

Chowan/Perquimans Smart Start Partnership

409 Old Hertford Rd., Edenton, NC 27932
252-482-3035 phone www.cp-smartstart.org
<https://www.facebook.com/cpspp>

February 2025



Mission: To enhance early childhood development and school readiness.

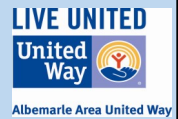
Susan Nixon, Executive Director

Sarah Williams, Program Coordinator

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Likesia Hall, Family Support & School Readiness Coach



Winter Car Seat Safety Tips:

Keeping Kids Safe and Warm



Winter is a tricky time for car seats. As a general rule, **bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.**

- **Dress your child in thin layers:** Start with close-fitting layers on the bottom, like tights, leggings or long-sleeved bodysuits. Then add pants and a warmer top, like a sweater or thermal-knit shirt. Your child can wear a thin fleece jacket over the top. In very cold weather, long underwear is also a warm and safe layering option.
- **Don't forget hats, mittens and socks or booties:** These help keep kids warm without interfering with car seat straps. If your child is a thumb sucker, consider half-gloves with open fingers or keep an extra pair or two of mittens handy—once they get wet they'll make your child colder rather than warmer.
- **Tighten the straps of the car seat harness.** Even if your child looks snugly bundled up in the car seat, multiple layers may make it difficult to tighten the harness enough. If you can pinch the straps of the car seat harness, then it needs to be tightened to fit snugly against your child's chest.
- **Use a coat or blanket over the straps.** You can add a blanket over the top of the harness straps or put your child's winter coat on backwards (over the buckled harness straps) after they are buckled up. Keep in mind that the top layer should be removable so your baby doesn't get too hot as the car warms up.
- **Use a car seat cover ONLY if it does not have a layer under the baby.** Nothing bulky should ever go underneath your child's body or between their body and the harness straps. Be sure to leave your baby's face uncovered to avoid trapped air and suffocation.
- **Pack an emergency bag for your car.** Keep extra blankets, dry clothing, hats and gloves, and non-perishable snacks in your car in case of an on-road emergency or your child gets wet on a winter outing.

Source: American Academy of Pediatrics (Copyright © 2021)

If you are interested in having your child's car seat checked by a Certified Passenger Seat Technician, please call us for an appointment. 252-482-3035



Smart Start Receives BCBS NC Grant for B.A.B.Y. Classes

The Partnership received a grant for \$5,500 to provide B.A.B.Y. (Birth and Beginning Years) Classes to new and expecting parents. These classes are provided twice a year and are facilitated by educational, medical, and healthcare professionals. Participants receive lots of maternal supplies and a free car seat upon completion of all ten classes. New class sessions start in January and September.

Early Childhood Teachers Receive Educational Awards

Congratulations to TyShenna Spruill and Bertha Chesson of Chowan Head Start, Krysten White of Countryside, Ashley Dieffenbach of Perquimans Central Elementary, and Kiara Skinner of Starting Point for receiving Project EDU Educational Awards for completing classes towards their degree in Early Childhood Education.

FREE ADMISSION AND ACTIVITIES FOR FAMILIES!



**17TH ANNUAL WEEK OF THE YOUNG CHILD
CHILDREN'S FESTIVAL**

SATURDAY 4/12/25 10:00 - 1:00

PERQUIMANS RECREATION CENTER



FREE GIVE-AWAYS while supplies last.
Petting Zoo, Car Seat Checks, Games and so much more!

FOR MORE INFO, CALL 252-482-3035
HOSTED BY CHOWAN/PERQUIMANS SMART START PARTNERSHIP




Bright by Text

Bright by Text is a **NEW** program that parents and caregivers can join free to receive 2-3 text messages a week that will provide free parenting tips, encouragement, and suggestions to help promote their child's development. Participants will also receive information on local community resources.

English  Spanish 

Playgroup—Kaleidoscope Play & Learn Helps Caregivers Promote School Readiness Skills

Parents, Caregivers, and Young Children in our playgroup are provided weekly lessons centered around promoting early childhood development, healthy living, and school readiness skills. Participants recently learned about Valentine's Day and made their own valentines to give to a loved one. Each week a different lesson, along with an activity that reinforces the topic of the day, is presented by facilitators to aid parents and caregivers in preparing their child(ren) for Kindergarten. Registration for the playgroup is required in order to have enough supplies and snacks on hand for the playgroup that meets in the County Libraries. Please contact Likesia Hall for more information and to register.



PLAYGROUP

Tuesdays at 10:00 - 11:30

2025	Library
January	Shepard-Pruden Library
February	Perquimans County Library
March	Shepard-Pruden Library
April	Perquimans County Library
May	Shepard-Pruden Library
June 3 rd & 10 th	Perquimans County Library

Perquimans Central School
NC Pre-K and Kindergarten Registration is Happening Now for the 2025-2026 School Year!

Register your child for **Kindergarten** NOW!

**Kindergarten students must be 5 by August 31, 2025*

Pre-K seats are limited!
Apply NOW to see if your child is eligible.

**Pre-K students must be 4 by August 31, 2025*

Pre-K Application Deadline
May 15, 2025

Pick up a Pre-K Application or Kindergarten Enrollment Packet as soon as possible at Perquimans Central School or Central Office, or online at www.pcschools.org.

Completed Packets can be turned in at Perquimans Central School or Central Office.

IT'S TIME FOR...

PRE-K & KINDERGARTEN REGISTRATION

AT WHITE OAK ELEMENTARY SCHOOL

Pre-K: Children who will be 4 by August 31st

Kindergarten: Children who will be 5 by August 31st

March 31
June 2-3
By Appointment Only

March 27
March 28
By Appointment Only

Pre-K applications may be picked up at White Oak School, Chowan Pediatrics, Dr. Bunn's office, & Chowan Health Dept. Applications must be completed & turned in prior to scheduled appointment time.

Call 252-221-4078 to schedule an appointment

For free activity ideas visit: booksbythebushel.com, Sesamestreet.org, pnc.com/grow-up-great, handsonaswegrow.com, ReadAloud.org, getreadytoread.org. For information about community resources call 211, or contact Sarah Williams.