

Smart Start Connections for Parents



Summer/Fall
August 2023
Brought to you by:

The Chowan/Perquimans
Smart Start Partnership
409 Old Hertford Rd.
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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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a partner in the
smart start network



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



B.A.B.Y. (Birth and Beginning Years): New Parenting Classes begin in September for new and expecting Mothers who will learn about their pregnancy, early childhood development, and provide resources and tips to help get them off to a great start. Attend all 10 sessions and receive a free car seat! Contact Likesia Hall to register.

Dolly Parton's Imagination Library Program: Enroll your child to receive a free book in the mail every month! Available from birth until their 5th Birthday. Visit the website ImaginationLibrary.com or call Likesia Hall to register.

Triple P (Positive Parenting Program): Every parent needs a little extra support sometimes. If you are having trouble with your young child's behaviors, schedule a one-on-one session for parenting tips and support. Tip Sheets and Support are available for almost every challenging situation! For more information contact Likesia Hall.

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. For more information call 252-338-1655.

Early Head Start: Serves children ages 1-3: If you reside in Chowan County, call 252-221-3017; Perquimans County, call 252-426-5014.

Head Start: Free comprehensive preschool program for ages 3-4 year old children, call 252-482-4458 for more information.

Perquimans County Library: Kaleidoscope Play & Learn Tuesdays from 10:00—11:30 the months of October, January, March, May.

Story Time every Wednesday starting at 11:00

Shepard-Pruden Memorial Library: Kaleidoscope Play & Learn Tuesdays from 10:00—11:30 the months of September, November, February, April.

Story Time every Wednesday starting at 11:00

Upcoming Community Events for Families:

September 9: Indian Summer Festival from 10:00 - 4:00 in downtown Hertford


**October 7: Peanut Festival Parade at 10:00 downtown Edenton
& Battle of the Bands at 4:00 at John A. Holmes High School, Edenton**

October 28: Belvidere Day from 9:00—4:00 at Belvidere Ruritan Club

Kaleidoscope Play & Learn Play Groups for children birth—five: Join us on Tuesday mornings from 10:00—11:30 at Perquimans County Library or Shepard-Pruden Memorial Library for our playgroup for parents, caregivers, and young children. Build new relationships, learn about community resources, and participate in fun interactive learning activities that will promote early childhood development and school readiness skills. Contact Likesia Hall for program information and registration details.

PLAYGROUP

Tuesdays at 10:00 – 11:30

2023	Library		2024	Library
July	Perquimans County Library		January	Perquimans County Library
August 1 st , 8 th , & 15 th	Perquimans County Library		February	Shepard-Pruden Library
August 22 nd & 29 th	Shepard-Pruden Library		March	Perquimans County Library
September	Shepard-Pruden Library		April	Shepard-Pruden Library
October	Perquimans County Library		May	Perquimans County Library
November	Shepard-Pruden Library		June	Shepard-Pruden Library



Parents.
stay positive!

Sometimes bringing up kids can be a struggle. Fortunately, Triple P (Positive Parenting Program) can help give you the skills you need to manage misbehavior and prevent problems from happening. From toddler tantrums and bedwetting to a teenager's defiance and outright disobedience, Triple P helps parents handle the everyday issues that can make family life stressful.



MARINE CORPS RESERVE



STAY IN THE SHADE

Be extra protected between 10 a.m. and 4 p.m. When the sun is directly overhead, UV rays are more harmful.



APPLY SUNSCREEN & LIP BALM (AT LEAST SPF 30)



Apply sunscreen at least 30 minutes before going outside. Reapply every 1-2 hours and after swimming or sweating. Sunscreen can wash off our skin especially when swimming or sweating. Spread sunscreen generously and evenly from head to toe. Don't forget your nose, ears, neck, hands, and feet.



COVER UP WEAR A HAT & SUNGLASSES

Protect your skin with long-sleeved shirts; long pants, knee-length or longer shorts, or a long skirt or dress; socks and tennis shoes (not sandals.)

If you must be in the sun, ensure you wear sunscreen, protective clothing, wide-brimmed hats, and sunglasses.

**Toys for Tots Applications will be accepted
October 1—31 by drop-off, mail,
or email to cpsmartstart@gmail.com**

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.