

# Building Blocks

Putting Families First

Jan. - March 2021



## Survey

*We want to hear from you!*

Thank you for reading Building Blocks. If you have been a long time supporter of DEPC and this newsletter or if this is your first issue - we'd like to know what items you find most helpful as a parent or provider or what else you'd like to see in the future.

Please visit: [survey link](#)

## Why quality child care matters

*Early education is essential service*

A child's brain goes through amazing changes and growth during their early years. The experiences that children have during this time will affect how they learn and develop. Quality child care offers positive learning experiences and nurturing relationships with trusted adults who understand child development. A quality child care setting will have caregivers who understand and know how to meet your child's physical, emotional, and developmental needs.

If you are looking for child care (or know someone who is) call us. We can help find high quality care that is the right fit for you - whether you are taking classes, working the day shift, night shift or just need help with after school care, a trained DEPC counselor will help you to sort through the options. They can also talk with you about any questions you may have as a parent or connect you to a support group, playgroup or discussion group. Call us at 252-985-4300, ext. 220 or 888-600-1685.



## NC Apple Crunch!

Hundreds of local children crunched apples this fall as part of the NC Apple Crunch. This collective crunch promoted healthy eating and DEPC's Food to Early Education effort.

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

**Join F.I.T. Families Involved Together**

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

For more information, contact DEPC at 252-985-4300 or visit [depc.org](#)



# 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 and 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 Thursday, 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](mailto:iray@depc.org)

## Kaleidoscope® Play & Learn Groups

16 Week Virtual Series beginning the week of February 15

DEPC is offering five virtual Kaleidoscope Play and Learn groups each week starting the week of February 15, with plans to transition to in-person meetings as soon as pandemic restrictions allow us to do so safely. The groups are based on where people live in our 2 counties, with offerings for the Spring Hope, Nashville, Tarboro, and Rocky Mount communities. 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.

**Contact Debra Boudreau at [dboudreau@depc.org](mailto: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 time for every family in Edgecombe and Nash counties.

### UPCOMING EVENTS:

- 1/19/2021 Discussion Group - Dealing with Disobedience, 6:30 – 8:00
- 2/23/2021 Seminar – The Power of Positive Parenting, 9:30 – 11:00
- 3/23/2021 Discussion Group – Fighting and Aggression, 6:30 – 8:00

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

**To register, contact Alyssa Waymire at [awaymire@depc.org](mailto:awaymire@depc.org). For more information on Triple P, contact Jennifer Cobb at ext. 270 or [jcobb@depc.org](mailto:jcobb@depc.org), or visit the Triple P website at <http://www.triplep-parenting.com/nclLearn>**

## 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 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 on **February 4** from 6:00 to 7:30 via the ZOOM platform. 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 ZOOM meetings will receive a \$50 Walmart gift card.

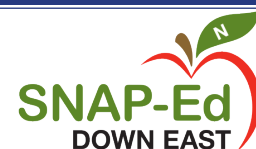
**REGISTRATION REQUIRED.** For more info. or to register contact Jennifer Cobb at [jcobb@depc.org](mailto:jcobb@depc.org).

## 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 Department 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 initiative for healthier living! or via a virtual platform such as ZOOM, Facetime, etc.**



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

# Snap-Ed Tips

## Vary your protein routine... with seeds!

Don't toss them out - save your pumpkin seeds. Rinse, dry, roast and serve them in salads or enjoy as a crunchy snack.

[All about the Protein Foods Group.](#)

Recipe: [Roasted Pumpkin Seed Snack Mix](#)

## How to cope with picky eating

Picky eating is typical for many preschoolers. Try these great tips to help you deal with your child's picky eating behavior in a positive way.

- Let your kids be "produce pickers." Let them pick out fruits and veggies at the store.
- Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir.
- Offer choices. Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- Enjoy each other while eating family meals together. Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.
- Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy healthy foods. Talk about the colors, shapes, and textures on the plate.

## Tips for staying active at home or work:

<https://www.choosemyplate.gov/resources/physical-activity-tips>



## Recipe

### Eggnog Smoothie

Banana, almonds, and yogurt make this frosty drink super healthy – but a sprinkle of nutmeg makes it taste surprisingly like your favorite holiday treat.

#### Equipment:

1. Measuring cup
2. Measuring spoons
3. Blender (adult needed)

#### Ingredients:

- 1 unit very ripe banana, peeled and sliced
- 1 cup plain low-fat yogurt
- 4 unit ice cubes
- 1 teaspoon honey or maple syrup
- 1/4 teaspoon vanilla extract
- 1 pinch ground nutmeg

#### Instructions:

- Put all the ingredients in the blender.
- Put the top on tightly. Turn on the blender to medium speed, and blend until the mixture is smooth and frothy, 30-60 seconds.
- Divide the smoothie equally into 2 glasses and serve right away.

From Chop Chop Family  
[chopchopfamily.org](http://chopchopfamily.org)

## MyPlate Snowman Scene

You're never too old to have fun with your food! Get creative in the kitchen and find unique ways to make healthy foods the main attraction. Use cookie cutters to add a seasonal twist to your favorite foods! Follow the steps below to create a snowy scene using foods from all 5 food groups! For detailed instructions, click here:

<https://www.choosemyplate.gov/resources/seasonal/seasonal-winter>





215 Lexington Street | Rocky Mount, NC 27801  
 (252) 985-4300 | [depc.org](http://depc.org)

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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](http://www.depc.org).



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

**Did you know?**  
**704,379 meals were served this year at Summer Feeding/Learning Sites in the Twin Counties?**

## Party in the Park Drive Thru

DEPC held a drive thru event for families with children 0-8. Participants could pick up fresh, healthy food, a craft and fun information. Dolly even helped sign children birth - 5 up to receive free books. Have you registered for Dolly Parton's Imagination Library?



## New Year, New Resolutions!



Black-eye peas are a traditional New Year's dish for some people and a healthy way to start the year. Visit Healthy Eating with MyPlate to get resources on fruits and vegetables, whole grains, protein, and dairy. Click here for recipe for quick and healthy black-eyed peas: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-and-healthy-black-eyed-peas>

### Calendar

**Triple P Events for Parents:**

- Jan. 19, 2021 - Discussion Group  
Dealing with Disobedience, 6:30 - 8:00
- Feb. 23, 2021 - Seminar  
The Power of Positive Parenting, 9:30 - 11:00
- March 23, 2021 - Discussion Group  
Fighting and Aggression, 6:30 - 8:00

**Are you working?**

**Need help paying for school-age child care services?**  
 (Afterschool or 2nd shift)

*Call today!*

