Donna Jackson
Executive Director
Lynn King
Office Manager
Barbara Fortner
PAT Educator
Elizabeth Marquez
Early Learning Specialist
Latonia Melvin
Early Learning Specialist
Cory Kinnaman
NC PreK Eligibility Specialist
Clyde Locker
Fiscal Specialist
Renee White
Triple P Specialist
Jasmine Alvarez
Program Eligibility Specialist

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 for more information.
910-592-9399

Parents as Teachers
Targets children pre-natal to 5 yrs. old. Call Raquel Cervantes for more information. 910-592-9399

NCPREK
A free preschool Program that targets children who turn 4 on or before August 31, of the current school year. Call for an application appointment.
910-592-9399.

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

SCPFC Community Diaper Bank
Children ages 0-5 years old may be eligible to receive a free pack of diapers each month free. Call for more information!

Partnership for Children of Sampson County

Parent Newsletter/Boletin

January 2024-March 2024/ Enero 2024– Marzo 2024

"A Smart Start to a Successful Future"

NORTH CAROLINA DECLARES FEBRUARY AS STATE-WIDE "PARENTING EDUCATION AWARENESS MONTH"

In recognition of the importance of parenting education, especially with so many families under increased pressure right now, North Carolina Governor Roy Cooper has officially proclaimed this month Parenting Education Awareness Month across the state. Many free parenting education resources and services are available in North Carolina, including free Triple P Online, but not all parents realize that support is available.

Parent Training

Introducing

Triple P Parenting

- Learn positive ways to take the worry out of parenting
- Support your children to cope with challenges – Triple P programs have many simple strategies you can start using right now!
- Promote your child's emotional well-being.
- Make family life more enjoyable for everyone with routines and rules that really work.
- Join parents in more than 40 U.S. states who've been helped by some type of Triple P – Positive Parenting Program!

Winter Bucket List for Families

- **Build a snowman.**

- **Have a pajama day.** Perfect for a day when you have no plans.

- **Bundle up and go for a walk.** Exercising together as a family is so much fun, and it gives you all a chance to talk.

- **Play a board game.** What's your favorite winter board game?

- **January 19th is National Popcorn Day** so pop some up and enjoy a movie with the family!

https://buffalo.kidsoutandabout.com/content/10-ways-kids-and-families-enjoy-autumn-outside

Social and Emotional Learning: Strategies for Parents

There are many ways parents can encourage emotionally intelligent behavior in their children.

At Home Strategies

Be a good listener.

Model the behavior you seek. Whether it's apologizing when you're in the wrong or treating others with respect and kindness, children learn a great deal about relationships from observing the behavior of their parents.

Nurture your child's self-esteem. A child with a good sense of self is happier, more well-adjusted, and does better in school. Strategies for fostering self-esteem include giving your child responsibilities, allowing her to make age-appropriate choices, and showing your appreciation for a job well done.

Respect differences. Every child has his or her own unique talents and abilities. Whether in academics, athletics, or interpersonal relationships, resist the urge to compare your child to friends or siblings. Instead, honor your child's accomplishments and provide support and encouragement for the inevitable challenges he faces.

Take advantage of support services. Seek the advice and support of school counselors or other social services during times of family crisis, such as a divorce or the death of a close friend or family member. Remember that no matter how close you are to your child, she may be more comfortable discussing a troubling family situation with another trusted adult.

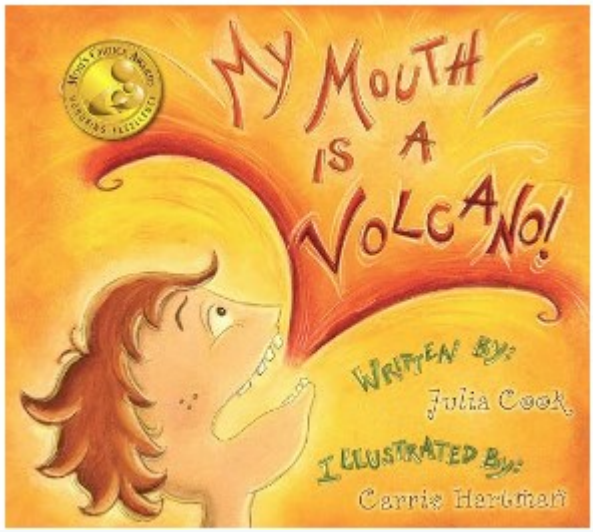
https://www.edutopia.org/social-emotional-learning-parent-resources

Parent Academy/Academia de Padres

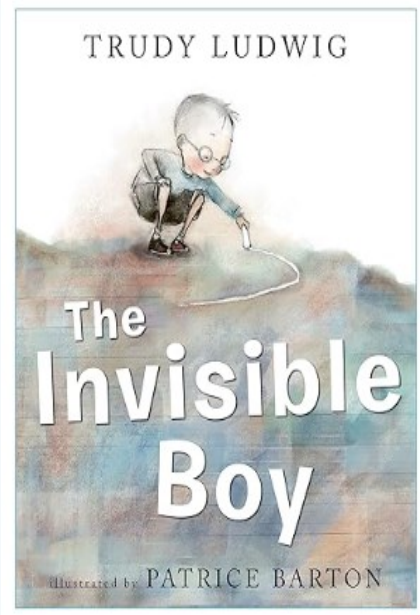
Mylemarks offers free animated videos covering a variety of social-emotional topics. These videos are designed to be informative and engaging as they teach kids more about their mental and emotional health. Each video includes music, animations, narration, and easy to understand language for kids.

https://www.mylemarks.com/sel-videos.html

Books for Teaching Social Emotional Learning



My Mouth Is A Volcano takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words. Told from Louis' perspective, this story provides parents, teachers, and counselors with an entertaining way to teach children the value of respecting others by listening and waiting for their turn to speak.



A gentle story that teaches how small acts of kindness can help children feel included and allow them to flourish, from esteemed author and speaker Trudy Ludwig and acclaimed illustrator Patrice Barton.

Winter Bear Kids Snack

Ingredients

- Sugar cookies (Vanilla frosting
- Shredded coconut
- Necco wafers
- Mini marshmallows
- Mini Reese's peanut butter cups
- Candy eyes

Direction/Directiones

- Take one of your freshly baked sugar cookies
- spread that delicious, delicious frosting over the top of it.
- Coat the frosting with the shredded coconut
- Place a white Necco wafer on top, just slightly off center
- Dab a tiny bit of frosting on the bottom of a mini Reese's cup and place it on top of the Necco wafer.
- Place the candy eyes just above the nose
- Stick the mini marshmallows on the top sides of the cookie to make the bear's ears. And Enjoy!

https://totallythebomb.com/winter-bear-kids-snack

Upcoming Parent Trainings

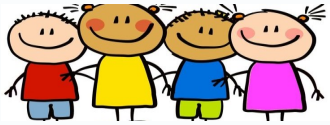
Próximas capacitaciones para padres

January 16th TUESDAY	**Triple P Seminar 3** **Raising Resilient Children** Trainees are introduced to dix core building blocks for children to manage their feelings and become resilient in dealing with life stress. **Elizabeth Marquez**	6:00-7:30	No cost

Triple P (Positive Parenting Program)
Selected Seminar Trainings
10:00-11:30
No cost

January	February	March
10 Seminar 1 Positive Parenting	**7** Seminar 1 Positive Parenting	**6** Seminar 1 Positive Parenting
24 Seminar 2 Raising Confident Competent Children	**21** Seminar 2 Raising Confident Competent Children	**19** Seminar 2 Raising Confident Competent Children
31 Seminar 3 Raising Resilient Children	**28** Seminar 3 Raising Resilient Children	**27** Seminar 3 Raising Resilient Children

" Ready for School, Ready for Life!"



Do you have a child who will turn 4 YEARS OLD on or before August 31, 2023? 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. Please call to make an application appointment today.

¿Tiene un hijo que cumplirá 4 AÑOS el 31 de agosto de 2024 o antes? Si es así, puede calificar sin costo para usted para el Programa de Pre-Kindergarten de Carolina del Norte, que está diseñado para preparar a los niños para el éxito en la escuela. Por favor llame para hacer una cita de solicitud hoy.

Scholarship Program/Programa de Becas

Our Scholarship Program targets at-risk children ages 0-5, who meet the income and scholarship eligibility guidelines. This program allows children access to high-quality care and assists parents with the cost of child care expenses. The parent/guardian in the home must meet the work and /or school requirements of the program to qualify.

Nuestro Programa de Becas está dirigido a niños en riesgo de 0 a 5 años, que cumplen con las pautas de elegibilidad de ingresos y becas. Este programa permite a los niños acceder a atención de alta calidad y ayuda a los padres con el costo de los gastos de cuidado infantil. El padre/tutor en el hogar debe cumplir con los requisitos de trabajo y/o escuela del programa para calificar.

Dolly Parton's Imaginary Library

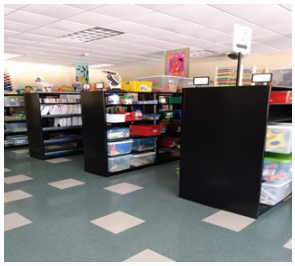
We hope your child is receiving books from the Dolly Parton Imaginary Library every month and if not please contact our office to sign them up to receive a free book every month until the age of 5.

Esperamos que su hijo reciba libros de la Biblioteca Imaginaria Dolly Parton todos los meses y, si no, comuníquese con nuestra oficina para inscribir a su hijo y recibir un libro gratis todos los meses hasta la edad de 5 años.

Lending Library Resources/ Recursos de la biblioteca

Don't forget to come by and check out some of the many resources we have in our lending library for you and your children to enjoy and help them grow. This is a great way to get a jump start on learning for the future.

No olvide venir y echar un vistazo a algunos de los muchos recursos que tenemos en nuestra biblioteca de préstamos para que usted y sus hijos disfruten y los ayuden a crecer. Esta es una excelente manera de comenzar a aprender para el futuro.



www.scpfc.org
(910) 592-9399
211 W. Main Street