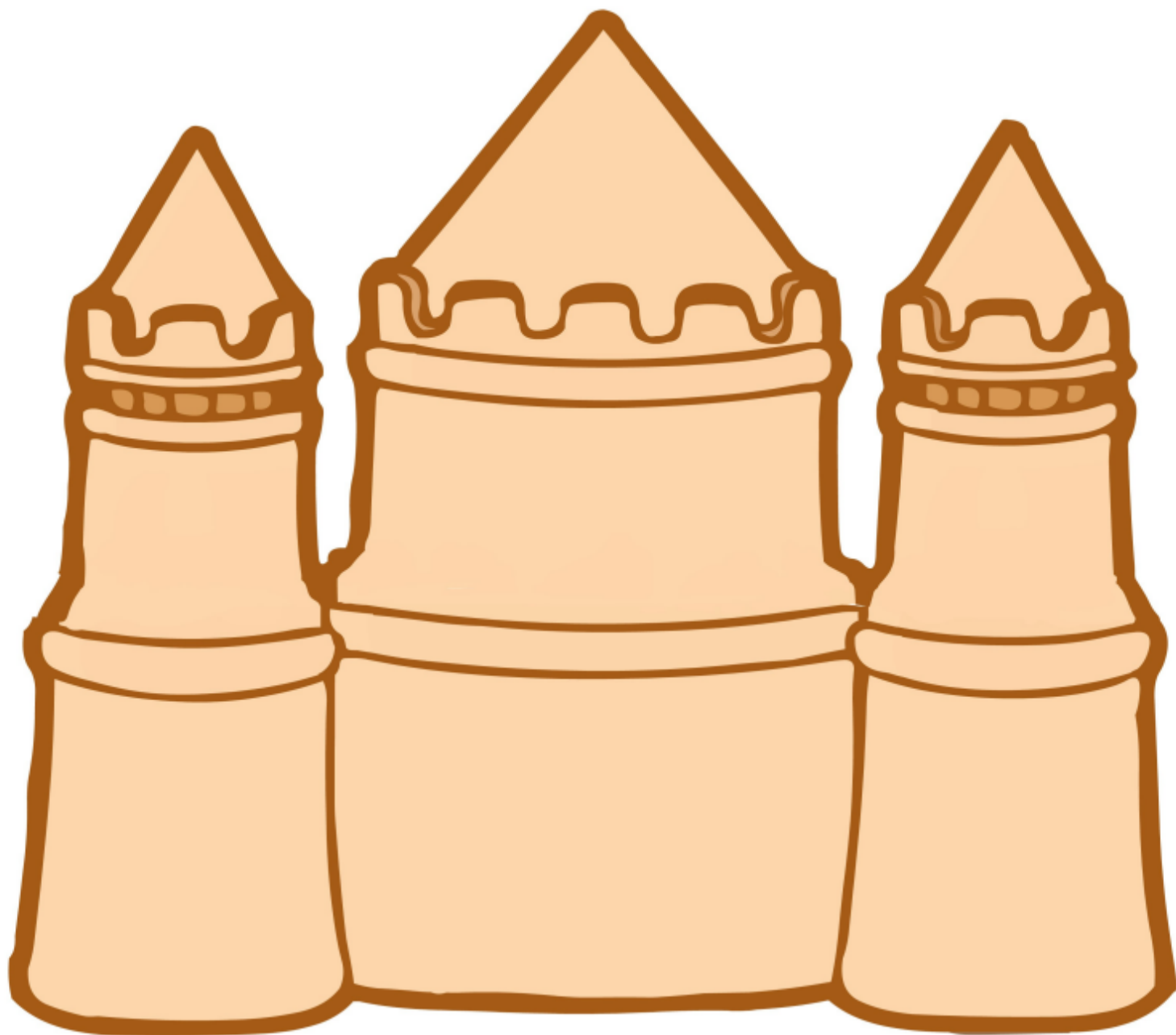
www.kimochis.com

WHAT SHOULD I DO?

Directions: Sometimes we feel disappointed. In the crumbling sandcastle below, write some examples of times you were disappointed.



Directions: Fill in the sandcastle below with ways you can help make yourself feel better.



Here are some examples:

- Try again
- Use kind words
- Take deep breaths
- Be nice to the other person
- Tell myself "It's going to be OK."

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



Peanut Butter and Jelly Taco ***Total Time: 12 minutes***

Ingredients

- 1 slice bread (sandwich bread is best)
- 2 Tbsp of peanut butter
- 2 tsp of strawberry jam
- 1 strawberry diced
- 6 blueberries

Instructions

1. Use a large cup or a large circle cookie cutter to cut the biggest circle you can out of the slice of sandwich bread.
2. Use the side of the cup or a rolling pin to lightly roll over the bread flattening it slightly.
3. Spread peanut butter and jam on the bread.
4. Fold up bread into taco shape and top with strawberries and blueberries.



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

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