

Smart Start Connections for Kids

Parent's Page

Spring 2018

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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Upcoming Events:

Easter Egg Hunt - Perquimans County Library April 2 - ages birth-Kindergarten from 11:00—12:00 noon; ages Kindergarten - 5th Grade at 5:30 pm.

Kindergarten Registration: Chowan County - White Oak Elementary School on April 12 from 12:00 - 6:00 pm and April 13 from 8:00 am – 4:00 pm. **Pre-K Registration** will be held on June 5-6 by appointment only. A Kindergarten Sneak Peak is open to all entering Kindergarten students on Thursday, April 26 at 9:30 am. **Perquimans County** - Perquimans Central School will hold Kindergarten Registration on April 19 from 1:00– 6:00 pm and April 20 from 9:00 am - 12:00 pm. **Pre-K Registration** deadline is April 30 - applications available at Perquimans Central School.

Head Start Applications are accepted on an on-going basis. For more information, or to submit an application, please contact Charmaine Melson-Wood or Kanisha Walston at 252-482-4458.

Week of the Young Child Children's Festival will be held at the Perquimans Recreation Center on **April 14 from 10:00—2:00 pm**. Come out and have a great day of free family fun!

Child Find Event - will be held April 16 from 9:00 - 3:00 at the Knobbs Creek Recreation Center, 200 E. Ward St., Elizabeth City, NC 27909—Each child that participates will receive screenings in speech, development, hearing, and vision. Contact Faith Mosley at Albemarle Alliance for Children & Families to Register at 252-333-1233, extension 115.

May Play Day, will be held at the Rocky Hock Ruritan Club on May 6 from 10:00 - 2:00 pm.

The **Shepard-Pruden Memorial Library** has Toddler Story Time on Wednesday mornings at 11:00 am. **Perquimans County Library** has Storytime with Ms. Nicia on Thursdays at 11:00 am, and on the 2nd Saturday of each month at 10:45 am. They will also have Career Assistance and Guidance with NC Works Career Centers April 9 and April 23 from 10:00—noon.

Dolly Parton's Imagination Library— NEW—Parents sign your child up to receive a free book in the mail each month, available for children ages birth-five in Chowan and Perquimans Counties! To enroll visit our website at cp-smartstart.org or imaginationlibrary.com.

Little Cubs Mommy & Me Playgroup—All 2-5 year olds who are not yet attending public school are invited to come and play. Family fun, play activities, and a free book! If interested call White Oak School at 221-4078 to RSVP. The Playgroup will be held from 10—11 am on 5/17/17 at Shepard-Pruden Memorial Library.

Albemarle Pregnancy Resource Center & Clinic offers free pregnancy testing, limited obstetric ultrasounds and prenatal vitamins through their medical clinic in Elizabeth City. Individual and group parenting classes are available. **DOCTOR DAD**—workshops for fathers, are held on two Mondays every month. For more information contact 252-338-1655 or 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 - Are held every other month. For both services call 252-482-6291 to register.

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Kids Activities

Active Things to Do with Paper Plates

(1) Make an apple with a worm in it. (2) Make stoplights with 3 colored stoplight colors and hold up a plate and have kids stop for red, walk slowly for yellow, and run for green. (3) Cut the middle out and use as a ring toss. (4) Try to balance on your head while walking at different speeds—slow, medium, and fast. (5) Hold one in each hand with arms extended and pretend they are wings—fly around outside. (6) Pretend paper plates are lily pads, put on the floor (or ground) and jump or leap between them. (7) Play Hopscotch. Write a number 1-10 on each and make a hopscotch pattern with them. (8) Decorate with eye catching colors and things that make noise.



HAVE FUN!



Kids Love to Play Games...Make Your OWN!

It is easy to make your own memory game using simple paper squares with different patterns. Use glue sticks to adhere the squares onto a sheet of construction paper. Then, simply cut them out (lamine if you wish for durability). These squares can be used for many activities for kids, from sorting and patterning to counting and memory games.

Light Up Your Child's Brain!

Read aloud 15 Minutes Every Day

Get Excited—enthusiasm is contagious!



After reading ask questions like.... What is the main idea? What did you learn? What was important? Help children make connections with the story. Do activities that relate to the story. And remember sometimes young children like to read the same book over and over, and that's okay! Children learn so many things through books and reading together helps strengthen bonding and your relationship with your child. Use your voice to help bring books to life!

For other activity ideas see websites like:

Sesamestreet.org, pnc.com/grow-up-great, handsonaswegrow.com, www.getreadytoread.org, ReadAloud.org, or witn.com/Moms.

For information or questions about community resources call 211 or visit the NC211 website at www.nc211.org or contact Sarah at the Partnership office at 252-482-3035.