

10 Indoor Winter Activities for Young Children

Shared from DEPC's Kaleidoscope Play & Learn® Playgroups
For families with children birth-5 years of age

Winter can bring many days of being stuck inside. The weather is either too cold or too wet to allow for lots of outdoor play. Here are some ideas to keep your Toddler entertained and your sanity intact!

1. Build a Fort – Remember when you were a kid and the couch cushions and a bunch of blankets would entertain you for an entire afternoon? Have you tried this with your Preschooler yet? Let them build one and keep it up all day! Be fun and let them have books and even lunch in there... you'll be surprised how quiet they'll be!

2. Indoor Ice Skating – All you need is wax paper, rubber bands, and carpet. (Be sure to move all the furniture to avoid those boo-boos).

3. Get in the Kitchen – Who says the Holidays are the only time for cookies?! You can bake some goodies to get you through those long days. And why not prep some meals for those nights you don't feel like cooking dinner? Put together a lasagna or casserole. Your Preschooler can help. Let them add ingredients, stir, mix – they just like the idea of being your sous chef!

4. Build an Indoor Snowman – A bag of cotton balls and some paper & glue or sticky Contact Paper or glue and you're all set! Bonus: This one won't melt!

5. Make a Snow Mobile – Toddlers love BOXES. Do you have any big cardboard boxes left over from the Holidays? Give them art supplies to let them decorate it (crayons, stickers, even glue and tin foil to make it shiny!) and they'll make their own Snow Mobile and have fun in it all throughout the living room!



6. Indoor Bowling – Set up water bottles in a pattern and let your Preschooler go bowling. How many are knocked down? Turn it into a math game and help them count the number still standing!

7. Make Ice and then Paint with It – You'll need ice cube trays. Scoop up some snow (or just fill with water) and drop various colors of food coloring in it. Then – let them paint with it! (Hint: the bathtub is a great place! No mess!)

Continued on page 3

NC Supreme Court Enforces Historic Leandro Decision



On November 4th, the North Carolina Supreme Court upheld every child's right to a sound, basic education. The court ruled the state must pay so that every student will receive a sound, basic education. The ruling calls for \$5.6 billion in new education funds to be spent by 2028.

"This is great news for North Carolina's children and early education," said Henrietta Zalkind, DEPC executive director who serves on the Commission on Access to a Sound Basic Education. "This is a victory in this case and we look forward

to the implementation and the huge benefits it brings to every child in our community including our youngest learners."

Check out Every Child NC's interactive table that shows the estimated county-level impact from increased investment in three major elements of the Leandro Plan for early education. See the impact for Nash and Edgecombe counties:

The Leandro Impact Analysis Tool for Early Education:

<https://everychildnc.org/leandro-impact-analysis-early-education/>

Visit [EveryChildNC.org](https://everychildnc.org) for more information on the ruling and the comprehensive Leandro Plan.



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 in a hybrid model (some at DEPC and some virtually on zoom). 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 on available resources and to learn about Circle of Parents. **Programming resumes from January 2-June 12. REGISTRATION REQUIRED.** Contact Iris Ray at iray@depc.org

Kaleidoscope® Play & Learn Groups

16-week series

Our Kaleidoscope Playgroup series for Spring 2023 will soon be underway at Down East Partnership in Rocky Mount and at Spaulding Family Resource Center in Spring Hope. Our Spring semester begins the week of February 13. 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 at the end of the series. **Please contact Debra Boudreau at dboudreau@depc.org or 985-4300 ext. 270**



Triple P®

Triple P Discussion Groups: For caregivers with children ages birth to 5. Held in person at DEPC:

- Bedtime Routines: January 24, 6:00-8:00pm
- Fighting and Aggression: February 28, 6:00-8:00pm
- Hassle Free Shopping: March 21, 6:00-8:00pm



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 for every family in Edgecombe and Nash counties. For more information on Triple P parenting support and upcoming events, please contact Sarah Winters at SWinters@depc.org or visit the Triple P website at <http://www.triplep-parenting.com/ncLearn>

Family Services Registration Code

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



Incredible Years - Preschool Series

For parents of children 3-5 years of age



16 WEEK In-Person SERIES starts
January 12, 2023

All sessions are held on Thursdays IN-PERSON

5:30pm-8:00pm

Learn how to:

- Promote positive social and emotional behaviors in your preschool age child
- Establish predictable household rules and routines
- Incorporate play with your child within your daily schedule
- Effectively manage your child's challenging behaviors

incentives

As an Incredible Years participant, you will receive:

- Weekly Meal!
- Weekly GAS CARDS!
- Weekly Play Incentives!

Child care available!

\$50 GIFT CARD
for those participating in at least 13 out of the 16 sessions!

REGISTER TODAY!

Email Sonja Person at:
sperson@depc.org
to register and receive details and call-in information.



SPACE IS LIMITED.

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 a 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/>

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 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.

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

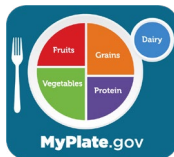
Snap-Ed Tips & Recipes



Chili Tomato Macaroni *Recipe from MyPlate.gov*

Ingredients

- 3/4 pound ground beef, 85% lean
- 1 1/2 cups water
- 1 cup macaroni, uncooked
- 1 can diced tomatoes, drained (15 ounces)
- 2 teaspoons chili powder, mild
- 8 servings Eating Smart Seasoning Mix (1/2 cup)
- salt (optional, to taste)



Directions

1. Wash hands with soap and water.
 2. Brown ground beef in a large skillet, drain the fat.
 3. Add water, macaroni, tomatoes, chili powder, and seasoning mix. Stir.
 4. Bring to a boil, reduce heat to low and simmer covered on low heat for 20 minutes or until macaroni is tender.
 5. Taste; add a small amount of salt if needed.
 6. Refrigerate leftovers.
- For nutrition information, please visit Chili Tomato Macaroni at What's Cooking?

Winter Activities *Continued from page 1*

8. Flashlight Fun – Children love flashlights. Go in a dark room and draw pictures with your flashlight on the walls. Have 2 flashlights? Double the fun and copycat one another.

9. Maze FUN – Make your own maze. Use anything you can have your child walk or even crawl through it. Change it up as often as you'd like. They'll be busy for hours!

[From https://childrenscampus.com](https://childrenscampus.com)



10. Make Fake Snow for Sensory Play



It's Easy, Fun, Indoor Play

Ingredients:

- 3 cups baking soda
- 1/2 cup white hair conditioner

Instructions:

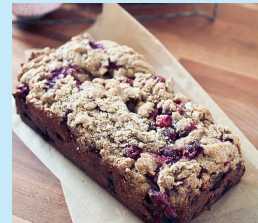
Mix well in a bowl and have fun-you can even chill it. It is similar to kinetic sand.

Tip: Add more baking soda to make it less "wet."

Add arctic animals to extend play.
(adult supervision needed so it doesn't go into little mouths!)



Recipe Cranberry Orange Walnut Bread



Ingredients:

- Cooking spray
- 1 1/3 cups all-purpose flour
- 1 cup whole-wheat flour
- 1 1/2 cups light brown sugar
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon ground ginger
- 1 tablespoon ground cinnamon
- 1/2 teaspoon salt
- 1 stick (8 tablespoons) unsalted butter, melted and cooled or 1/2 cup canola oil
- Grated zest of 2 well-washed oranges
- 2 large eggs
- 1/2 cup plain yogurt
- 1 (12-ounce) bag cranberries (about 2 1/2 cups) fresh or frozen
- 1 1/2 cups toasted walnuts, coarsely chopped

Instructions:

1. Turn the oven on and set the heat to 350 degrees. Spray the loaf pans with cooking spray (or grease them with oil).
2. Put the flours, sugar, baking powder, ginger, cinnamon, and salt in the large bowl and use the whisk to mix it well.
3. Put the butter or oil and orange zest in the small bowl and use the mixer or a spoon to combine until well blended. Add the eggs and yogurt and mix well.
4. Pour the wet ingredients into the dry ingredients and mix until just moistened, then scrape down the sides of the bowl and gently stir in the cranberries and walnuts.
5. Pour the batter into the prepared pans.
6. Once the oven temperature has reached 350 degrees, put the pans in the oven and bake until a toothpick, when you stick it into the loaf, comes out clean with no batter on it, about 45 minutes.
7. Set the loaves aside to cool in the pans for 5 minutes, then turn the loaves out onto the cooling rack and let them cool completely. Leave at room temperature for up to 3 days. Once the oven temperature has reached 400 degrees, put the baking sheet in the oven and bake for 15 minutes. Using a spatula or tongs, turn the chicken pieces over and bake until golden brown, 15-20 more minutes. Serve right away, with a quarter of a lemon on each plate.



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

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.

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<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>



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Down East Partnership for Children
FOR EVERY CHILD. FOR EVERY FAMILY.

Triple P
Positive Parenting Program

**"I wish everyone would take this training.
It's a life changer!"**

"Triple P has really allowed me to see myself and how situations could have gone better. I can now handle things differently... I love redirecting in a positive way because it helps my children to understand what it is I am trying to get them to do. I also get to see more positiveness from them with doing what they need to do."
-Deborah Thomas, Parent
Level 4 Group Participant

Mark Your Calendar and Stay Connected!

Upcoming Events:

Triple P Discussion Groups:

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- Hassle Free Shopping: March 21, 6:00-8:00pm

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

The Incredible Years: 16 week series starting January 12
Contact Sonja Person at sperson@depc.org

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

Week of the Young Child: April 1-7, 2023

DEPC Golf Classic: April 21, 2023, Cotton Valley, Tarboro

Follow us on social media for all program updates!

We will share updates about upcoming events and activities on our social media channels! Please visit, like and share our information!

