

Smart Start Connections for Kids

Fall 2017

Brought to you by:
**The Chowan/Perquimans
Smart Start Partnership**
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The mission of the Chowan/Perquimans Smart Start Partnership 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



Parent's Page

The first few years of life are critical in your child's brain development. Light up your child's brain—read aloud 15 minutes every day!

Perquimans County Library check out their Toddler Story Time on Wednesday mornings at 11:00 am, and on Saturday, October 14 at 10:45; Lego-Build is held on Thursday's at 4:00 and Teen Talk with Lora Aples on October 16 at 5:00. **Shepard-Pruden Memorial Library** has Toddler Story Time on Wednesday mornings at 11:00 am. Lots of great books, music, DVD's, toys, and games are available for check-out. Look for the children's section in your local library!

42nd Annual Peanut Festival and Battle of the Bands will be held October 7, at JAH High School in Edenton. Arts & Crafts from 10:00—2:00; parade at 11:00 am; BBQ & Fried Chicken Plates available from 11:00—2:00 and 4:00—7:00. The Battle of the Bands will begin at 4:00.

Vidant Chowan Hospital Fall Health Fair will be held on November 2, 1:00—4:00 pm, at the Edenton United Methodist Church. Free screenings and lots of information will be available!

Fall Family Resource Fair—November 9, 3:30—6:00 pm at Perquimans County High School Gym - Families are invited to come out and learn about local and regional resources available to them and their children, from the prenatal stage up through college and career. Open to the public.



Little Cubs Mommy & Me Playgroup—All 2-5 year olds who are not yet attending public school are invited to come and play. If interested call White Oak School at 221-4078 to RSVP. Playgroups will be held from 10:00—11:00 am on October 26, November 30, January 25, February 22, March 22, and May 17 at Shepard-Pruden Memorial Library.

Attention Parents - are you looking for help in managing behaviors in your young child? Triple P (Positive Parenting Program) can help! Call 252-482-3035 for an appointment for a one-on-one session today!



Albemarle Pregnancy Resource Center & Clinic offers free pregnancy testing, limited obstetric ultrasounds and prenatal vitamins through their medical clinic. Individual and group parenting classes are available to moms and dads who are expecting or parenting children through age 5. All services are free and confidential. Dr. Dad workshops are held the 2nd and 4th Mondays every month. For more information contact 252-338-1655 or email dburroughs.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.

Childbirth Classes will be held in November. To register, please call 252-482-6291.

To receive this newsletter by mail, or to be taken off our mailing list, please contact Susan Nixon at 252-482-3035 or send an email to cpsmartstart@gmail.com.

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Kids Activities



Car Seat Checkup Events are held the First Friday of every month from 10 am—1 pm at The Wash House Parking Lot in Edenton. Learn how to install your child's car seat or booster seat. Find out if it is time for a change. Safe Kids Chowan County is hosting car seat inspection events with nationally certified technicians to help you properly install your car seat. Child must be present.



Activity: Healthy Food Hunt - Getting your child to eat fruit and vegetables can be a chore. This activity teaches them that certain foods are not only healthy and helpful for their body, but they also taste good too! Have your preschooler scour the grocery ads, cut out different foods, and make a healthy meal on a paper plate. Using scissors will help boost fine motor skills, essential for success in kindergarten! What you do: 1) Have your child cut out pictures of many different kinds of foods. 2) Explain that fruits, vegetables, milk products, grains, and meat help our bodies to grow to be healthy and strong. 3) Help your child hunt through the cut-out foods and have them place the healthy foods in one pile and the non-healthy foods in another. Also use this as an opportunity to learn the names of various fruits and vegetables!

Fingerprint Fall Trees - Yellow and red make orange! Mix up some fun fall colors, and watch as your child creates vibrant seasonal prints. A simple finger tip can be used to make an entire tree, complete with beautiful autumn leaves. What you need: Tempera Paint & Paper.

What You Do:

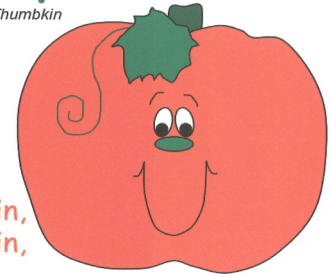
1. Begin with mixing color. Give your child the primary colors (red, yellow, and blue) as well as white paint (or other colors they may choose). Encourage them to explore with mixing and creating their own unique colors. Paint mixing can be done with a small paint brush, or with the child's hands.
2. Ask your child to dip a finger into the paint, have them press their finger repeatedly onto the paper, making a tree trunk. Repeat these steps to make branches.
3. Dip finger into the colors one at a time, and then press the finger onto the paper (on the branches) to make leaves.
4. Be sure to wash fingers, in between changing colors, so colors won't mix on the tree.

Create your own beautiful masterpiece!



Mr. Pumpkin

Tune of Where is Thumbkin



Mr. Pumpkin,
Mr. Pumpkin,

Round and fat.
Round and fat.

Harvest time is coming.
Harvest time is coming.

Yum, yum, yum.
That is that!

For other activity ideas see websites like pnc.com/grow-up-great, handsonaswegrow.com, www.getreadytoread.org, ReadAloud.org and more!