

# Building Blocks

Putting Families First

July - September 2022



Down East  
Partnership  
for Children

## Keep Learning Fun All Summer

Hooray for Summer! At the Down East Partnership for Children, one of our goals is effective teaching and learning for children inside and out, 365 days a year.

Here are some things to consider this summer to keep learning fun. Also, check our website ([depc.org](http://depc.org)) or social media channels throughout the summer to get more ideas on fun tips and activities you can do at home.

### Take it outside!

Add a walk to your daily activity or a scavenger hunt for things you might find in nature. Look up at the stars, listen for fun sounds, bring crayons and paper to make pictures of what you see. Take binoculars to get a closer look. Keep a journal of the things you see and do on your walk. Start a list of places you want to go. Information on local trails are available at <https://rockymountnc.gov/trails/> or <https://www.traillink.com>.

### Visit Discovery Park (or any local park):

Come taste what's growing in our Discovery Park Garden! We are in the process of updating our Places to Play and Grow maps. In the meantime, check out Visit NC Farms app for more outside fun.

### Summer Feeding, Summer Learning

This year, there are three Summer Feeding Kids Meals sponsors: Nash County Public Schools (NCPS), Edgecombe County Public Schools (ECPS) Nutrition Program and the Food Bank of Central and Eastern NC. In addition to providing meals, targeted sites also received resources for summer learning/enrichment and physical activity. Cummins Rocky Mount Engine plant has been a staunch supporter of the Campaign for Grade-level Reading, Twin Counties Read to Rise and summer learning. This partnership supports an established infrastructure where designated schools, faith-based, and community partners can feed children 18 and under for nutritious meals. All meals will be in person this summer.

#### Summer feeding dates are as follows:

ECPS: June 6 - Aug. 11, 2022

NCPS: June 13 - June 30; July 11 - July 21 in High Schools

Food Bank of Central and Eastern NC: June 13 - Aug. 26

Please visit [depc.org](http://depc.org) for more information.

### Plant a garden or flower and watch them grow!

Preschoolers will love digging in the dirt and watching the plants grow. You could grow a salad or fun flowers that grow different heights.

### Read every day!

Read with your children and listen to them read to you. Encourage reading for at least 15 minutes a day and ask questions about what they are reading.

### Play games!

Introduce your children to games you played as a child. Most games that you play inside can be played outside.

### Check out your local library!

Check out Braswell Memorial Library, Edgecombe County Memorial Library, and Nashville's Harold D. Cooley Library for reading programs, events and story times.

### Register for Kindergarten.

Help make sure all rising Kindergarten students are registered as soon as possible. Visit DEPC's web site or call us to learn out how to register for Kindergarten and if your child will be four by Aug. 31, they may qualify for Pre-K.



### Stay Connected, Look for New Summer Contest

Visit DEPC's Facebook page during July 11-15 for fun summer learning activities. We will also launch a new contest! Be on the lookout for opportunities to win one of our summer fun prize packs! Look for the hashtag #DEPCSummerLearningCampaign2022 on all our campaign posts.



**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 ext. 220**. Counselors are available Monday through Thursday, 9 am to 5 pm and Fridays 9-12 Noon.

### Circle of Parents

A support group for parents of children, ages birth to 18, with special needs (any physical or developmental disability). Parents can spend time connecting with each other, offering encouragement, support and suggestions for managing the care of their special needs child. Circle meets on Monday nights from 6:00 – 8:00 at Down East Partnership and includes dinner, a weekly Walmart card drawing and gas card drawing. All children in the family are also able to participate in a Circle of Kids group meeting with supportive and developmentally appropriate activities. Please contact Iris Ray at [iray@depc.org](mailto:iray@depc.org) to register, for more information on available resources and to learn more about Circle of Parents. Programming will begin in late August 2022.

**REGISTRATION REQUIRED.** Contact Iris Ray at [iray@depc.org](mailto:iray@depc.org)

### Virtual Kaleidoscope® Play & Learn Groups

16-week series

Our Kaleidoscope Playgroup series for Fall 2022 will begin the week of August 22, 2022, at Down East Partnership in Rocky Mount and at Spaulding Family Resource Center in Spring Hope. We spend time playing, learning from each other, and discovering ways to help our children continue learning at home. Caregivers who attend 13 out of the 16 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. **Please contact Debra Boudreau at [dboudreau@depc.org](mailto:dboudreau@depc.org) or 985-4300 ext. 270 to register.**



**Triple P Discussion Group:** 5 topics, each meeting once for caregivers to work towards solutions for challenging areas in their homes.

**Triple P Seminars:** Come together to learn the Power of Positive Parenting, how to Raise Resilient Children, and how to Raise Confident, Competent Children.

**Triple P Group:** Six week personalized course for caregivers of children ages 3-8

**Triple P Briefs:** Schedule one-on-one coaching for topics of your choice

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. 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. *For more information on Triple P parenting support and upcoming events, please contact Abbi Mullens at [amullens@depc.org](mailto:amullens@depc.org) or visit the Triple P website at <http://www.triplep-parenting.com/ncllearn>*

### Family Services Registration Code

You may use this  
QR code to register  
for Family Services  
programs.



### North Carolina Pre-K (NC Pre-K)

NC Pre-K Applications are available for the 2022-2023 school year (English and Spanish) at DEPC and on the DEPC website with a list of provider sites. Program locations are in private sites, public schools, and Head Start. Contact Family Services if you need help selecting an NC Pre-K service provider.

#### Who is eligible?

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.

**HOW TO APPLY:** Applications may be accessed from the DEPC web page (link below) or picked up from 215 Lexington Street in Rocky Mount.

Link to NC Pre-K forms, visit <https://depc.org/child-care/pre-k-information-page/>

For more information call the Family First Line at 252-985-4300.

**APPLY for  
Pre-K  
TODAY!**

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

Call: 252-985-4300



For more information about School Readiness and Registration, please visit [depc.org/registeredandready](https://depc.org/registeredandready) f @

### 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 the DEPC Family First Line.

Meeting locations subject to change based on Covid-19 protocols, including switching to a virtual platform.  
We are offering one-on-one parenting support. Call DEPC's Family First line at 252-985-4300 for more information.

# Snap-Ed Tips & Recipes



## Strawberry S'Mores *Recipe from MyPlate.gov*



No campfire required for these fruity graham cracker snacks.

### Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, low-fat vanilla (2 tablespoons)

### Directions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.

## Turtle Apple *Recipe from MyPlate.gov*

This simple and fun snack is created using only fresh apples and canned oranges.

### Ingredients

- 1 apple (small or medium)
- 1 can mandarin oranges, drained (11 ounces)

### Directions

1. Wash hands; get out ingredients and utensils.
2. Wash apple. Cut in half (see notes).
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs, and head.



## Having fun outside doesn't have to be complicated!

You can use things you have in your house. Give children a bucket, brush and just water...water painting the house or car is always fun (not to mention you get a free wash) and gets everyone moving!

**Fun with suds!** Drag the baby dolls/trucks or whatever outside, a large dish pan/baby pool, add a few suds and bath time! The plus side? You can skip bath time tonight too!

**Be Active with Bubbles!** Enjoy time outside with bubbles! This is a great recipe that produces some good bubbles! Corn syrup helps hold bubbles together better than just dishwashing soap and water.



### YOU'LL NEED:

- 1 cup water
- 4 tablespoons dishwashing liquid
- 2 tablespoons light Karo syrup **or** 2 tablespoons glycerin

**Stir 3 ingredients together until everything is dissolved.**

verywellfamily.com

## CHOPCHOP FAMILY Recipe

## Granola Popsicles



And now... breakfast for dessert! You can use other fruit, if you like — try blueberries, or sliced strawberries or peaches — to make these creamy, cold, crunchy pops just the way you like.

### Kitchen Gear:

- Measuring cup
- Measuring spoons
- Mixing bowl
- Spoon, for mixing
- Popsicle mold or 4-6 small paper cups
- 4-6 wooden popsicle sticks

### Ingredients:

- 1/2 cup granola
- 1/2 cup milk
- 2 tablespoons maple syrup (skip if the granola is very sweet)
- 1/2 cup plain yogurt
- 1 cup raspberries

### Instructions:

1. Put all the ingredients in a bowl and mix until the raspberries are broken up.
2. Use a measuring cup to divide the mixture into 4 to 6 popsicle molds or paper cups.
3. Push in the popsicle sticks and freeze until solid, 3 to 4 hours. To release the popsicles, run the outside of the molds briefly under hot water or let them sit at room temperature for 5 minutes.



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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).



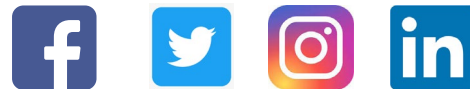
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## Stay Connected for Fall Program Updates and Opportunities!

**Professional Training Calendar Updated**  
Check our website for the latest Professional Training Calendar with workshops scheduled through December!

**Follow us on social media for all Fall program updates!**  
We will share updates about upcoming events and activities on our social media channels! Please visit, like and share our information!





# Go online for updates!

Check out the DEPC web site ([depc.org](http://depc.org)) on all devices to stay up -to-date on the latest news and happenings.

**Scan the QR code to visit today!**

