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Partnership for Children of Sampson County

Parent Newsletter/Boletín para



January, February, March 2021/Enero, Febrero, Marzo 2021

“A Smart Start to a Successful Future”

Continue Safety Habits During COVID 19 by using the 3-W's

- **Wearing your Masks**
- **Washing your Hands**
- **Waiting 6 feet apart**



Promoting Better Sleep

SCHOLARSHIP PROGRAM:
Helps parents with the cost of childcare. Parents must be working more than 20 hours a week or going to school FT. Call 910-592-9399

Healthy Families America
Targets children pre-natal to 5 yrs. old. Call Raquel Cervantes for more information 910-592-9399

Sleep is increasingly recognized as a component of good health. Getting enough sleep can help children prevent obesity, type 2 diabetes, attention and behavior problems, poor mental health, and injuries. Children aged 6 to 12 need 9 to 12 hours of sleep a night. Teens aged 13 to 18 need 8 to 10 hours of sleep a night.

CDC works to increase parents' awareness about their children's need for good sleep and how they can help their children get enough — for example, by setting the same bed and wake-up times each day, including on the weekends, and by modeling good sleep behaviors.



NC PRE-K
A free preschool program that targets children who turn 4 on or before August 31 of the school year. Call for an application appointment. 910-592-9399

Have a Family Fun Night Marathon

Stay in for the evening, get cozy in your jammies and have a family fun night marathon. There are different games for all ages, but Bingo is a favorite for almost everyone in the family. You can make it even more fun by adding prizes for the winner, like store-like gift cards, candies or extra TV time for the kids. Remember to let your child help pick the activities. This helps them to know how important they are at decision making.

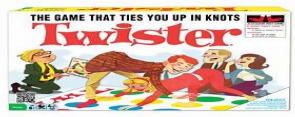
Dolly Parton's Imagination Library
Children ages 0-5 years old can receive a free book each month. Enroll today! 910-592-9399



Laugh!!!
Enjoy!!!



Have Fun!!!
Smile!!!



Making Snacks Together Can Be Fun and Delicious

Ingredients

- ¼ Granny Smith apple, cored
- 3 green grapes, halved
- 1 teaspoon cream cheese, softened
- 2 raisins

Directions

- Lay the apple sideways on a plate; cut out a thin horizontal sliver for the mouth.
- Arrange 1 grape half on each side of the apple as arms.
- Cut out 2 little triangles from the other 4 grapes so they look like toes and fingers and arrange them as hands and feet.
- Shape cream cheese into 2 little balls and stick a grape into each as a pupil.
- Stick cream cheese eyes on top of the quartered apple.

Apple Frogs for Kids



Let's Stay Active

Encourage children to stay active by engaging in activities throughout the day. Below are a few examples of how your child can be active.

- Scavenger hunt (it could last for days)
- Relay races
- Hide and seek
- Bike riding (along with parents)



Let your child help decide which activities they would like to do sometimes. When it's their choice it is more fun for them.

Mantengámonos activos

Anime a los niños a mantenerse activos participando en actividades durante el día. A continuación hay algunos ejemplos de cómo su hijo puede estar activo. Búsqueda del tesoro (podría durar días) Carreras de relevos a las escondidas Andar en bicicleta (junto con los padres) Deje que su hijo lo ayude a decidir qué actividades le gustaría hacer a veces cuando es su elección, es más divertido.

As we are still readjusting to COVID-19, Technical Assistance is still available to you.

Here are some ways we can work with you:

WebEx Meeting

FaceTime

Phone Call

Email

Please feel free to contact us.

We support teamwork and we can still be a team even though we are apart.



“Ready for School, Ready for Life!”



Do you have a child who turned 4 YEARS OLD on or before August 31, 2020? If so, you may qualify at no cost to you for the NC Pre-Kindergarten Program, which is designed to prepare children for success in school. We are taking applications so you can sign your child up.

www.scpfc.org

(910) 592-9399

211 W. Main Street

Clinton, NC 28328



Dolly Parton's Imagination Library

<https://scpfc.org/programs/dolly-parton-imagination-library/>



Also, you may access *GoodNight with Dolly* for a bedtime story together on YouTube that came out in the Spring. Some classic books on the docket include [*The Little Engine That Could*](#) by Watty Piper, [*Llama Llama Red Pajama*](#) by Anna Dewdney, and Parton's own [*Coat of Many Colors*](#).

Storytime is a great way to end the day.

**Learning at Home Resources—
Please check these out!!!**



<https://scpfc.org/learning-at-home/>

