

# Smart Start Connections



Winter January 2020  
Brought to you by:

The Chowan/Perquimans  
Smart Start Partnership  
409 Old Hertford Rd.  
Edenton, NC 27932  
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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 our website at [cp-smartstart.org](http://cp-smartstart.org).



**Little Cubs Mommy & Me Playgroup:** All 2-5 year olds who are not yet attending public school are invited to come and participate in play activities, and receive a free book! The Playgroup will be held from 10—11 am on Feb. 20, March 19, April 23, and May 21 at the Shepard-Pruden Memorial Library. If interested in attending, contact White Oak School at 221-4078.

**Shepard-Pruden Memorial Library** has Toddler Story-time on Wednesday mornings at 11:00 am. There is also a children's section upstairs, which has lots of toys, games, Letterland books, and more available for check out!

**Perquimans County Library** has Story-time on Thursdays at 11:00. There are toys, games, movies, Letterland books, and lots of fun activities available for check out in their children's section too!

**Albemarle Pregnancy Resource Center & Clinic** offers free pregnancy testing, limited obstetric ultrasounds, STD testing, and prenatal vitamins through their medical clinic in Elizabeth City. Individual and group parenting classes are available. Earn While You Learn is a parenting program that is offered several times each week. Parents learn parenting and life skills and earn baby necessities. DOCTOR DAD is a workshop for fathers and is held monthly. Triple P Parenting classes for behavioral issues are offered as needed by appointment. For more information, contact 252-338-1655 or [slayden-aprc@gmail.com](mailto:slayden-aprc@gmail.com).

**Breastfeeding Support Group** for all breastfeeding moms will be held the 1st Tuesday of every month from 6:00—7:30 pm at Vidant Women's Care at 203-A Earnhardt Dr., Edenton; and the 3rd Tuesday of every month from 10:00—11:30 am at Vidant Chowan Hospital Education Center. To register call 252-482-6291.

**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 to register! Snacks and materials are provided!

**Childbirth Classes** are being offered free by Vidant Chowan Hospital. Classes begin at 6:00 pm and will be held on: March 9, 16, 23; and May 4, 11, 18. Please call 855-698-4326 or visit [VidantHealth.com](http://VidantHealth.com) to register.

**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.

**Early Head Start** is now available serving children ages 1-3. Call 252-802-6125 for information.

**Head Start** is a free comprehensive preschool program for 3 & 4 year old children. Call 252-482-4458 for more information on registering your child.

**NC Pre-K** for the 2020-2021 school year will soon be accepting applications.

**Chowan County:** January 23 from 5:00—7:00 at Food Lion; 5:00—8:00 at McDonalds.

**Perquimans County:** March 27 from 9:00—3:00 at Perquimans Central School.

**Kindergarten Registration** for the 2020-2021 school year:

**Chowan County, White Oak Elementary School:** March 2 from 12:00—5:30; and  
March 3 from 9:00—3:30.

**Perquimans County, Perquimans Central School:** March 26 from 1:00—6:00; and  
March 27 from 9:00—12:00.

April 25, 2020 from 10:00—2:00 pm Week of the Young Child Children's Festival & Safe Kids Day

# Kids Activities



## Big Heart Valentine's Cards (An activity for toddlers):

Create a memorable Valentine's Day gift that parents will cherish for years to come!

Before you begin: Pre-cut heart shapes out of white construction paper. Older children may be able to cut out their own hearts. If they are developmentally ready, let them do it.

Steps to follow:

1. Cover the bottom of children's hands or feet in washable paint—or dab onto a washable stamp pad.
2. One at a time, carefully make prints in heart shape.
3. When dry, mount onto colorful construction paper.

## Snow People (Ages 4 and Up):

Gather the following materials: recycled craft rolls, construction paper, glue, scissors, pom poms, ribbon and pipe cleaners. Buttons and gems are also great to use for outfits! Whenever possible, allow the children to create on their own.

1. Cut a piece of white construction paper the length of the craft roll.
2. Glue the paper around the roll and allow to dry.
3. Cut a pipe cleaner to size and glue pom poms to the sides for earmuffs. As they dry, add wiggly eyes and make a nose with construction paper for the face.
4. Glue on buttons, tie a piece of ribbon around the neck and add any other accessories to your snowperson.



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 Williams at the Chowan-Perquimans Smart Start office at 252-482-3035.

**April 25, 2020 Week of the Young Child Children's Festival & Safe Kids Day**

**Perquimans Recreation Center from 10:00 - 2:00**