Building Blocks
Putting Families First
For Every Child
Down East Partnership for Children
January-June 2016

Need to overcome the winter Blahs?

Use these 10 tips to become an Active family in 2016!

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

• Set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

• Plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

• Include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

• Use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

• Build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

• Plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

• Turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

• Start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

• Include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.

• Treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

To learn more about healthy lifestyles, please visit http://www.choosemyplate.gov

Family First

Putting your Family First! All of the following services are just a phone call away by dialing 252.985.4300

Family First Counselors are available to offer families information on over 150 community resources, including places to play throughout Nash and Edgecombe counties. Counselors are available to help you find the services that will meet your families' needs, ranging from referrals on how to find quality child care settings to parent education programs.

For more information on child care options, or any of the services offered by DEPC listed below, please call the Family First line at 252.985.4300 ext. 220, or visit us at 215 Lexington Street in Rocky Mount. Counselors are available Monday through Friday, 9 am to 5 pm.

Kaleidoscope ® Play and Learn Groups

DEPC is registering for our 2016 Kaleidoscope Play and Learn groups.

Our play and learn groups are offered every week for 10 weeks in our indoor play space at DEPC. Please call for session start dates.

- Tuesday mornings from 9:30 - 11:00 am for Infant and Toddlers.
- Wednesday mornings from 9:30 - 11:00 am for Preschool.

Kaleidoscope Play and Learn Groups are designed for families with children who are not in childcare and are looking for more parent/child interaction, hands-on learning, and ideas to prepare children for school. During each group families have free play, arts and crafts, snack time, and group time.

Registration required. Contact Pattie Davis at ext. 206 or pdavis@depc.org

Free Play Fridays

Throughout the year, our stimulating indoor play room is available every Friday morning from 10:00 am until 12:00 pm for Free Play Fridays. Parents and children are encouraged to come take advantage of the variety of developmentally appropriate play centers in the playroom and meet new families in the area with young children.

No registration required. Contact Pattie Davis at ext. 206 or pdavis@depc.org

The Incredible Years © is an evidence-based 16 week parenting curriculum that has proven positive results for families. During the 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.

The Incredible Years Preschool BASIC series for parents of children ages 3-5 (not yet in kindergarten) will begin again in mid February.

Registration required. For more information or to register contact Jennifer Cobb at ext. 223 or jcobb@depc.org

Circle of Parents is a support group for parents of children, ages birth to 18, with special needs (any physical or developmental disability). Parents are able to spend time connecting with each other, offering encouragement, support and suggestions for managing the care of their special needs child. During these meetings, the school-age children participate in developmentally and age appropriate learning and supportive activities within their own Circle of Kids group. Dinner and childcare (for younger children) is provided.

This program meets on Monday nights from 6:00 - 8:00 pm during the school year as well as other specified times for field trips and family activities.

Registration required: For more information or to register please contact Cornelia Singletary at ext. 241 or csingletary@depc.org, or Jennifer Cobb at ext. 223 or jcobb@depc.org

Triple P © (Positive Parenting Program) is heralded as being one of the world's most effective evidence-based parenting systems, with more than 30 years of ongoing research and over 230 international trials and studies. It is designed to give parents the skills they need to raise confident, healthy children and to build stronger family relationships.

Triple P is distinctive in that it is not a "one-size-fits-all" course. It is a system that offers increasing levels of support to meet the needs of individual families. Parents can choose anything from attending one workshop on a broad topic that effects their family, to scheduling one-on-one consultation sessions around a specific parenting issue. Triple P is available at all times for every family in Edgecombe and Nash counties.

For more information on Triple P please contact Jennifer Cobb at ext. 223 or jcobb@depc.org

Parent Information Center (PIC) is a resource library located on the 2nd floor of DEPC. The PIC has books, videos and DVDs available on a wide variety of topics, from potty training to raising a teenager with disabilities. Resources are available for a two-week check out period.

The PIC is open from 9:00 am to 5:00 pm, Monday – Friday year-round, and appointments are encouraged.

Contact Lolita Richardson at ext. 246 or lrichardson@depc.org

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 3 and it follows the same financial guidelines for income eligibility as the Department of Social Services. Families are required to pay 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.

North Carolina Pre-K (NCPK) serves children that live in Edgecombe and Nash counties who are 4 by August 31st of each school year. Children who are at-risk are served in this state-wide program on the school calendar year. NCPK also has financial guidelines, but parents do not have to meet working hour requirements or school guidelines. There are no fees to families using this program.

How to apply: Applications may be picked up at 215 Lexington Street in Rocky Mount.

January-June 2016 Calendar of Events

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY					**January** 1 New Year's Day DEPC Closed
	4 Circle of Parents @ DEPC 6:00 – 8:00 pm	5	6	7 Kaleidoscope Play & Learn/SNAP-Ed @ Weeks Armstrong, 10:00 – 11:30 am Incredible Years – Session 11 5:30 – 8:00 pm	8 Free Play Friday @ DEPC 10 am – 12 pm
	11 Circle of Parents @ DEPC 6:00 – 8:00 pm	12	13	14 Kaleidoscope Play & Learn/SNAP-Ed @ Weeks Armstrong 10:00 – 11:30 am Incredible Years – Session 12 5:30 – 8:00 pm	15 Free Play Friday @ DEPC 10 am – 12 pm
	18 Dr. Martin Luther King Jr. Holiday DEPC Closed	19 FIT Meeting @ DEPC 5:30 – 7:00 pm	20	21 Kaleidoscope Play & Learn/SNAP-Ed @ Weeks Armstrong 10:00 – 11:30 am Incredible Years – Session 13 5:30 – 8:00 pm	22 Free Play Friday @ DEPC 10 am – 12 pm
	25 Circle of Parents @ DEPC 6:00 – 8:00 pm	26	27	28 Kaleidoscope Play & Learn/SNAP-Ed @ Weeks Armstrong 10:00 – 11:30 am Incredible Years – Session 14 5:30 – 8:00 pm	29 Free Play Friday @ DEPC 10 am – 12 pm
FEBRUARY	**February** 1 Circle of Parents @ DEPC 6:00 – 8:00 pm	2	3	4 Kaleidoscope Play & Learn/SNAP-Ed @ Weeks Armstrong 10:00 – 11:30 am Incredible Years – Graduation 5:30 – 8:00 pm	5 Free Play Friday @ DEPC 10 am – 12 pm
	8 Circle of Parents @ DEPC 6:00 – 8:00 pm	9	10	11 Kaleidoscope Play & Learn/SNAP-Ed @ Weeks Armstrong 10:00 – 11:30 am Incredible Years – Introduction 5:30 – 8:00 pm	12 Free Play Friday @ DEPC 10 am – 12 pm
	15	16 FIT Meeting @ DEPC 5:30 – 7:00 pm	17	18 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 1 5:30 – 8:00 pm	19 Free Play Friday @ DEPC 10 am – 12 pm
	22 Circle of Parents @ DEPC 6:00 – 8:00 pm	23	24	25 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 2 5:30 – 8:00 pm	26 Free Play Friday @ DEPC 10 am – 12 pm

January-June 2016 Calendar of Events

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH		**March** 1 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am	2 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	3 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 3 5:30 – 8:00 pm	4 Free Play Friday @ DEPC 10 am – 12 pm
	7	8 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am IY Reunion @ DEPC 5:30 – 8:00 pm	9 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	10 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 4 5:30 – 8:00 pm	11 Free Play Friday @ DEPC 10 am – 12 pm
	14 Circle of Parents @ DEPC 6:00 – 8:00 pm	15 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am FIT Meeting @ DEPC 5:30 – 7:00 pm	16 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am Triple P Discussion Group: "Hassle Free Shopping" @ DEPC, 6:00 – 8:00 pm	17 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 5 5:30 – 8:00 pm	18 Free Play Friday @ DEPC 10 am – 12 pm
	21 Circle of Parents @ DEPC 6:00 – 8:00 pm	22 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am	23 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	24 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 6 5:30 – 8:00 pm	25 Good Friday Observance DEPC Closed
	28	29 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am	30	31 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am	**April** 1 Free Play Friday @ DEPC 10 am – 12 pm
APRIL	4 Circle of Parents @ DEPC 6:00 – 8:00 pm	5 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am	6 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	7 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 7 5:30 – 8:00 pm	8 Free Play Friday @ DEPC 10 am – 12 pm
	April 11-15: Week of the Young Child!				
	11 Week of the Young Child Children's Parade @ DEPC 9:00 – 11:00 am	12 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am Party in the Park @ DEPC Discovery Park 4:00 – 6:00 pm	13 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	14 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 8 5:30 – 8:00 pm	15 Free Play Friday @ DEPC 10 am – 12 pm
	18 Circle of Parents @ DEPC 6:00 – 8:00 pm	19 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am FIT Meeting @ DEPC 5:30 – 7:00 pm	20 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	21 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 9 5:30 – 8:00 pm	22 Free Play Friday @ DEPC 10 am – 12 pm
	25 Circle of Parents @ DEPC 6:00 – 8:00 pm	26 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am	27 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	28 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 10 5:30 – 8:00 pm	29 Free Play Friday @ DEPC 10 am – 12 pm

January-June 2016 Calendar of Events

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY	**May** 2	3 Kaleidoscope Play & Learn I/T Group @ DEPC 9:30 – 11:00 am	4 Kaleidoscope Play & Learn Preschool @ DEPC 9:30 – 11:00 am	5 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 11 5:30 – 8:00 pm	6 Free Play Friday @ DEPC 10 am – 12 pm
	9 Circle of Parents @ DEPC 6:00 – 8:00 pm	10	11	12 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 12 5:30 – 8:00 pm	13 Free Play Friday @ DEPC 10 am – 12 pm
	16 Circle of Parents @ DEPC 6:00 – 8:00 pm	17 FIT Meeting @ DEPC 5:30 – 7:00 pm	18 Triple P Discussion Group: "Managing Fighting & Aggression @ DEPC, 6:00 – 8:00 pm	19 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 13 5:30 – 8:00 pm	20 Free Play Friday @ DEPC 10 am – 12 pm
	23 Circle of Parents @ DEPC 6:00 – 8:00 pm	24	25	26 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am Incredible Years – Session 14 5:30 – 8:00 pm	27 Free Play Friday @ DEPC 10 am – 12 pm
	30 Memorial Day DEPC Closed	31			
JUNE			**June** 1	2 Incredible Years – Graduation 5:30 – 8:00 pm	3 Free Play Friday @ DEPC 10 am – 12 pm
	6 Circle of Parents @ DEPC 6:00 – 8:00 pm	7	8	9 Kaleidoscope Play & Learn/SNAP-Ed @ West End Terrace 10:00 – 11:30 am	10 Free Play Friday @ DEPC 10 am – 12 pm
	13 Circle of Parents @ DEPC 6:00 – 8:00 pm	14	15	16	17 Free Play Friday @ DEPC 10 am – 12 pm
	20	21 FIT Meeting @ DEPC 5:30 – 7:00 pm	22	23	24 Free Play Friday @ DEPC 10 am – 12 pm
	27 Circle of Parents @ DEPC 6:00 – 8:00 pm	28	29	30	

Down East Partnership for Children
215 Lexington Street, Rocky Mount, NC 27801 • (252) 985-4300
Find us on Facebook!

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The Down East Partnership for Children is a nonprofit organization founded in 1993 by citizens concerned about education and economic development of Nash and Edgecombe Counties. 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.

Get Cooking with Your Kids!

EatingWell Waffles (courtesy of EatingWell)

INGREDIENTS:

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2 cups nonfat buttermilk, (see Tip)
- 1 large egg, separated
- 1 tablespoon canola oil
- 1 tablespoon vanilla extract, (optional)
- 2 large egg whites
- 2 tablespoons sugar

Makes: 6 servings · **Active Time:** 40 minutes · **Total Time:** 40 minutes

PREPARATION:

- Stir whole-wheat flour, all-purpose flour, baking powder, salt and baking soda in a large bowl. Whisk buttermilk, the egg yolk, oil and vanilla (if using) in a separate bowl. Add the wet ingredients to the dry ingredients and stir with a wooden spoon just until moistened.
- Beat the 3 egg whites in a grease-free mixing bowl with an electric mixer until soft peaks form. Add sugar and continue beating until stiff and glossy. Whisk one-quarter of the beaten egg whites into the batter. Fold in the remaining beaten egg whites with a rubber spatula.
- Preheat a waffle iron. Brush the surface lightly with oil. Fill the waffle iron two-thirds full of batter. Cook until the waffles are crisp and golden, 5 to 6 minutes. Repeat with the remaining batter, brushing the surface with oil before cooking each batch.

TIP: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": the ratio is 1 tablespoon lemon juice or vinegar to 1 cup milk.

NUTRITION:

Per serving: 241 calories; 4 g fat (0 g sat, 2 g mono); 37 mg cholesterol; 41 g carbohydrates; 11 g protein; 3 g fiber; 450 mg sodium; 285 mg potassium.

Nutrition Bonus: Selenium (17% daily value), Folate (16% dv).

Carbohydrate Servings: 3

Exchanges: 2 1/2 other carbohydrate, 1/2 fat