Building Blocks

Putting Families First

April - June 2021

Down East Partnership for Children



Looking for Child Care?



Check out these new resources about the search for high quality child care and services for families. View here!

Moving Forward to Serve Families

Supporting all four building blocks of early education

COVID-19 has forced us all to adapt the way we live, work and play. Our theme this year at DEPC is "Moving Forward." That's what we do to put children first. We move forward to ensure they receive the services and resources they need to be successful, no matter what.

DEPC will continue to move forward supporting all four building blocks of the early education system: healthy growth and development beginning before birth, high quality early care and education, engaged families and coordinated communities, and effective teaching and learning for K-3 students, inside and out 365 days a year. In November, DEPC's Board approved an updated Strategic Framework and prioritized the following areas to guide our work: Outreach, Alignment, Workforce Development, Leandro Mandates, and Closing Disparities.

To learn more about how DEPC is supporting families, child care providers and schools, please visit depc.org.

Join F.I.T.

Families Involved Together

Make a difference in the health & wellness of children and families in your community!

Fun, family-friendly recipes provided!
Opportunities for adult leadership
Physical, emotional, and social health education
Healthy meals and childcare provided.

INTERESTED?

Contact Kelly Spivey at (252) 985-4300 ext. 271 or email kspivey@depc.org



Active READING

Ask Questions

Use questions to start a conversation about a book like never before!

Ask questions that begin with:
● What? ● How? ● Who? ● Why?

Build Vocabulary

Children's books use words kids don't hear every day.

It's up to adults to pull out those "rare" words and teach them to kids.

Connect to the Child's World

Relate books to things kids already know to help them learn more about the world around them.

FamilyFirst

(252)985-4300 (888)600-1685

Family First counselors are available to offer families information on over 150 community resources including places to play throughout Nash and Edgecombe counties. Counselors can help meet the needs of your family whether it's quality child care referrals or local parenting programs. Family First also has resources such as DVDs and books on just about any child related concern. If you need child care options, parenting information or any other services offered below, please call Family First at **252.985.4300**. Counselors are available Monday through Friday, 9 am to 5 pm.

Circle of Parents

is a support group for parents of children, ages birth to 18, with special needs (any physical or developmental disability). Parents are able to spend time connecting with each other, offering encouragement, support and suggestions for managing the care of their special needs child. Circle meets most Monday nights of the school year from 6:30 – 8:00, including a time for the children to connect at the end of each ZOOM call. Families will be able to pick up a meal to enjoy each meeting night, and there will be weekly Walmart and gas card drawings as well.

REGISTRATION REQUIRED. Contact Iris Ray at iray@depc.org

Kaleidoscope® Play & Learn Groups

16 Week Virtual Series continues

DEPC is offering three virtual Kaleidoscope Play and Learn groups each week, with plans to transition to in-person meetings as soon as pandemic restrictions allow us to do so safely. Caregivers will receive weekly packets with play and craft ideas they can do at home with their child, along with ideas for healthy eating and staying active. DEPC will provide each registered caregiver with a container filled with all necessary craft items at the beginning of this 16 week series. Caregivers who attend 13 out of the 16 ZOOM meetings, complete a developmental questionnaire for their child, and participate in a Triple P Positive Parenting Program activity will receive a $25 Walmart gift card in June. Families can join anytime during the 16 week series.

Contact Debra Boudreau at dboudreau@depc.org to register or for questions.

Triple P©

When you become a parent you're expected to be an instant expert. But all parents struggle from time to time– and that's where the Triple P–Positive Parenting Program can help. Triple P is a world-acclaimed program that gives you the skills you need to manage misbehavior and prevent problems from happening in the first place. From toddler tantrums to a teenager's defiance, from bedtime dramas to outright disobedience, Triple P helps you sort through the issues that affect all families. You can be confident Triple P works as it is utilized in 25 countries worldwide and has over 30 years' ongoing scientific research to back it up. Choose from attending a workshop on a broad topic that effects your family to scheduling a one-on-one consultation around a specific parenting issue. Triple P can be done online in the convenience of your own home. Triple P is available at all times for every family in Edgecombe and Nash counties.

UPCOMING EVENTS:

4/20/2021 Seminar - Raising Confident, Competent Children - 9:30– 11 am
5/18/2021 Discussion Group – Hassle Free Shopping , 6:30 – 8 pm
6/8/2021 Seminar – Raising Resilient Children, 9:30 – 11 am

All caregivers with children ages birth to 5 will receive a restaurant gift card, a gas card and a play incentive.

To register or for more information about Triple P contact Jennifer Cobb at jcobb@depc.org, or visit the Triple P website at http://www.triplep-parenting.com/ncLearn

North Carolina Pre-K (NC Pre-K)

Serves children that live in Edgecombe and Nash counties who are 4 by August 31st of each school year. Children who are at-risk are served in the state-wide program on the school calendar year. NC Pre-K also has financial guidelines but the parents do not have to reach working hour requirements or school guidelines. There are no fees to families using this program. Slots may still be available.

HOW TO APPLY: Applications may be printed from the DEPC web page or picked up from 215 Lexington Street in Rocky Mount. For more information call Family First in Rocky Mount.

The Incredible Years©

An evidence-based 16 week parenting curriculum for parents of 3-5 year olds that has proven positive results for families. During the FREE series, parents learn the importance of spending quality time with their child and engage in child-directed activities with a focus on praise, parental coaching techniques, and positive behavior management practices. Many fun participation incentives are offered weekly (ie: gas cards, toys, books, etc.)

The 16 week Incredible Years series will begin in August 2021 from 6-8 either via ZOOM or in person, depending upon pandemic restrictions. Participants will receive a weekly meal, gas card and play incentive to practice their new skills with their child. Caregivers who attend 13 out of the 16 meetings will receive a $50 Walmart gift card.

REGISTRATION REQUIRED. For more info. or to register contact Jennifer Cobb at jcobb@depc.org.

DEPC Scholarship Program

Offers families opportunities for assistance with child care if they are working a minimum of 30 hours per week or in school full time. This program serves children birth to age 5 and it follows the same financial guidelines for income eligibility as the Deptartment of Social Services. Families are required to pay parent fees on average of 10% of their gross income.

HOW TO APPLY: Applications may be printed from the DEPC web page or picked up from 215 Lexington Street in Rocky Mount. For more information call Family First in Rocky Mount.

We are offering one-on-one parenting support either through phone consultations or via a virtual platform such as ZOOM, Facetime, etc. Call the Family First line at 252-985-4330 for more information.

SNAP-Ed DOWN EAST

Learn more about DEPC's SNAP-Ed Initiative for healthier living! Visit: https://depc.org/snap-ed-health-nutrition/

Snap-Ed Tips



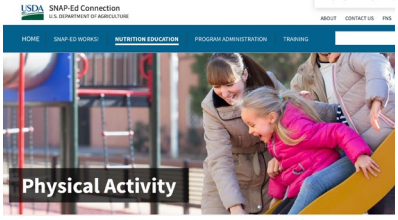
Eat Right When Money's Tight

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes of money. With a little planning, savvy shopping and tasty recipes to cook at home, you'll be well on your way. Check out these resources and recipes:

- Eat Right When Money's Tight *(PDF, 1.5 MB). USDA. Food and Nutrition Service.*
- Spend Smart, Eat Smart. SNAP-Ed. *Iowa State University Extension.*
- How to Get Food Help (PDF, 369 KB). *USDA. Food and Nutrition Service.*
- Eating Healthy On A Budget. SNAP-Ed. *New York Office of Temporary and Disability Assistance.*
- EatFresh.org. *SNAP-Ed. Leah's Pantry.*
- SNAP Recipes. *USDA. MyPlate Kitchen*

Stay Active All Year:

Being active is an important part of a healthy lifestyle. Physical activity is both fun and healthy! These SNAP-Ed program resources teach important physical activity concepts. Visit Snap-Ed Connection: Physical Activity for lots of resources



MyPlate Spring Food Fun!

Make food fun by creating a spring-inspired snack for kids!
Spring is here! Whether you're looking for a fun activity to do with kids while they're home for Spring Break or hunting for afterschool activities for kiddos, MyPlate has you covered. Get kids excited about healthy eating with this easy kid-friendly activity that incorporates all five of the MyPlate food groups -- Fruits, Vegetables, Protein Foods, Dairy, and Grains!
Visit full recipe here: https://www.usda.gov/media/blog/2017/04/11/spring-food-fun-kids-myplates-food-groups





Recipe

Toasty Blueberry Smoothie

Toasty, creamy, and tangy — this protein-rich shake tastes a lot like cheesecake! But, unlike most desserts, it's full of ingredients that will give you lots of energy for your day.

Kitchen Gear:

1. Measuring cup
2. Measuring spoons
3. Grater or zester (adult needed)
4. Citrus squeezer (if you have one)
5. Blender (adult needed)

Ingredients:

- 1 cup frozen or fresh blueberries
- 1 cup milk or plain yogurt or a combination
- 1⁄4 cup toasted pecans *Note*: If you're allergic to nuts, substitute 1⁄4 cup toasted wheat germ, oats, or sunflower seeds for the pecans.
- 1 teaspoon vanilla extract
- Juice and grated zest of 1/2 lemon
- 2 dates

Instructions:

- Put all ingredients in the blender.
- Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30-60 seconds.
- Divide the smoothie equally between 2 glasses and serve right away, or store in a thermos or covered in the refrigerator, up to 4 hours.

From Chop Chop Family
chopchopfamily.org

Down East Partnership for Children

215 Lexington Street | Rocky Mount, NC 27801
(252) 985-4300 | depc.org

Non Profit Org
US Postage
PAID
Permit No. 57
Rocky Mount, NC

Down East Partnership for Children is a nonprofit organization founded in 1993 by citizens concerned about education and economic development of Nash and Edgecombe Counties. It provides a model of services focused on prevention and intervention targeting young children ages 0-8. It leverages investments from local, state and national partners to launch every child as a healthy, lifelong learner by the end of the 3rd grade. For more information about DEPC, visit www.depc.org.

SNAP-Ed DOWN EAST

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.
This institution is an equal opportunity provider.

Did you know?

7.074 books were distributed in 7 medical clinics during well child visits through Reach Out and Read!

We need to raise $15,000 this year to keep this program going!

Week of the Young Child

April 11-16, 2021

The Week of the Young Child™ is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning. Look for fun events during this special week at depc.org!



Ready for Spring?

Banana Cocoa Yogurt Pops

Take a bite out of these creamy frozen yogurt pops! Banana, cocoa and yogurt are the perfect combo for a frozen spring treat!

For recipe, visit: https://www.myplate.gov/recipes/myplate-cnpp/banana-cocoa-yogurt-pops

Coming Soon!

VIRTUAL Garden Club

Check our Facebook page for updates.

Calendar

Triple P Events for Parents:

April 20, 2021 Seminar - Raising Confident, Competent Children - 9:30– 11 am

May 18, 2021 Discussion Group – Hassle Free Shopping , 6:30 – 8 pm

June 8, 2021 Seminar – Raising Resilient Children, 9:30 – 11 am

Community Events

April 16, 2021 - 4th Annual Golf Classic - Cotton Valley, Tarboro. 1 p.m. shotgun start. blambeth@depc.org for more info. or visit: https://depc.org/2021-golf-classic/

Virtual Community Fellows Program: Ongoing to April 19, 2021

Virtual Summer Feeding Program Support Group Meetings: March to May 2021

Virtual Latino Hispanic Outreach Committee May 5, 2021

Virtual Faithful Families Retreat June 2021

