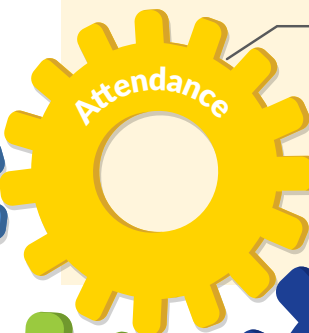


Tips for a Well-Adjusted Learner

FAMILY/TEACHER ENGAGEMENT

- By engaging families, educators can create partnerships founded on respect and ensure student success.
- Family Engagement fosters connection that exposes and eliminates barriers to learning. ([from Waterford.org](https://www.waterford.org/))



ATTENDANCE

- Help your child be in school or child care all day, every day!
- Have a back-up plan if something comes up.
- If your child can't attend class, always talk with their teacher.



DEVELOPMENTAL MILESTONES

- Attend regular well visits with your child.
- Early diagnosis and treatment of developmental delays can help give a child the best opportunity to reach his/her full potential.
- [Download the CDC's Milestone Tracker App](#)



QUALITY EARLY CARE

- High-quality child care helps prepare children for school and life success.
- Children in high quality programs tend to have more advanced social skills along with language and pre-math skills.



ROUTINES

- Routines offer the chance to build self-confidence, curiosity, social skills, self-control, and communication skills.
 - Children benefit from relationships and environments that are predictable to them.
 - Children can anchor their day according to routine interactions with caregivers and family.
- ([Zero to Three](#))

DEPC Family Services: We are here for you!

By Abbi Mullens, DEPC Family Services Manager

The work you do as a parent or caregiver of an early learner is one of the most important jobs you will ever have. However, as daunting as this work is, you are not in it alone. It takes many components to make everything come together for your children. At DEPC, we are committed to helping you in that process. This work begins before birth and is influenced through ensuring your child is in high quality child care early on. Remember you and your child's teacher are a team. It takes you both, so do not be afraid to ask questions, share challenges, and keep communication open. Help your child have healthy routines, both morning and night. This helps to ensure getting to school is both smooth and timely. Attendance matters, even at an early age. Finally, pay attention to your child's developmental milestones. This means talking with their doctor and not missing Well-Child Visits, as well as tracking growth through things like the CDC's Milestone Tracker App. You can do this. Your kids will thrive. We believe in you and the awesome work you are doing. Way to go families!

FAMILY SERVICES

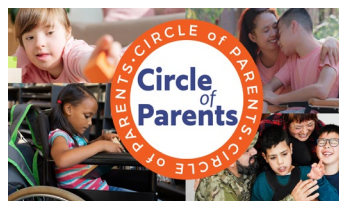


Use this Code
to Register!
You may use this
QR code to register
for Family Services
programs.



Family First counselors are available to offer families information on over 150 community resources including choosing quality childcare referrals for Nash and Edgecombe counties. If you need childcare options, parenting information or resources, 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. Parents can spend time connecting with each other, offering encouragement and support in caring for their special needs child. Circle meets on Monday nights, from 6:00 – 8:00 in a hybrid format. All children in the family are invited to participate in children's activities. **REGISTRATION REQUIRED.**

Contact Iris Ray at iray@depc.org or 252-985-4300, ext. 205 to register.

Kaleidoscope® Play & Learn Groups (16-week series)

Caregivers and their children, under the age of 5, are invited to join us at Down East Partnership for Children in Rocky Mount or at Spaulding Family Resource Center in Spring Hope. Play groups are going on now.

Spend time playing and discovering ways to help our children continue learning at home.

Contact Debra Boudreau at dboudreau@depc.org or 252-985-4300 ext. 270 to register.



Is following instructions and guidance hard for your child?

If you have a child ages birth through age 5, join us at Down East Partnership for Children to learn effective tips to help you teach your child to accept limits, do as they are told, and understand the meaning of the word "No."

October 17 (Tuesday)

5:30-7:30pm

IN PERSON at DEPC

Registration Required.

DINNER & CHILD CARE PROVIDED.

Gas card and play incentives!



REGISTER TODAY!

←Scan the QR code to register.

EMAIL: Sarah.Winters@depc.org or
CALL 252-985-4300, ext. 233

SPACE IS LIMITED.

Triple P Discussion Groups:

For caregivers with children
ages birth to 5.

Dealing with Disobedience

Oct. 17 from 5:30-7:30 p.m.

Hassle-Free Shopping

Nov. 16 from 5:30-7:30 p.m.

Triple P Briefs:

**Schedule one-on-one coaching
for topics of your choice**

Triple P Group:

**Tuesdays for families
with children ages 3-8**

Nov. 7-Dec. 12, 5:30 to 8 p.m.

NC Pre-K

NC Pre-K Applications are available in English and Spanish. Program locations are in private sites, public schools, and Head Start. Contact Family Services if you need help selecting a service provider. See the DEPC website for eligibility requirements and financial guidelines. There are no fees for families using this program.

HOW TO APPLY: Applications may be accessed from the DEPC web page (<https://depc.org/child-care/pre-k-information-page/>) or picked up from 215 Lexington Street in Rocky Mount.

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 family income must fall below 85% of the state median income. Families are required to pay monthly 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 252-985-4300, ext. 220.

For more information on Triple P or to register for upcoming events, please contact Sarah Winters at SWinters@depc.org or 252-985-4300, ext. 233 or visit Triple P website at: <https://www.triplep-parenting.com/nc-en/free-parenting-courses/triple-p-online/>

We are offering one-on-one parenting support. Call DEPC's Family First line at 252-985-4300, ext. 220 for more information.

Recipe White-bean Chili



Ingredients:

- 1 tablespoon vegetable or olive oil
- 1 large onion, peeled and chopped
- 3 garlic cloves, peeled and minced
- 1 bell pepper (any color), cored, seeds and white ribs removed, and cubed
- 1 large or 2 small zucchini, trimmed and cubed
- 2 teaspoons to 2 tablespoons chili powder (depending on how mild or spicy you like it)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon kosher salt
- 2 (15-ounce) cans low-sodium small white beans (such as navy or Great Northern), drained and rinsed
- 2 to 4 cups low-sodium chicken or vegetable stock (depending on whether you like it thicker or soupier)
- 2 cups chopped or shredded cooked chicken, from a rotisserie chicken or home-cooked
- 1 cup frozen or fresh corn kernels

Instructions:

1. Put the pot on the stove and turn the heat to medium. When the pot is hot, add the oil.
2. Add the onion, garlic (fresh or powder), bell pepper, zucchini, chili powder, oregano, cumin, and salt and cook on low heat until the onion is very soft, about 20 minutes. Stir from time to time.
3. Add the beans, stock, and chicken, cover and cook 15 minutes.
4. Remove the lid, add the corn and cook until somewhat thickened, about 10 minutes. Now taste the chili. Does it need more spices? If so, add some, then taste again.
5. Garnish and serve right away, or cover and refrigerate up to 3 days.

<https://www.chopchopfamily.org/recipe/white-bean-chili/>

A Commitment to Health

Faithful Families in Action

Members of Tarboro's St. Paul Missionary Baptist Church are taking ownership of their health by Eating Smart and Moving More with DEPC's Faithful Families initiative. St. Paul's team set a goal to continue to promote physical activities and healthy eating among members in intergenerational solidarity (different generations), and the community. Their success story was featured in a recent newsletter showcasing their members in action. The church is led by Pastor George A. Terry. Visit <https://depc.org/families/faithful-families/> chipper to view the newsletter.



Recipe: Oven Baked Chicken Nuggets

Ingredients:

- 1 egg
- 2 tablespoons low-fat milk
- 2 3/4 cups cornflakes, crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- 1/4 cup fat-free dressing such as Ranch or honey mustard, barbeque sauce, or ketchup for dipping sauce
- Non-stick cooking spray



Instructions:

1. Preheat oven to 400°F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush finely. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture, then add to cornflakes and shake to coat.
5. Spray baking sheet with non-stick cooking. Then place chicken evenly on sheet.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with dipping sauce of your choice.

Note: Chicken should be cooked to an internal temperature of 165°F.
Hints: Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....
Finely crush corn flakes for best results.





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

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Down East Partnership for Children is a nonprofit organization founded in 1993. 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.
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Upcoming Events

Training Calendar: Visit depc.org for the latest Training Calendar for Child Care Professionals

Circle of Parents
Monday nights

Incredible Years
Starts Jan. 11, 2024. Contact Sonja Person at 252-985-4300, ext. 241 or sperson@depc.org

Kaleidoscope® Play & Learn Groups
For children ages 0-5 at DEPC and Spring Hope.

Triple P Discussion Groups:
Dealing with Disobedience
Oct. 17 from 5:30-7:30 p.m.

Hassle-Free Shopping
Nov. 16 from 5:30-7:30 p.m.

STAY in the GAME
ATTENDANCE MATTERS - ALL DAY, EVERY DAY

ONE DAY → ONE WEEK → ONE MONTH → ONE YEAR

15 MINUTES = 1.25 HOURS = 1 DAY = 8 DAYS

ONE DAY → ONE WEEK → ONE MONTH → ONE YEAR

30 MINUTES = 2.5 HOURS = 2 DAYS = 16 DAYS

every minute counts!

Down East Partnership for Children
Twin Counties Read to Rise
Rocky Mount Engine Plant

CELEBRATING 30 YEARS

Join us for an
OPEN HOUSE
Thursday, Dec. 7, 2023 | 5 to 7 p.m.

We're kicking off DEPC's 30th Anniversary with an Open House at 215 Lexington Street, Rocky Mount.