

# Building Blocks

Putting Families First

January - March 2024



## CELEBRATING 30 YEARS

### 30 facts about DEPC

Down East Partnership for Children is celebrating 30 years of service to the Twin Counties this year. We hope you will celebrate with us. Please stay connected for upcoming events and activities. Here are 30 fun facts about the partnership. Share your memories and stories on our social media channels!

1. DEPC (Down East Partnership for Children) was incorporated in 1993 with no source of funding at that time.
2. The first program at the partnership was Child Care Resource and Referral. It is still a backbone service of DEPC's work.
3. Leandro vs. State of North Carolina, commonly referred to as "The Leandro Case," was a lawsuit filed in 1994 on behalf of students and parents from five low wealth North Carolina counties.
4. The Community Fellows program launched in 1995 and has graduated 14 different classes of community leaders.
5. DEPC's current location was first the YWCA and became the partnership in 1996.



6. DEPC is a part of the Smart Start network of partnerships.
7. DEPC sharpened its focus to reach children during the earliest years.
8. The partnership is the hub of the early child care system in both Nash and Edgecombe counties.
9. DEPC worked with a group of child care providers who

were committed to quality and began a focus on improving the quality of care in the community.

10. Did you know the partnership served as the Command Center for Hurricane Floyd and Fran? It was one of the few sites in the area that did not flood.

11. The first 2,000 days of a child's life are the most crucial time for their brain development. That is five-and-a-half years from birth to kindergarten when children develop the skills and learning tools they will use for the rest of their lives.
12. DEPC's vision is that all children and their families can reach their full potential when surrounded by a united and supportive community.
13. Child care providers are on the frontline providing essential services for families who are working – especially for frontline workers during the pandemic.
14. DEPC partners with numerous faith community members to help canvas for Kindergarten registration and to be a part of the Faithful Families initiative.
15. Each year, thousands of meals are served to children as a part of the summer feeding, summer learning program.
16. DEPC's work is built around these four building blocks: Health, Families & Communities, Early Care and Education and Ready Schools.



17. DEPC's Board of Directors and working committees are made up of parents, child care providers, representatives from the school systems, human service agencies, members of the faith community, local businesses and government.

18. Each year DEPC celebrates Week of the Young Child in April.
19. DEPC hosts a support group for parents of children, ages birth to 18, with special needs.
20. Triple P is a Positive parenting program that gives par-

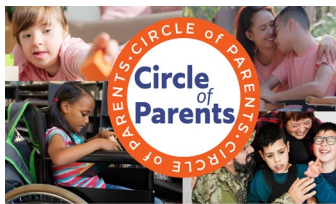
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# FAMILY SERVICES



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

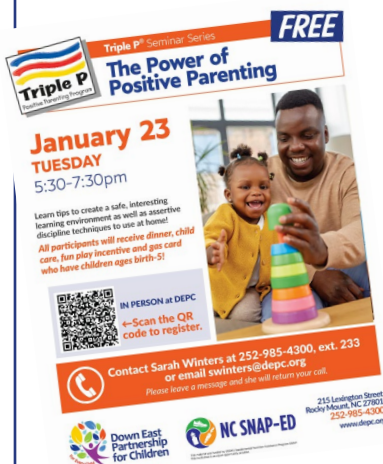


A support group for families of children, ages birth to 18, with special needs. Caregivers can spend time connecting with each other, offering encouragement, support and suggestions for the care of their special needs child. Circle meets on Monday nights from 6:00 – 8:00 in a hybrid model. All children in the family are also able to participate children's activities.

**REGISTRATION REQUIRED.** Please contact Sonja Person at [sperson@depc.org](mailto:sperson@depc.org) or 252-985-4300, ext. 241 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 beginning the week of February 5. Spend time playing and discovering ways to help our children continue learning at home. **Registration Required.** Please contact Debra Boudreau at [dboudreau@depc.org](mailto:dboudreau@depc.org) or 252-985-4300 ext. 270 to register.



## Triple P Seminars:

For caregivers with children ages birth to 5.  
Held in person at DEPC

**Power of Positive Parenting:**  
January 23, 5:30-7:30pm

**Raising Resilient Children:**  
March 19, 5:30-7:30

## Triple P Discussion Groups:

For caregivers with children ages birth to 5.  
Held in person at DEPC  
**Fighting and Aggression:**  
February 20, 5:30-7:30pm

## Triple P Briefs:

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

For more information on Triple P parenting support and upcoming events, please contact Sarah Winters at [SWinters@depc.org](mailto:SWinters@depc.org) or 985-4300 ext. 233.

Triple P is available at all time on the Triple P website at <https://www.triplep-parenting.com/nc-en/free-parenting-courses/triple-p-online/>

## Use this Code to Register!

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



## Incredible Years

The Incredible Years is an evidence-based program that has 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 series begins in January on Thursday evenings from 5:30 to 8:00 at DEPC Child care & dinner provided.

## 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.

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



## Recipe Banana Pancakes



These are different from the usual banana pancakes because the bananas are blended right into the batter rather than getting added in slices. And they're so much fun to make! The blender does most of the work, and the pancakes cook up perfectly, with a great banana flavor.

### Ingredients:

- 1 overripe banana, peeled
- 2 large eggs
- 1/2 cup quick-cooking or old-fashioned oats
- 1/2 teaspoon baking powder
- pinch kosher salt
- 2 teaspoons vegetable or coconut oil
- Maple syrup and/or fresh berries, for serving

### Instructions:

1. Put the banana, eggs, oats, baking powder, and salt in the blender.
2. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, about 1 minute.
3. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add 1 teaspoon oil.
4. Drop batter into the skillet with a 1/4-cup measure, spacing the pancakes far enough apart that they don't run together. Cook until there are many little bubbles on each pancake's surface, about 2 minutes. Use the spatula to flip the pancakes over, then cook until golden, about 2 minutes. Repeat with the remaining oil and the rest of the batter.
5. Serve right away with maple syrup and/or fresh berries.

<https://www.chopchopfamily.org/recipe/banana-pancakes/>

# Tips & Recipes NC SNAP-ED

Continued from page 1

ents and caregivers the tools and strategies to raise children in an environment that is safe, loving, and predictable. Discussion groups, seminars and tip sheets are offered.

21. DEPC is a grantee of SNAP-Ed, the nutrition promotion and obesity prevention component of SNAP (Supplemental Nutrition Assistance Program). This program is about improving the likelihood that children and families will make healthy food and lifestyle choices.
22. DEPC has supported many literacy-based programs over the years including Reach Out and Read, Raising a Reader and Dolly Parton's Imagination Library. Last year 3,667 children received books each month at their home as a part of Dolly Parton's initiative.
23. Launched the campaign for grade-level reading focusing on school readiness, attendance and summer learning and deepened relationships with the business community to support their own employees. DEPC won a national Pacesetter award this work.
24. Early education is the anchor of a larger system that will ensure a thriving community of workers who will meet tomorrow's demands.



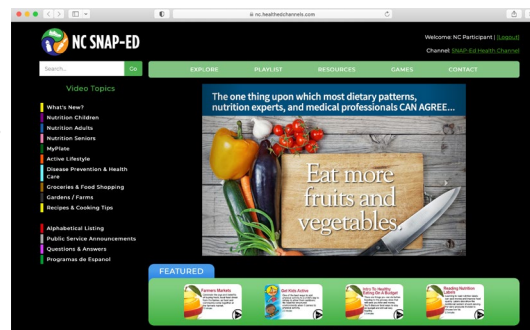
25. DEPC's infrastructure maximizes diverse funding sources, provides evidence-based programs that are getting results.
26. 12,397 children benefitted from parent education and support programs this year
27. DEPC is working to create a culture of health with a focus on access to health services,

community gardens, and fresh farm foods in early education settings and promoting active lifestyles.

28. Did you know that on average, single parents with infants or toddlers in child care spend 40% of their income on their child's care?
29. One of the most important predictors of school success and high school graduation is reading on grade level by the end of the third grade.
30. Family First counselors are available to offer families information on over 150 community resources including choosing quality child care referrals for Nash and Edgecombe counties. If you need child care options, parenting information or resources, please call 252.985.4300 ext. 220.

## Visit Snap-Ed Health Channel

Check out this resource from NC Snap-Ed. The North Carolina Health Channels are educational streaming services provided by Film Ideas, Inc., Visit <https://nc.healthchannels.com/?ref=nc.health-channels.com> for a variety of health resources.





215 Lexington Street | Rocky Mount, NC 27801  
(252) 985-4300 | [depc.org](http://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](http://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](http://depc.org) for the latest Training Calendar for Child Care Professionals

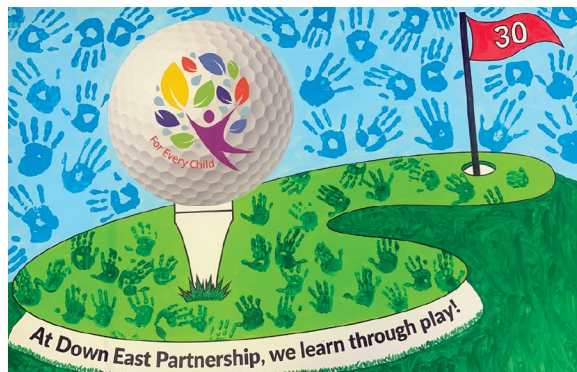
**Circle of Parents**  
Monday nights

**Incredible Years**  
Contact Sonja Person at 252-985-4300, ext. 241 or [sperson@depc.org](mailto:sperson@depc.org)

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

**Triple P Seminars:**  
Power of Positive Parenting: January 23, 5:30-7:30pm  
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**FORE EVERY CHILD**  
**GOLF CLASSIC**  
to benefit  
Down East Partnership for Children  
**APRIL 19**

**WHERE:** The Links at Cotton Valley (Tarboro)  
2681 Highway 258 South, Tarboro, NC 27886

**WHEN:** Friday • April 19, 2024

**TIME:** 12:00 Lunch & Check-in | 1:00 Shotgun Start

**FORMAT:** Superball

Lunch included!  
Prizes for 1st, 2nd, 3rd place teams  
**Closest to the Pin, Putting Contest  
and Longest Drive prizes**  
All skill levels invited.  
Handicap not required.  
**50/50 raffle - \$5  
per ticket or 5 tickets for \$20**