

# Smart Start Connections



Spring April 2020  
Brought to you by:

The Chowan/Perquimans  
Smart Start Partnership  
409 Old Hertford Rd.  
Edenton, NC 27932  
252-482-3035 phone  
www.cp-smartstart.org  
Facebook.com/cpspp  
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Our mission is to bring  
people and organizations  
together to maximize  
early childhood  
development and school  
readiness through  
advocacy, parent, and  
child care provider  
support programs.

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Albemarle Area United Way

**Dolly Parton's Imagination Library:** Sign your child up to receive a free book in the mail each month! Available for children from birth to their 5th Birthday. To enroll, visit [cp-smartstart.org](http://cp-smartstart.org) or [imaginationlibrary.com](http://imaginationlibrary.com). Also be sure to check out Dolly's NEW Bed-time Stories at [imaginationlibrary.com](http://imaginationlibrary.com) too!



## Educational apps for kids

THEY'RE FREE TO TRY!

### 5 and under:

Elmo 123's  
Habitat the Game  
Fish School - 123 ABC for kids  
Super Sight Word Adventure  
Green Eggs and Ham  
Crayola Create and Play  
Balloony Word

### 5-8 years:

Winky Think Logic Puzzles  
Dexteria Dots 2  
Plants by Tinybop  
GoldieBlox & the Movie Machine  
VocabularySpellingCity  
Epic!  
Sparky & The Case of the  
Missing Smoke Alarms  
BrainPOP Jr. Movie of  
the Week



### 8 years plus:

Stack the states  
CoolMath Games  
Number Run  
SkyView  
Froggipedia  
Squeebles Multiplication  
Little Alchemy


Due to the Coronavirus and COVID-19 pandemic some programs and activities have been temporarily suspended and will resume when it is safe to do so.

**Albemarle Pregnancy Resource Center & Clinic** For information, contact 252-338-1655 or [slayden-aprc@gmail.com](mailto:slayden-aprc@gmail.com).

**Breastfeeding Support Group**  
Call 252-482-6291 for information.

**Childbirth Classes:** Please call 855-698-4326 or visit [VidantHealth.com](http://VidantHealth.com) for information

**B.A.B.Y. (Birth and Beginning Years) Classes** are held twice a month at the Chowan/Perquimans Smart Start office. This class is designed for mothers-to-be and those who have infants less than six months. Call 252-482-3035 for information.



### Welcome to Pre-K!

Registration Packs can be picked up!

Perquimans Central School or Perquimans Central Office  
White Oak Elementary School or Edenton-Chowan Schools  
Central Office

**Triple P (Positive Parenting Program)** Every parent needs a little extra support sometimes. Call 252-482-3035 to schedule a one-on-one session to receive parenting tips and support.



## 5 Steps to Positive Parenting:

1. **Create a safe, interesting environment.** Bored kids are likely to misbehave. Create an environment that keeps your children entertained. Remove potential dangers and teach basic safety.
2. **Have a positive learning environment.** Give children and teens positive attention. Encourage their ideas and opinions. If a child comes to you for help or a chat, they're ready to learn!
3. **Use assertive discipline.** Set clear rules and boundaries and follow through with fair consequences. Praise and encourage the behaviors you want to see more of.
4. **Have realistic expectations.** Nobody's perfect—so don't expect your child to do more than they're capable of. And remember, all parents make mistakes sometimes.
5. **Take care of yourself as a parent.** It's all about balance. You've got to look after your own needs too, so make sure you're getting some support, time to talk with friends, and maybe even a little time to yourself!

# Kids Activities



Remember the year 2020 forever with this cute craft. Simply cut the shape of each family member hand using different color of paper. Then overlap them to create this cute keepsake!



## Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- ☐ 5 LEAVES THAT LOOK DIFFERENT
- ☐ A STICK THAT IS LONGER THAN YOUR HAND
- ☐ A ROCK WITH SPOTS ON IT
- ☐ A FLOWER
- ☐ A FLAT ROCK
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING YOU LOVE TO PLAY WITH
- ☐ A PIECE OF TRASH YOU CAN RECYCLE
- ☐ SOMETHING THAT IS BROWN
- ☐ SOMETHING THAT IS HEAVY
- ☐ SOMETHING THAT IS VERY LIGHT
- ☐ SOMETHING THAT NEEDS SUN TO LIVE
- ☐ AN ITEM SMALLER THAN YOUR THUMB
- ☐ SOMETHING THAT STARTS WITH "M"
- ☐ SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

For other activity ideas see the Chowan/Perquimans Smart Start and Chowan C.A.R.E.S. Facebook Pages and these websites:

[Sesamestreet.org](http://Sesamestreet.org)  
[pnc.com/grow-up-great](http://pnc.com/grow-up-great)  
[handsonaswegrow.com](http://handsonaswegrow.com)  
[www.getreadytoread.org](http://www.getreadytoread.org)  
[ReadAloud.org](http://ReadAloud.org)  
[witn.com/Moms](http://witn.com/Moms).

For information or questions about community resources call 211, visit [nc211.org](http://nc211.org), or contact Sarah Williams at the Chowan-Perquimans Smart Start office at 252-482-3035.