



## Plant Seeds Today...

Six skills and activities to raise a confident kindergartener

### Follows Routines

- Make up a dance together while listening to music
- Create routine charts i.e. getting dressed, meals, bedtime
- Share what's happening next

### Talks About Their Feelings

- Create a Feelings Chart
- Share your own feelings
- Notice your child's feelings and ask them why

### Plays Well with Others

- Play board games
- Have playdates with planned activities
- Have pretend play with your child and ask questions

### "I Can Do It By Myself"

- Clean up your space
- Getting dressed i.e. buttoning clothes, tying shoes, zipping a coat
- Encourage asking for help when needed

### Can Use School Tools

- Have child practice writing first and last name
- Use child-safe scissors
- Play toss and catch together

### Enjoys Looking at Books & Listening to Stories

- Read with your child every day
- Ask questions about the stories you read and talk about pictures
- Allow children to turn the pages



For more ideas, visit [depc.org/registeredandready/](https://depc.org/registeredandready/)

## It's never too soon to plan for Kindergarten

Preparing to send our children to school can be a scary and overwhelming thought for every parent and caregiver, not just when a child is about to turn 5, but often from birth. While we cannot control what happens to our children while they are at school, we can prepare them to be as successful as possible to ensure they are healthy, lifelong learners.

In play time with our children, as caregivers, we can actively practice six skills that plant seeds today so that every child we

love is ready for the grand adventure of Kindergarten. These skills were identified from studies with educators looking at ways to allow children to thrive upon entering school.

As seen in the image above, many of these skills connect to a child's social and emotional skills along with a love for learning. We at DEPC are happy to help you discover more ways to work one on one with your child, or to connect you with high quality child care options as you work toward these goals.

# FAMILY SERVICES

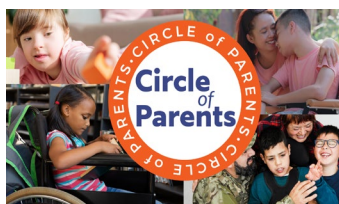


Use this Code  
to Register!  
You may use this  
QR code to register  
for Family Services  
programs.



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](mailto:iray@depc.org)

## Kaleidoscope® Play & Learn Groups

### 16-week series



**Kaleidoscope Play & Learn®**  
For families with children birth-5 years of age

Choose one of the following options:

**Down East Partnership**  
Mondays | 9:30am - 11:00am  
Tuesdays | 9:30am - 11:00am

**Spaulding Family Resource Center  
IN SPRING HOPE**  
Wednesdays | 9:30am - 11:00am

Spots are limited. Current Safety Protocols will be followed.

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

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

Kaleidoscope Play and Learn® groups are designed for families with children ages birth to 5 who want to learn fun skills for hands-on learning, nurture their child's positive social skills, and increase their family's healthy lifestyle habits!

**REGISTER TODAY!**

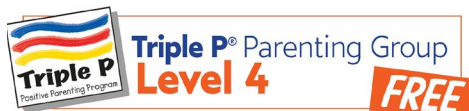
Returning and new participants! Download the DEPC app or visit our website for more information and a QR code to register.



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

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

Please contact Debra Boudreau at [dboudreau@depc.org](mailto:dboudreau@depc.org) or 252-985-4300 ext. 270 to register.



As a participant in this group you will:

- Connect with other caregivers!
- Discover new ways to be a positive parent.
- Help decrease your child's negative behaviors, while increasing social skills and self confidence.

Open to families residing in Nash or Edgecombe counties with children ages 3-8.

May 2, 9, 16, 23, 30, June 6  
Tuesdays | 5:30-8:00pm



IN PERSON at DEPC  
←Scan the QR code to register.

DINNER & CHILD CARE PROVIDED.  
WEEKLY GAS CARDS AND PLAY INCENTIVES!  
SPACE IS LIMITED! REGISTRATION REQUIRED.



Sarah Winters at  
252-985-4300 ext. 233  
or email at [swinters@depc.org](mailto:swinters@depc.org)

**Triple P Discussion Groups:**  
Dealing with Disobedience  
For caregivers with children ages birth to 5.  
Held in-person at DEPC,  
April 18 from 6:00-8:00 pm.

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

**Triple P Group:**  
Tuesdays for families with children ages 3-8  
May 2-June 6 5:30 to 8 p.m.

For more information  
on Triple P or to register for upcoming events,  
please contact Sarah Winters at [SWinters@depc.org](mailto:SWinters@depc.org)  
or visit the Triple P website at  
<http://www.triplep-parenting.com/ncLearn>



Visit: [www.depc.org](http://www.depc.org) Call: 252-985-4300

## 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 to 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.

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

## Recipe Chicken and Broccoli Quiche



Makes 2 quiches | Serving Size: 1/6 quiche

### Ingredients:

- 2 9-inch ready made pie crusts, baked
- 4 eggs
- 1 cup low-fat or skim milk
- Salt and pepper to taste
- 1/2 to 3/4 teaspoon garlic powder
- 1 package (10-ounce) frozen, chopped broccoli
- 1/4 cup shredded carrots
- 1/4 cup finely chopped onion (optional)
- 3/4 cup cooked, chopped chicken
- 3/4 cup reduced-fat



*Hints: With this time saving recipe, you can make one now and freeze one for later.*

*To lower fat and calories, try making this recipe in a muffin tin without the crust.*

### Instructions:

1. Preheat oven to 350°F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, salt, pepper, and garlic powder. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove more water.
4. Layer the meat, vegetables, and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350°F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Use a thermometer to be sure temperature of quiche reaches 160°F.
6. Let stand 5 minutes before cutting. 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.

## Shamrock Smoothie



### Ingredients:

- 1/2 cup water
- 1 banana - frozen and sliced
- 1 cup pineapple - canned or fresh\*
- 1/4 cup pineapple juice
- 1 cup baby spinach

### Directions:

1. Add ingredients to blender in the order listed.
2. Blend until smooth, serve immediately

### Notes:

- Use this recipe for the holidays and call it a "Grinch Smoothie"!

\*If using fresh pineapple, omit pineapple juice, increase water to 3/4 cup, add teaspoon of honey



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

## Recipe Classic Tomato Sauce



Pasta is a staple in many homes, which makes homemade tomato sauce an essential recipe for families to learn. This recipe is basic, but once you master it you can add more vegetables, cheese, ground meat, or even anchovies. This all-purpose tomato sauce is also excellent with meatballs or on polenta, rice, or barley, or as a pizza sauce. It can even go on burgers instead of ketchup!

### Ingredients:

- 1 tablespoon olive or canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 (28-ounce) cans diced tomatoes, including the liquid
- 1/4 cup chopped fresh basil leaves
- freshly grated Parmesan cheese

### Instructions:

1. Put the skillet on the stove and turn the heat to low. When the skillet is hot, add the oil. Add the garlic, dried basil, and oregano and cook until the garlic is just golden, 1-2 minutes.
2. Add the tomatoes, raise the heat to medium-high, and cook until the mixture just starts to boil. Turn the heat down to low and cook 15 minutes. Taste the sauce and add a pinch of salt if you think it needs it. Leave as is or mash it a bit to make it less chunky.
3. Top with fresh basil and Parmesan cheese.

<https://www.chopchopfamily.org/recipe/classic-tomato-sauce/>



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

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Rocky Mount, NC

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



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## Stay Connected!

**Training Calendar:** Visit [depc.org](http://depc.org) for the latest Training Calendar for Child Care Professionals.

**Triple P Group:** May 2-June 6, 5:30 to 8 p.m.  
Tuesdays for families with children ages 3-8  
Contact: Sarah Winters, [swinters@depc.org](mailto:swinters@depc.org)



## HEART of DEPC

I arrived in Rocky Mount as a single parent with my 3yr. old son 7 years ago. While attending a community event at Discovery Park, I received information about Down East Partnership and walked in that following week. I was unaware of the options for my son to attend early childhood programs. Sonja Person looked at me and my son in the eyes as people, not an issue or statistic, and that made a difference. My son is now excelling, 2nd year straight on A/B honor roll in 4th grade because he has a Mom that was shown she has options to advocate for herself and her child. I have continued a career in early education myself due to the seed planted in me years ago. Early Intervention is essential to lifelong learning and survival in the world today!

**Quantica Hines** Parent

*a success story*