

## Child Care: The Workforce Behind the Workforce

There's no doubt that child care is essential to families in our community. Child care teachers are the workforce behind the workforce. Families rely on the early education system every day in order to keep working, and our state's economy depends on it too.

We are thankful for the many teachers and child care centers who stayed open throughout this year but they continue to face many challenges. Like many other industries impacted by COVID, child care programs across the state are struggling to maintain the staffing needed to serve our community.

According to a recent report commissioned by the North Carolina Child Care Resource and Referral Council, three-quarters of child care centers in North Carolina are trying to hire an average of six teachers. They are having greater difficulty hiring these teachers compared to before the pandemic and applicants for these positions are fewer than before the pandemic.

### What can we do?

We are committed to ensuring all children, birth to age 8, are nurtured by their family, have access to quality early care and education and transition into schools where they are successfully launched as healthy, lifelong learners by the end of grade three.

We can support worthy wages for our early education system and help community leaders understand the importance of the implementation of the Leandro Comprehensive Remedial Plan which will provide essential funding to early education to ensure a sound, basic education for all children. For more information or to support these efforts visit:

<https://nearlyeducationcoalition.org> or <https://everychildnc.org>



### Facts about Child Care in NC:

- 40% of child care teachers rely on some form of public assistance because of their unlivable wages
- Child care teachers are 7 times more likely to live in poverty than public school kindergarten teachers.
- Teachers in child care settings make less than \$25,000 a year, while working more than 40 hours per week.
- A child's earliest years are a critical window of brain development. Early learning opportunities with a high-quality workforce lay the foundation for future success in school and in life.
- Early educators are building brains and preparing the children who will be North Carolina's future workers, innovators, and leaders.

## Kaleidoscope Play & Learn®

For families with children birth-5 years of age

Choose one of the following options:

### Down East Partnership

Mondays from 9:30am - 11:00am

### Spring Hope, Spaulding Family Resource Center

Wednesdays, 9:30am - 11:00am

During each group families have free play, arts and crafts, healthy snacks, and group time!

Toy incentives and a possible \$25 Walmart gift card available!

We will be following safety protocols as deemed by each site.



TO REGISTER: Email Debra Boudreau at [dboudreau@depc.org](mailto:dboudreau@depc.org)

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

A support group for parents of children, ages birth to eighteen, 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 5:30 – 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 to register, for more information and to learn more about Circle of Parents.

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

## Kaleidoscope® Play & Learn Groups

16 week series starting Spring 2022

Our Kaleidoscope Playgroup series resumes in February 2022 at both Down East Partnership and the Spaulding Family Resource Center in Spring Hope. **We will 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 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.**



## Triple P®

**January 18: Dealing with Disobedience Discussion Group**

**March 1: 5:30 - 7:30, The Power of Positive Parenting**

**March 15: 5:30 - 7:30, Raising Confident, Competent Children**

**March 29: Raising Resilient Children**

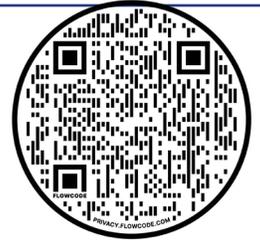
In person, with healthy dinner, gas cards and play incentives. When you become a parent you're expected to be an instant expert. But all parents struggle from time to time- and that's where the Triple P-Positive Parenting Program can help. Triple P is a world-acclaimed program that gives you the skills 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 affects 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 or visit the Triple P website at <http://www.triplep-parenting.com/nLearn>**

## 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 will be available March 1, 2022 for the 2022-2023 school year.** They will be available at DEPC and on the DEPC website. 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 the Family First Line.**

## The Incredible Years

16 week series starting February 3, 2022

The Incredible Years is an evidence-based 16 week parenting curriculum 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.** Fun participation incentives are offered weekly (i.e. gas cards, toys, books, etc.). The 16 week Incredible Years series will begin in **February 2022 on Thursday evenings from 5:30 to 8:00 at Down East Partnership.** Participants will receive a weekly meal, gas card, and play incentive to practice their new skills with their child. Childcare will be provided. 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 Sonja Person at sperson@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 the DEPC Family First Line.

**Meeting locations and dates 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 252-985-4330 for more information.**

# Snap-Ed Tips & Recipes

## Chocolate Chunk Cocoa Mix (from University of Nebraska-Lincoln)

Yield: 3 cups of mix

This recipe uses less sugar and cocoa powder than many cocoa mixes. Also, it omits adding non-dairy creamer. The mini semi-sweet chocolate chips add an extra chocolaty flavor, sweetness, and a slight creaminess from the fat content of the chips. Adding the cocoa to heated milk rather than using non-fat dry milk powder makes the taste more similar to cocoa made from scratch.



### Ingredients:

- 1 ½ cups unsweetened cocoa powder
- 1 cup mini semi-sweet chocolate chips
- ¾ cup sugar

### Directions:

1. Add all the ingredients to a blender. Blend until the ingredients are well-mixed and the chips are broken into small chunks.
2. Store in an airtight container at room temperature for up to 4 months. Makes about 3 cups of mix.
3. **For one cup of cocoa:** In a small saucepan, whisk ¼ cup of the cocoa mix with ¾ cup milk while bringing the milk barely to a simmer over medium-low heat.

Recipe link: <https://food.unl.edu/recipe/chocolate-chunk-cocoa-mix>



## Keep your family active during winter months

Staying physically active year-round is important. During the winter months, the weather can present challenges when trying to be active. Here are a few ideas for using items at home to create active games inside, even when the weather is less than ideal.

- **Enjoy a dance party!** Turn on your favorite music and show off your dance moves.
- **Play an activity called "All Stop & Go to Music".** Everybody moves while music is playing. Everybody freezes when the music is stopped.
- **Try a game of modified musical chairs.** Set up stations around the room using objects like blocks or small towels. When the music stops, everyone needs to be standing near one of the objects. If you are not standing near an object, you are then out of the game. Have other activities set up around the room, such as a yoga mat to do sit-ups and push-ups while those who are waiting for the game to end. The key is for everyone to stay active.
- **Create activity sticks to use throughout the day.** Write an activity (i.e. squats, arm circles, skipping, etc.) on each craft stick. Take turns drawing a stick and have all family members participate in the activity.
- **Make story time active time.** Select a book that has a word that's often repeated. Every time that word comes up in the story, everyone does a jumping jack or hops on one foot. Change up the story and movements. This activity is geared toward younger children but the entire family can be included.



## Recipe Turkey Chili



### Ingredients:

- 2 teaspoons olive or vegetable oil
- 1 large yellow or purple onion, peeled and chopped
- 2 bell peppers (any color is fine), cored, seeded, and diced
- 3 garlic cloves, peeled and finely chopped
- 1 ¼ pounds ground turkey or ground chicken
- 2 to 4 tablespoons chili powder
- 1 ½ teaspoons dried oregano
- 1 to 2 teaspoons ground cumin
- 1 teaspoon crushed red pepper flakes (if you like spicy)
- ¼ teaspoon cayenne pepper (if you like spicy)
- 2 (16-ounce) cans dark red kidney beans, drained and rinsed well with cold water
- 1 (16-ounce) can black beans, drained and rinsed well with cold water
- 1 (28-ounce) can diced tomatoes, including the juice
- 1 (28-ounce) can tomato puree

### Instructions:

1. Put the pot on the stove and turn the heat to medium-low. When the pot is hot, add the oil.
2. Add the onion, peppers, and garlic and cook until the onion is very soft, about 20 minutes. Stir occasionally.
3. Add the turkey or chicken, a little bit at a time, stirring after each addition, until it just starts to turn white. Be sure to wash your hands with soap and water after handling raw poultry!
4. Add the spices and cook, stirring, 5 minutes.
5. Add the beans, tomatoes, and tomato puree and cook, covered, stirring occasionally, for 30 minutes.
6. Take the lid off and cook uncovered for 30 more minutes. Serve right away or cover and refrigerate up to 3 days.

# JOIN FIT TODAY!

Contact Kelsey Mabery at 252-985-4300 ext. 223 or email [kmabery@depc.org](mailto:kmabery@depc.org)

**Building Blocks** January - March 2022

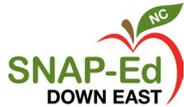




# Down East Partnership for Children

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

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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Rocky Mount, NC

## Calendar:

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



**FORE EVERY CHILD GOLF CLASSIC**  
to benefit Down East Partnership for Children

**GAME ON** BE A CHAMPION OF LEARNING AND PLAY

**APRIL 8, 2022** (MAY 18th - APRIL 27th)

THE LINKS AT COTTON VALLEY (TARBORO)

Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place teams  
Closest to the Pin, Longest drive and chance to win a year's worth of stock from RiteWay Supercenters

**LUNCH 1 PM**  
PROVIDED @ NOON SHOTGUN START

**\$300 per foursome** - \$75 INDIVIDUAL - ALL SKILL LEVELS. HANDICAP NOT REQUIRED. SUPERBALL FORMAT.

PLAY YOUR WAY OPTION AVAILABLE. Register online at [depc.org](http://depc.org)

**Incredible Years 16-week session begins - February 3**  
To register contact Sonja Person at [sperson@depc.org](mailto:sperson@depc.org).

**Registration Opens for NC Pre-K - March 1**  
Applications will be available March 1, 2022 for the 2022-2023 school year. They will be available at DEPC and on the DEPC website.

### Triple P Seminars:

- January 18: Dealing with Disobedience Discussion Group
- March 1: 5:30 - 7:30, The Power of Positive Parenting
- March 15: 5:30 - 7:30, Raising Confident, Competent Children
- March 29: Raising Resilient Children

For more information contact Abbi Mullens at [amullens@depc.org](mailto:amullens@depc.org)

**Playgroups Begin - Spring 2022**

Contact Debra Boudreau at [dboudreau@depc.org](mailto:dboudreau@depc.org) to register.

**DEPC Golf Classic - Friday, April 8, Cotton Valley, Tarboro**

**Week of the Young Child - April 3 - 8**

## Check out DEPC's 2021 Impact Report

Thank you for your support this past year! Thanks to you **12,979 children benefitted** from parent education and support programs and **220,255 meals were served** at Summer Feeding/Learning Sites and Faithful Families was recognized nationally for continuing its work virtually.

Check out the full report here: [2021 Impact Report Game On](#)

