

# Smart Start Connections for Kids



## Parent's Page

Summer  
August 2020  
Brought to you by:

The Chowan/Perquimans  
Smart Start Partnership  
409 Old Hertford Rd.  
Edenton, NC 27932  
252-482-3035 phone

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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<https://www.facebook.com/cpsp>

Visit our page every  
Wednesday for Smart Start  
Learning Adventures!

**EXPECTING?**  
COME JOIN US  
**B.A.B.Y.**  
(BIRTH AND BEGINNING YEARS CLASSES FOR EXPECTANT AND NEW MOTHERS)

Topics include pregnancy and body changes, labor and delivery, breastfeeding, life changes and support, health and nutrition, and caring for an infant.

**September 10 - November 12, 2020**

**Free Classes meet Thursday nights 6:00 - 8:00 at Chowan/Perquimans Smart Start. Call 252-482-3035 to enroll.**

MUST BE ENROLLED TO PARTICIPATE.  
ZOOM OPTIONS AVAILABLE

**Dolly Parton's Imagination Library — Parents and Caregivers:** Enroll your child to receive a free book in the mail each month! Available from birth until their 5th Birthday. Visit our website at [cp-smartstart.org](http://cp-smartstart.org).



**Triple P** (Positive Parenting Program) - Parents and caregivers are invited to schedule a one-on-one appointment with a Triple P Consultant. This program offers practical tips and strategies to deal with behavior issues in young children.

**Albemarle Pregnancy Resource Center & Clinic** offers free pregnancy testing, limited obstetric ultrasounds, STD testing, prenatal vitamins, and parent education classes for men and women who are expecting or parenting children through age four, at their medical clinic in Elizabeth City. Classes are also now available on-line. Contact Brittany to register for Earn While You Learn Classes and you will receive weekly links and worksheets. Once weekly sessions are completed, curbside pick up or delivery of free baby supplies, for participants, will be arranged. For more information call 252-338-1655 or email [bjones.aprc@gmail.com](mailto:bjones.aprc@gmail.com).

**Childbirth Classes** are held every other month through Vidant. To register for classes call 855-698-4326 or visit [VidantHealth.com](http://VidantHealth.com).  
Upcoming Class Dates: September 14, 21 & 28 and November 9, 16 & 23.

**Shepard-Pruden Memorial Library and Perquimans County Library** have toys, games, movies, and lots of fun activities available for check out in their children's section! Both Libraries have limited in-person check-out hours, however, they do also offer Curbside Pick-up. Library Covid-19 Rules: All patrons must wear face-coverings in the building at all times. Patrons are limited to 30 minutes in the building per family to find and check out materials. There is a limit to the number of patrons in the building at a time, please be patient if asked to wait.

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## Kids Activities



### Construction Paper Popsicles

What you need:

- Jumbo craft sticks
- Construction paper
- Scissors
- Glue stick
- Markers, cotton balls, glitter glue or other household items.

Steps

1. Cut two popsicle shapes roughly 9" long out of any color construction paper. To make a stronger popsicle you may cut two pieces of cardboard in the same shape and color.
2. Glue the two pieces together with the craft stick in-between and poking out of the bottom.
3. Decorate the popsicle using markers, cotton balls, glitter glue, and any materials you desire. You may decorate just one or both sides of the popsicle!

Help your child learn their letters! Write capital letters on the plate, and lower-case letters on clothes pins. Have fun!



Grandparents Day is September 13 - Here's a fun craft



For other activity ideas see websites like:

[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), or [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 at the  
Chowan/Perquimans Smart Start office at 252-482-3035.