

Prepare your Summer **SUPERPOWERS**

As summer approaches, new routines are needed and lots of plan have to be made, but DEPC has lots of tools to make sure you and your kids fly through the summer like superheroes.

Summer Camps and Child Care: As summer approaches, do you know where your child will be every day? DEPC's child care referral line is available to parents with children 0-12, 5 days a week. Let us help you make a plan that is safe and fun for your kids and allows you to breathe a little easier. Also check out our community partner, TC Media for their collective summer camp guide at this link: <https://www.twincountymedia.com/campguide>.

Triple P: Parenting doesn't end in summer months, and maybe it even gets more challenging with all the changes. Did you know DEPC offers Triple P (the Positive Parenting Program) all year long? We have 4 different ways that you can participate in Triple P based on your needs and time. We know you are the best one to guide your child through life, and want to make sure your parenting "superpowers" are ready for everything you face. Check out page 2 for more opportunities and remember, every parent needs support. That's exactly what we are here to do, support you!

Summer Feeding/Summer Learning: Take the challenge of planning breakfast and lunch out of each day with our Summer Feeding/Summer Learning sites. All throughout Nash and Edgecombe counties, DEPC works with community partners to ensure that children 0-18 have not only hot meals available, but also access to learning opportunities to ensure they do not backslide over the summer months from their hard work this school year. We want to ensure every child enters next school year stronger than ever. Check out our website or call DEPC to find out more.

Play, Read, and Grow: Don't forget to have fun this summer. Every day has a new opportunity for play and laughter. Make time to get outside as a family, spend time reading together, and discover new locations to make memories that will last a lifetime. We guarantee you will find joy in the moments. If you need ideas of where to go and what to do, stop by DEPC and pick up a copy of our Play and Grow map of all the parks in the area.



FAMILY SERVICES



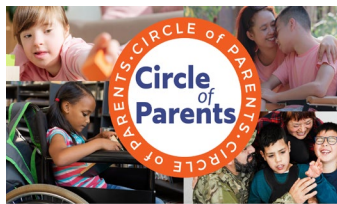
Use this Code to Register!

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 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 in children's activities.

REGISTRATION REQUIRED. Please contact Sonja Person at sperson@depc.org or 252-985-4300, ext. 241 for more information on available resources.

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. Spend time playing and discovering ways to help our children continue learning at home. **Registration Required.** Please contact Debra Boudreau at dboudreau@depc.org or 252-985-4300 ext. 270 for more information.



Triple P® Parenting Group Level 4 FREE

As a participant in this group you will:

- Connect with other caregivers!
- Discover new ways to be a positive parent.
- Enhance your child's behavior while increasing social skills and self confidence.

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

April 30, May 7, 14, 21, 28 June 4
Tuesdays | 5:30-8:00pm

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

Parents of children 3 to 8 - Discover **POSITIVE PARENTING TIPS!**

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

CONTACT Sarah Winters at 252-985-4300 ext. 233 or email at swinters@depc.org

Down East Partnership for Children | NC SNAP-ED
215 Lexington Street | Rocky Mount, NC 27801 | 252-985-4300 | www.depc.org

Triple P Discussion Groups:
For caregivers with children ages birth to 5.
Held in person at DEPC
Hassle-Free Meal Time:
April 16, 5:30-7:30pm

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

Raising Confident, Competent Children:
May 16, 5:30-7:30

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 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/>

APPLY for Pre-K TODAY!

Visit: 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 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 252-985-4300, ext. 220.

Help your child grow and thrive with CDC's free Milestone Tracker app.

[cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)

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



Recipe Lemon-Glazed Chicken Wings



Ingredients:

- 3 pounds bone-in, skin-on whole or split chicken wings
- 1 teaspoon salt, divided
- 1/4 teaspoon black pepper
- Grated zest and juice of 2 lemons
- 1 tablespoon honey
- 2 teaspoons garlic powder
- 2 teaspoons dried rosemary, thyme, or oregano, or a combination
- 1 teaspoon olive or vegetable oil
- 1 teaspoon crushed red pepper flakes (if you like)

Instructions:

Turn the oven to 450 degrees. Line the baking sheet with aluminum foil or parchment paper.

If using whole wings, put the wings on the cutting board. Stretch them out until you see three distinct parts: The meatiest part is the drumette, the middle is the wingette, and the other end is the wing tip. Carefully cut off the wing tips and save them to make chicken stock, or throw them away.

Put the chicken wings, skin-side down, on the lined baking sheet and sprinkle with 1/2 teaspoon of the salt and the pepper.

Once the oven temperature has reached 450 degrees, put the baking sheet on the lowest rack in the oven and bake for 20 minutes. Use pot holders to remove the baking sheet from the oven and use the tongs to flip each wing over. Put the baking sheet back in the oven and bake until the wings are golden and crisp, about 20 minutes.

Put the remaining 1/2 teaspoon salt and all the other ingredients in the bowl and mix well.

Using the tongs, transfer the chicken wings to the bowl. Gently mix over and over until almost all the lemon mixture is absorbed by the chicken. Serve right away, or cover and refrigerate up to 2 days.

Check it out!



NC SNAP-ED Resource: ChopChop Magazine

Did you know the Down East Partnership for Children is the local community organization that distributes the Chop-Chop Magazine in both English and Spanish? This fun cooking magazine for families is filled with delicious recipes, essential how-tos, STEAM activities, fun food facts, and interactive games.

It is one of the great resources available to families in our community. If you would like for your organization to receive copies for your families, please contact Jackie Kearney at 252-985-4300 or jkearney@depc.org.



Fruit Salad

Ingredients:

- 4 seedless clementines or Mandarin oranges (often called "Cuties")
- 2 whole apples (cut into slices)
- 2 cups strawberries (cut in half or fourths)
- 1/4 cup plain yogurt
- 1 tablespoon honey

Directions:

1. Peel clementines and separate into segments. In large bowl, combine prepared fruit.
2. In a small bowl, mix together yogurt and honey until well combined.
3. Pour yogurt and honey mixture over fruit and mix.



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

Success Story:

"Circle of Parents has become my family away from my family. Ms. Iris, the group Facilitator and the other parents are supportive and share resources, and I am now a parent leader. I love that COP includes child care for our children. I have gained a family in COP. We laugh together, cry together, bond, and understand the stigmas surrounding special needs kids."



- Kamika Graham



Down East Partnership for Children

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.



NC SNAP-ED

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

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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

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

Triple P Discussion Groups: Hassle-Free Meal Time: April 16, 5:30-7:30pm

Triple P Seminars: Raising Confident, Competent Children: May 16, 5:30-7:30

Triple P Group Level 4: starting April 30 May 7, 14, 21, 28, June 4 from 5:30-8

30 for Thirty Campaign

For THIRTY YEARS, Down East Partnership for Children has supported this community's children and families.

Help support Twin County families for another THIRTY YEARS through our new campaign!

What can you do?

- Donate a gift of \$30
- Sign up for a monthly contribution for \$30
- Create a fundraising campaign of your own for 30 days
- Share and tell others to help support this campaign.



Go online for updates!



Check out the DEPC web site (depc.org) on all devices to stay up -to-date on the latest news and happenings.

Scan the QR code to visit today!

