



AUGUST 2023

PEERS FAMILY DEVELOPMENT CENTER NEWSLETTER

**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

Please join PEERS and other community members at upcoming events in Onslow! National Night Out is Tuesday August 1st and will be held at River Walk Park on Court Street in Downtown Jacksonville. PEERS will also be at the Community Non-Profit Event at the Jacksonville Mall on Thursday August 17th, as well as a Defeat Poverty Event presented by Eastern Carolina Human Services Agency in New River Shopping Center on Friday August 18th. More information about the times and locations for these community events are at the end of the newsletter.

If you have questions regarding health insurance, BCBSNC is having an informational session at PEERS on 8/2. There will be a table set up on our porch and representatives will be available to answer questions about services and resources they provide. TASCO is also planning a Townhall during the month of August regarding Child Substance Use in our community. Keep an eye on our social media for details about this informational session.

If you or someone you know is pregnant or parenting and has not yet turned 20 years old, please have them call or email PEERS. School starts later this month, so if you are a guidance counselor or social worker with the Onslow County School system and you know of a pregnant or parenting teen, please refer the adolescent to our APP. We still have availability in our Adolescent Parenting Program and look forward to helping our young parents in Onslow!

Our partnership with the NC Diaper Bank served 70 families in July, meaning 100 children got diapers and wipes! Our Outreach program was also able to give away nearly 30 hygiene products last month. Please consider donating hygiene products or purchasing items from our [Amazon Wishlist](#) so that we can continue to expand our Outreach program. We have also recently begun accepting [recurring monthly donations](#) via PayPal on our website. We thank you in advance for your support of PEERS and the work we do for the children and families of Onslow County.

♥ Emily Jefferson
APP Social Worker

emily_jefferson@onslowcountync.gov



Important Dates:

Aug 1 - National Night Out

Aug 2 - BCBSNC at PEERS

Aug 17 - Community Non-Profit
Day at Jacksonville Mall

Aug 18 - Defeat Poverty Event
at ECHSA

Aug 21 - APP: Group Connection

Aug 28 - First day of school
for Onslow County Schools

See below for
information about
Childcare and
Parenting Classes



Adolescent Parenting Program

Left, Right, Cross the Street (6-24 months)

- Play this game whenever you and your child are crossing the street.
- Say to your baby, "Now we are at the corner. We are going to cross the street. Let's make sure there are no cars coming. Look to the left." Turn the stroller or the child towards the left.
- Now say, "No cars. Okay, now let's look to the right." and again, turn the stroller or your child to the right.
- Next say, "No cars. Good. It is okay to cross the street."
- This game teaches the baby about traffic safety and the concept of left and right. It also teaches them about decision making skills if there were vehicles coming.

*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!**

AUGUST GROUP CONNECTION


PEERS

Monday August 21, 2023

2:30PM - 4PM

Topic:

Parent Café

Remember to Use
Your Points 

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.



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



Parent Education

The parenting classes which begin in August 2023:

August 21-October 2: Crossroads of Parenting and Divorce (CPD) 11:30am-2:00pm
(No childcare available during daytime classes)

August 30: Darkness to Light (D2L) 6pm-8:30pm

August 31-Oct 5: Active Parenting 6pm- 8pm

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)



HOPEFUL

www.kimochis.com

Book Resources:

Hopeful Ninja - Ninja Life Hacks

by May Nhin

The Optimistic Child

by Martine E. P. Seligman, PhD

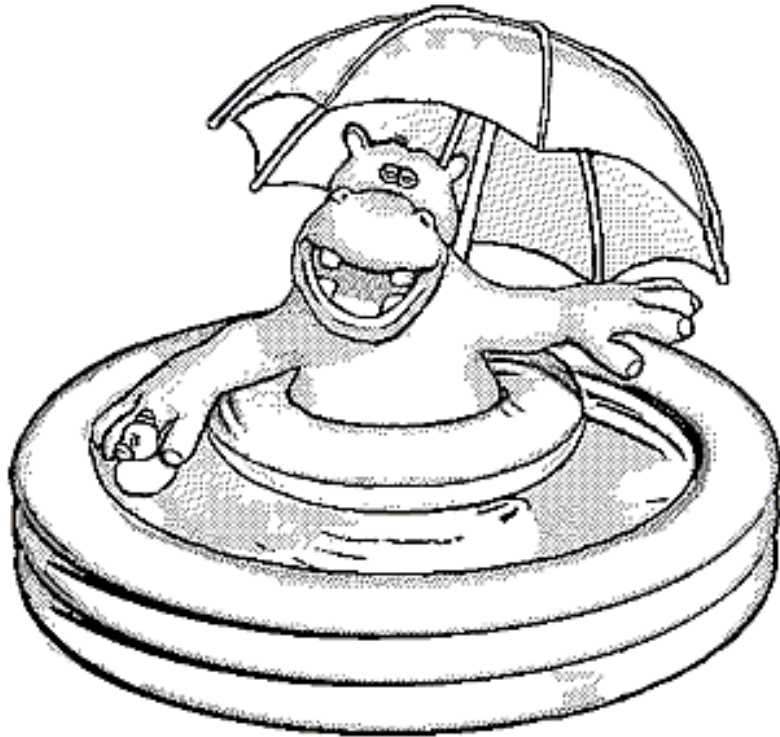
Go to the public library and locate other great books to read with your children.

Raising Hopeful Children

- **Stop negativity in the moment** Pessimism and negativity can eat away at hope- so stop the negativity before it becomes a habit for your children.
- **Use hopeful mantras** Words have great power! Help your child create encouraging mantras for themselves such as, "I've got this!" or "I have what it takes!"
- **Share hopeful news** Hopeful kids hear hopeful stories. Look for inspiring new stories to share with your kids. Practice a bedtime review of the good parts about each person's day and remind them of their own triumphs over struggles
- **Celebrate wins - big and small** Repeated failures can increase a sense of hopelessness but recognizing even a small win boosts hope
- **Hope-filled people are future-focused**, goal-oriented and feel empowered to make their dreams a reality. By taking steps toward growing hope, parents and families can create a brighter view of the future no matter the circumstances.

Resource: CNBC.com, Michele Borba, EdD
Educational Psychologist

Activity Page



HOT SUMMER DAYS

Use the word list to find and circle all of the words in the puzzle that have a 'Hot Summer Days' theme.

Word List

BARE FEET
BEACH
BOAT
FLIP FLOPS
FLOWERS
ICE CREAM
LEMONADE
POOL
STRAWBERRIES
SUMMER
SUNSCREEN
SUNSHINE
SWIMMING
UMBRELLA
WATERMELON

L E M O N A D E W Q G R F B E
F I G K G I T E A I E I P R V
P L I A H L N H T F Z E N I N
D A O C B I T B E S F U Y Q N
H I A W H E B A R W L V X J K
S E K S E S C R M I N G F K N
B E N E J R Q E E M Z K L Y G
G U J P A P S F L M S Y I L H
S H Q J O W S E O I U R P H F
P R S A N O G E N N M D F P G
W K Q R D A L T U G M R L G R
V N I C E C R E A M E S O J C
U M B R E L L A H E R G P X R
T S T R A W B E R R I E S I L
Y B O A T S U N S C R E E N M

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.

Juicy Watermelon Slush

All you need to make this refreshing drink is watermelon or another fruit of your choice, one lime, and coconut sugar.

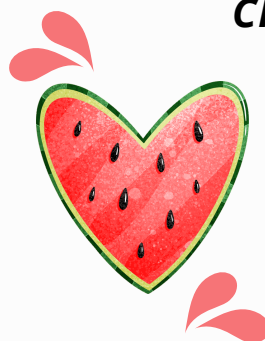
- Add four cups of watermelon (or another fruit), the juice of one lime, and ¼ cup of coconut sugar to a blender.
- Blend the mixture until smooth and place in a shallow, freezer-safe dish. Cover the dish and let it freeze for one hour.
- Remove from the freezer and use a fork to scrape any ice that has formed on the sides or bottom. Re-cover and place in the freezer for another two hours.
- After two hours, the slush should be almost complete. Use the fork to mash up the crystalized fruit mixture once again. Depending on the freezer temperature and the depth of the pan, you may need to freeze it for another hour.
- Once the mixture is uniformly frozen, serve and enjoy!



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 @peersfamilydevelopmentcenter

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



United Way of Onslow County

UPCOMING EVENTS

National Night Out

Tuesday, August 1st 5-9PM
River Walk Park on Court
Street in Jacksonville

Community Non-Profit Event

Thursday, August 17 Noon-3PM
Jacksonville Mall on
Western Blvd

Defeat Poverty Event

Friday, August 18 11AM-2PM
ECHSA at New River Shopping
Center in Jacksonville

Diaper Bank will
operate 8/2, 8/9,
8/16, 8/23, and
8/30 - while
diapers last!



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

