

APRIL 2024

PEERS FAMILY DEVELOPMENT CENTER NEWSLETTER



A Note from PEERS Staff

April is National Child Abuse Prevention Month. Here at PEERS, we know that child abuse and neglect are preventable, and we also know that our Onslow County community benefits when children and families are well supported. Every member of our local community plays a vital role in preventing child abuse and neglect by ensuring children have positive experiences and their families have the resources and support they need. Watch our Facebook and Instagram for a video featuring our Pinwheels for Prevention and to learn about the ways PEERS helps to prevent child abuse and neglect.

We want all families in Onslow to be able to reach their full potential and thrive. You can help us reach this goal by supporting PEERS Family Development Center directly. We accept donations every day ranging from bassinets, to baby clothes, to formula, and even cash donations we can then spend on our programs. You can also support PEERS through our fundraisers. At the end of this month we are hosting our 20th Annual Cherish the Child Silent Auction and Dinner. The proceeds from this fundraiser directly benefit our Child Care Program, which offers free child care to families one day a week. We have tickets available if you would like to attend the Silent Auction, and we are looking for Sponsors and Donors for the event. If you or someone you know would like to purchase tickets or are interested in directly supporting this event through a Sponsorship or Donation, please call our office at 910 333 9725 and we would be glad to assist you.

March was the first month we were able to expand our Partnership with the Diaper Bank of North Carolina. Last year we were limited to providing diapers to 100 children each month, but moving forward we will be able to provide up to 200 sets of diapers to families here in Onslow. Thank you, again, to the Blue Cross Blue Shield of NC Federal Employee Program for supporting PEERS and our Partnership with the Diaper Bank of NC for another year!



PEERS Staff

**Keep up with us on Facebook and Instagram
@PEERSFamilyDevelopmentCenter
www.peersfamilydevelopmentcenter.com**



Important Dates

April 1st - Easter Monday

April 5th - Wear Blue Day for Child Abuse Prevention Month

April 22nd - Earth Day

April 27th - 20th Annual Cherish the Child

Save the Date

PEERS FAMILY DEVELOPMENT CENTER

20TH ANNUAL CHERISH THE CHILD

Silent Auction + Dinner

SATURDAY APRIL 27TH, 2024
6 TO 9 PM

Help us in the fight against
child abuse and neglect!

PEERS FAMILY DEVELOPMENT CENTER



**PARTNER OF
NORTH CAROLINA
DIAPER BANK!**



WEDNESDAYS

Distribution Guidelines

- Sizes Newborn to Size 5: 50 diapers
- Sizes 6 to pull-ups: 30 diapers
- 1 pack of baby wipes, per family



**BlueCross
BlueShield**

Federal Employee Program.

Diaper Bank open from
8AM to 8PM and is first
come, first served. Please call
before you come to make
sure we have your size! We
close from 1:30 to 2:30 daily.

910 333 9725

ADOLESCENT PARENTING PROGRAM

All APP Participants are expected to have two visits per month

April Group Connection

PEERS

April 17th, 2024

3:00pm-4:30pm

Health Department Tour and Early Graduation Celebration

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!

Blowing Bubbles (15 - 24 months)

- An inexpensive jar of bubble liquid will provide hours of giggles for you and your toddler. Try the following:
 - blow bubbles outside on both a calm and a windy day
 - make bubbles by waving the wand rather than blowing through it
 - see how many bubbles you can catch on the wand, or count the bubbles
 - try to catch or pop all the bubbles before they hit the ground
 - step on the bubbles. Where do they go when they pop?
- Teaching your toddler to blow bubbles and practicing blowing bubbles can help promote language development by creating certain mouth shapes.

Adapted from *Games to Play with Toddlers*
by Jackie Silberg

Remember to Use Your Points



APP UTILIZES THE PARENTS AS TEACHERS CURRICULUM TO FACILITATE OUR PROGRAM



PARENT EDUCATION ENHANCEMENT

5 Tips to Raising Emotionally Healthy Kids

- Amplify Positive Moments
- Help Them Process Challenges
- Model Emotional Awareness
- Nurture Healthy Sleeping & Eating
- Spend Quality Time Together

**Emotionally healthy kids don't
just survive...they thrive!**

PEERS Parenting Classes Starting in April

Active Parenting of Teens (Virtual)

Starts April 1st, 6 weeks

Darkness to Light

Tuesday April 16th, 1 week

Making Children Mind 3/7

Starts Tuesday April 30th, 6 weeks

Triple P available as 1 on 1

Follow this [link](#) for our current schedule and class descriptions. If you have questions about parenting or classes, please give us a call!

Call to register (910) 333-9725



HURT

Book Resources:

Words Are Not for Hurting

by Elizabeth Verdick

Tiny Humans, Big Emotions

by Alyssa Blask Campbell +

Lauren Elizabeth Stable

**Go to the public library and
locate other great books!**

www.kimochis.com

CALL TO SCHEDULE A
RESILIENCY SCREENING
OR A **DARKNESS TO LIGHT**
TRAINING OFF-SITE.

THIS TRAINING IS FREE TO ANY
ORGANIZATION.

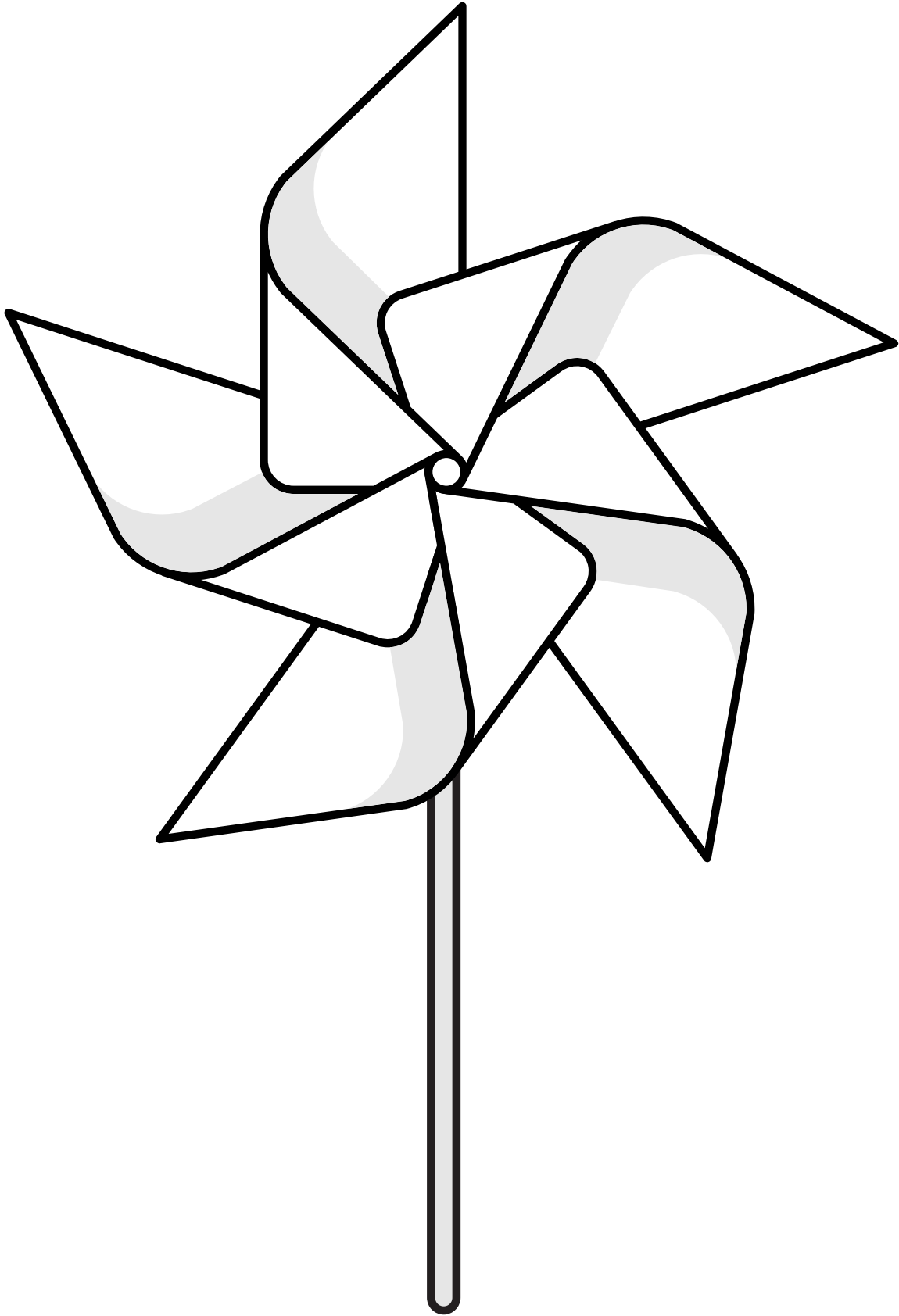


CALL US AT 910 333 9725

OR EMAIL US AT

OCPEERS@ONSLOWCOUNTYNC.GOV TO
REFER YOURSELF OR A CLIENT TO ONE OF
OUR CLASSES. ANY ONE CAN TAKE OUR
PARENTING CLASSES!

Activity Page



In 2008 Prevent Child Abuse America introduced the Pinwheels for Prevention® campaign. Color your own Pinwheel for Prevention!

CHILD CARE PROGRAM

Call us to see if your child qualifies for our Childcare Program.

Our childcare program is available on Monday, Wednesday, or Friday of most weeks from 9AM to 1PM, by reservation.

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

During the summertime, please use sunscreen on your child before they come to PEERS -we have outdoor play time.

Butterfly Bagels

Ingredients: your favorite bagel, cream cheese or plain yogurt, + fruit of your choice

- Prepare your favorite bagel as you normally would. Cut each bagel half into two even pieces and flip them around to make the wings of a butterfly.
- Use slices of your desired fruit to create the antennae and enjoy!
- Substitute cream cheese with yogurt by turning it into "yogurt cheese".
 - Place cheesecloth or a paper coffee filter into a colander or fine mesh strainer and set it in a large bowl.
 - Scoop some plain yogurt into the filter onto the cheesecloth and let the yogurt drain, ideally overnight. Mix in some chopped berries if you want and use as a spread on your bagel instead of cream cheese.



<https://www.superhealthykids.com/yogurt-cheese-butterflies/>

**PARENTING
EDUCATION &
CHILDCARE IS
GRACIOUSLY
SPONSORED BY:**

LIVE UNITED



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.

**ADOLESCENT
PARENTING
PROGRAM
GENEROUSLY
SPONSORED BY:**

