

APRIL 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](http://www.peersfamilydevelopmentcenter.com)

FB: PEERS Family Development Center

FB: PEERS Adolescent Parenting Program Group

## A Note from PEERS Staff

Happy April Onslow County,

Hope everyone is making their spring family plans.

PEERS is in fullswing in April. We are starting with "Wear Blue Day" on March 31, 2023, to bring awareness to Child Abuse Prevention. Then in April, we are hosting our 19th annual Cherish the Child dinner and silent auction. All the proceeds from this fundraiser is for our free childcare program.

On Monday, April 3rd at 9am, we will have a Pinwheel Garden event in the front yard and a video taping for social media to allow others to be apart of celebrating children's childhoods.

On April 4, from 8am-12pm we will be set up at Zing Zumm giving out information on PEERS and TASCO.

On April 25, a TASCO Town Hall meeting from Sandy Run Missionary Baptist Church, we will have tables set up for PEERS and TASCO.

Finishing up our month of Prevention, on April 29, 2023, YMCA Healthy Kids Day, at the Former River of Life Church on Gum Branch. We will have a PEERS and TASCO table.

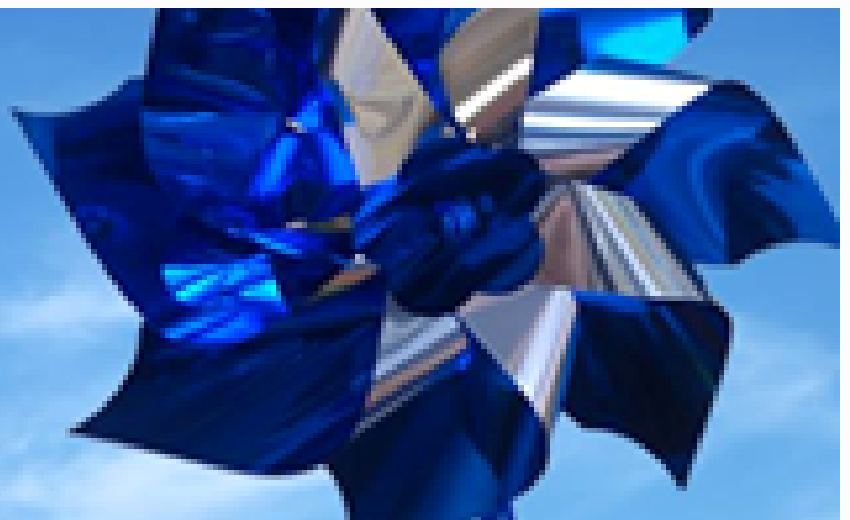
Come out and talk with us.

Thank you for being a part of the PEERS family.

*Tondrea Leach, MSW, LCSW*

*PEERS Director*

April is  
Child Abuse  
Prevention  
Month



# Adolescent Parenting Program

## Find the Noise

(0-3 months)

- After your baby has finished eating, hold her in your lap and play this game.
- Shake a rattle on one side of her head, then on the other side.
- Shake it slowly at first, then faster.
- Your baby will search for the noise with her eyes. When you see her responding to the sound, praise and cuddle her.



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.**



## 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!

## April Group Connections

**Health Department Tour  
April 17th, 2023  
3:30pm-5:00pm**

*Remember to Use Your Points*



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



# Parent Education

The parenting classes which begin in April 2023:

April 11 - May 16, 2023 - Making Children Mind Without Losing Yours - Tuesday (6)

April 20 - May 25, 2023 - Active Parenting - Thursday (6)

April 18 - June 8, 2023 Early Childhood Nurturing (Tuesday & Thursday mornings)

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)

### Helping Young Children Cope with Anger



**MAD**

[www.kimochis.com](http://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](http://www.kimochis.com)

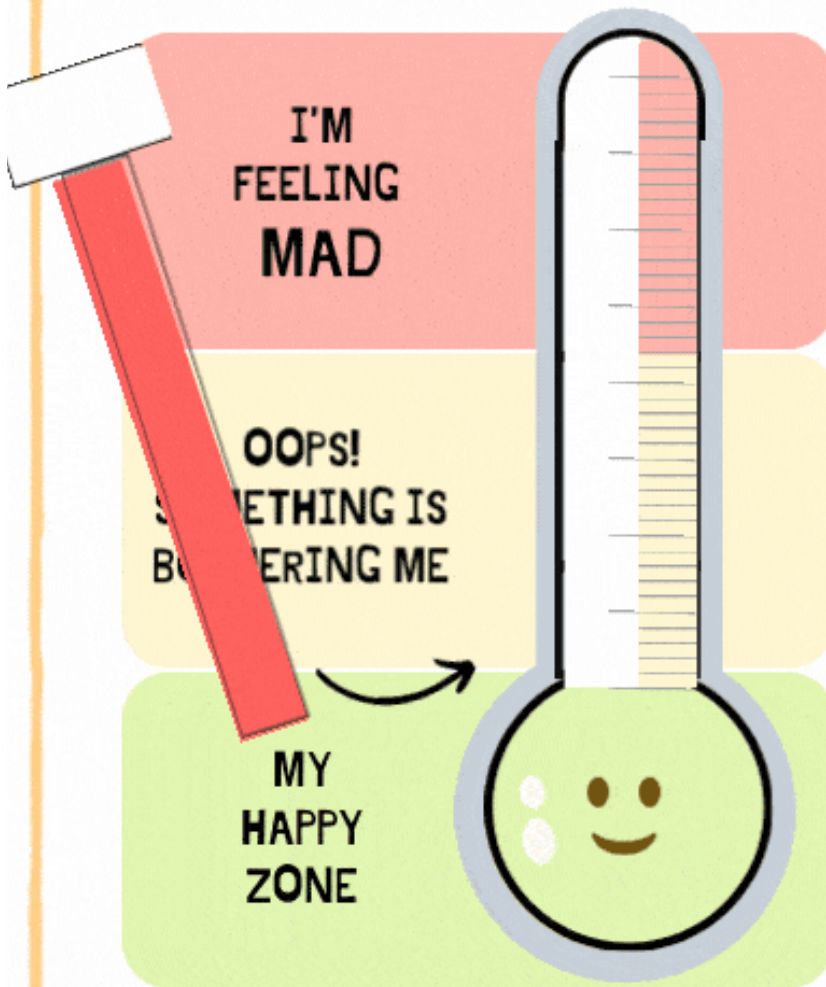
- **Teach your child about feelings.** Kids are more likely to lash out when they don't understand their feelings or they're not able to verbalize them.
- **Create an anger thermometer.** Anger thermometers are tools that help kids recognize the signs that their anger is rising.
- **Develop a calm-down plan.** Teach children what to do when they begin to feel angry. Rather than throw blocks when they're frustrated, for example, they might go to their room or a designated "calming corner."
- **Cultivate anger management skills.** One of the best ways to help a child who feels angry is to teach them specific anger management techniques. Taking deep breaths, for example, can calm your child's mind and their body when they are upset.
- **Don't give in to tantrums** Sometimes kids discover that angry outbursts are an effective way to get their needs met. If a child throws a temper tantrum and their parents give them a toy to keep them quiet, they will learn that temper tantrums are effective.
- **Follow through with consequences.** Consistent discipline is necessary to help your child learn that aggression or disrespectful behavior isn't acceptable.
- **Avoid violent media.**

Resource: [Verywellfamily.com](http://Verywellfamily.com)

# Activity Page

## MY ANGER THERMOMETER

TODAY I'M FEELING:



MY TRIGGERS

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MY COPING STRATEGIES

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# 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.*



## Apple Nachos

### Ingredients

- 5 apples
- 2 tablespoon peanut butter
- 1/4 cup dairy free chocolate chips

### Instructions

1. Wash and slice apples. Arrange one layer of apples on a plate.
2. Drizzle half of the melted nut butter over apples. Evenly sprinkle dairy free chocolate chips over apples.
3. Repeat process with remaining apples, nut butter and chocolate chips. Serve immediately.



**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](mailto:ocpeers@onslowcountync.gov)**

**or**

**call 910-333-9725.**



**Parenting Education & Childcare is graciously sponsored by:**

**LIVE UNITED**



**United Way of Onslow County**