

# Smart Start Connections for Kids



## Summer

August 2021

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  
cpsmartstart@gmail.com

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.

**Staff:**  
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Director

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Readiness Coach

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Child Care Health Consultant



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



Visit our page every  
Wednesday for weekly  
Learning Adventures!

## August is National Children's Eye Health and Safety Month.

The Edenton Lions Club and Chowan/Perquimans Smart Start Partnership are honored to offer your child a **free vision screening** using an instrument called the Spot Vision Screener.

The Spot Vision Screener can screen children **starting at six months** and help to identify vision issues that may hinder a child's development. The screening performed is not an official eye exam; it simply provides measurements within the eye that can be used to detect vision issues early.



Screenings will be offered **throughout the month of August** at the Chowan/Perquimans Smart Start Partnership in Edenton,

**by appointment only.**



Call **252-482-3035** to schedule your child's appointment.



# Parent's Page

**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 9 – November 18, 2021**

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

**Child Birth Classes** are held every other month through Vidant Health. To register for classes, call 855-698-4326. Upcoming class dates are: September 13th, 20th, 27th.

**Breastfeeding support group** meets the 1st Tuesday of every month, 6-7:30 p.m., as well as the 3rd Tuesday of every month, 10-11:30 a.m. To register, or for more information, please email Rebecca.Ayers@vidanthealth.com

**Shepard-Pruden Memorial Library and Perquimans County Library:** Both Libraries are offering children story-time every week. Shepard-Pruden on Wednesdays at 11 a.m., and Perquimans County on Thursdays at 11 a.m.

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

**Parents and Caregivers:** Enroll your child to receive a free book in the mail each month through Dolly Parton's Imagination Library! Available from birth until their 5th Birthday. Visit [imaginationlibrary.com](http://imaginationlibrary.com) to enroll.



## Upcoming Events:

### Aug 14th-Edenton United Back to School Bash

John A Holmes High School; Backpacks & School Supplies, Ice-cream & Fellowship. Please join by last name time slots: 10am:A-C, 11 am: D-J, Noon: K-O, 1 PM: P-S, 2 PM:T-Z.

### Sep 25th- Raising our Communities through Triple P

Come out to the Old D.F. Walker School (800 North Oakum St) from 10:00 a.m.- 12:00 a.m. and learn about this amazing program! Activities for the kids include Dolly Parton Imagination Library and Safe Kids. Refreshments will be provided.

### Sep 28th— Oct 2,— Chowan County Regional Fair

The theme of the fair this year is Return to Family Fun! What better way to spend some family time together.

**Oct 6th- Edenton Lions Club Vision Van in Roses parking lot**

**Oct 30th - Belvidere Day 9am-4pm**

# Smart Start Connections for Kids

# BACK TO SCHOOL WE GO!

## DIY a Portable Homework Station



Create this fun homework station to get into the back to school mood with this fun activity. Be create and use things around the house such as canning jars, Cardboard boxes, colorful tape, and paint. Make this a learning activity by learning to count and sort makers, pencils, and other school supplies. This will sure get your kids more excited to complete their homework!

## Back to School Checklist

juleverse.com

<p><b>A</b></p> <p><b>Z</b></p> <p><b>Y</b></p> <p><b>X</b></p> <p><b>W</b></p> <p><b>V</b></p> <p><b>U</b></p> <p><b>T</b></p>	<p><b>B</b></p> <p><b>C</b></p> <p><b>D</b></p> <p><b>E</b></p> <p><b>F</b></p> <p><b>G</b></p> <p><b>H</b></p> <p><b>I</b></p> <p><b>J</b></p> <p><b>K</b></p> <p><b>L</b></p> <p><b>M</b></p> <p><b>N</b></p>	<p><b>Two weeks before school starts</b></p> <table border="0"> <tr> <td>buy all school supplies</td> <td>get haircuts</td> </tr> <tr> <td>clean backpack &amp; lunch bag</td> <td>fill up lunch accounts</td> </tr> <tr> <td>have shoes checked</td> <td>Inventory Fall clothing</td> </tr> <tr> <td>(buy new shoes if necessary)</td> <td>(buy new if necessary)</td> </tr> <tr> <td>schedule back-to-school playdates</td> <td>refill homework center</td> </tr> </table> <p><b>One week before school starts</b></p> <table border="0"> <tr> <td>set and review bedtime routine</td> <td>select first day of school outfit</td> </tr> <tr> <td>set and review morning routine</td> <td>Grocery shop for packable lunch foods</td> </tr> <tr> <td>set school goals</td> <td>Enjoy one last summer hurrah</td> </tr> <tr> <td>Print out lunch menu</td> <td></td> </tr> </table> <p><b>Two days before school starts</b></p> <table border="0"> <tr> <td>charge camera</td> <td>talk about new kids and roleplay making friends</td> </tr> <tr> <td>freeze freezer packs</td> <td></td> </tr> <tr> <td>pack school backpack</td> <td></td> </tr> </table> <p><b>One day before school starts</b></p> <table border="0"> <tr> <td>make lunch, if bringing</td> <td>set table for breakfast</td> </tr> <tr> <td>lay out clothes for first day</td> <td>bedtime routine</td> </tr> <tr> <td>discuss goals and routine</td> <td>go to bed a little earlier than bedtime</td> </tr> <tr> <td>enjoy a family dinner</td> <td></td> </tr> </table> <p><b>First Day of School</b></p> <table border="0"> <tr> <td>morning routine</td> <td></td> </tr> <tr> <td>healthy breakfast</td> <td></td> </tr> <tr> <td>take first day pictures</td> <td></td> </tr> <tr> <td>leave for school or bus about 5 minutes early</td> <td></td> </tr> </table>	buy all school supplies	get haircuts	clean backpack & lunch bag	fill up lunch accounts	have shoes checked	Inventory Fall clothing	(buy new shoes if necessary)	(buy new if necessary)	schedule back-to-school playdates	refill homework center	set and review bedtime routine	select first day of school outfit	set and review morning routine	Grocery shop for packable lunch foods	set school goals	Enjoy one last summer hurrah	Print out lunch menu		charge camera	talk about new kids and roleplay making friends	freeze freezer packs		pack school backpack		make lunch, if bringing	set table for breakfast	lay out clothes for first day	bedtime routine	discuss goals and routine	go to bed a little earlier than bedtime	enjoy a family dinner		morning routine		healthy breakfast		take first day pictures		leave for school or bus about 5 minutes early	
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