



September 2015



Bi-monthly Newsletter provided by Ashe County Partnership for Children

For more information contact our office: 336-982-4588

Child Care Health Consultant

It's that time of year! Children are going back to school, our childcare centers are accepting new kids, and the air is full of germs. Parents please remember to check immunizations, eat healthy in order to build a strong immunity, maintain a clean environment, and wash, wash, wash those hands. Let's be prepared when flu season finds its way to Ashe County.



Vickie Roark: (336) 982-4588 ext. 228

Is your child having tantrums?

Is bedtime a problem at your house?

Are you concerned about your child being bullied at school?

Is homework a constant issue at your house?



If you can answer "YES" to any of these, Call Today!!

Serving families with children
ages birth to 16

For more information contact:



336-982-4588

or visit www.triplep-parenting.net



Proven to Work.

Simple to use.

Because everybody needs a little help sometime!

Healthy Families Ashe

A free service providing support to overburdened families living in Ashe County. Types of services offered include: parenting information and support using Partners for a Healthy Baby curriculum; information about prenatal and child development; information about difficult issues in parenting (crying, potty-training, nutrition, tantrums, etc.); help connecting you with a physician to care for you and your baby; help with transportation as needed; information about resources available within the community for families with young children. Services may begin during pregnancy, or shortly after the birth of your baby. Each family is different. Healthy Families Ashe provides individualized support. Self-referrals are accepted. The number of enrolled participants continues to grow. For more information contact:

Melissa Fowler at (336) 982-4588 ext. 246



Child Care Family Resource

- ♦ Fall 2015 Professional Development Institute will be held on Saturday, October 3, from 8:00 a.m. to 3:30 p.m., at Family Central. \$25.00 for Ashe County residents and \$30.00 for non-residents. Early Childhood Professionals can earn up to 6 hours of training.
- ♦ Child Care Family Resource Lending Library has added several new kits for early childhood professionals and parents to check-out. Call to plan a visit to see all the new and exciting things that we have to offer. Request a membership and reserve a kit for your classroom or home today.
- ♦ Come see us today.
Memberships are:
Individual: \$10.00
Classrooms: \$25.00 (Up to 4 Classrooms)
\$45.00 (Classrooms 5 or more).



Marilyn Agnew (336) 982-8870 ext. 239

A Safe Home for Everyone

October is

Domestic Violence Awareness Month

**SILENCE HIDES
VIOLENCE...**

Be a Voice!

It takes the work of everyday people working together as a community to make a difference.

For information and resources on how you can become a voice to prevent Domestic Violence in our homes and community, please contact

A Safe Home for Everyone.

For dates of upcoming events during October check us out on Facebook.



Office: 336.982.8851

Hotline: 336.246.5430



**First
2000
DAYS**
Early Investment
A LIFETIME OF RESULTS



Did You Know?

What she contributes to society
can be directly traced to her
first 2000 days.
Click here to learn why



An evening with Chatham County Line

Save the Date October 17, 2015

Ashe Civic Center

Tickets: \$30.00 per person

On sale September 17, 2015

Doors Open: 6:30pm — Preview of Silent Auction

Ashe County Arts Council at (336) 846-2787

Ashe County Chamber of Commerce at (336) 846-9550



Enjoy making this fall recipe with your children



Pooh's Honey Holiday Tarts

What You'll Need:

- Baking sheet
- Parchment paper
- Round cookie cutter (about 2.75 inches wide)
- Frozen puff pastry (1 sheet, defrosted and ready to use)
- 1 or 2 apples (peeled, cored, and sliced very thin)
- Cooling rack
- Cinnamon sugar
- Honey
- Spatula

How To Make It

- 1 Heat the oven to 400 degrees F. Line the baking sheet with parchment paper.
- 2 Use the cookie cutter to cut rounds of pastry, and arrange them on the baking sheet.
- 3 Have your child place three apple slices on each pastry circle. When he's done, ask him to sprinkle each tart with a pinch of cinnamon sugar.
- 4 Bake the tarts until the pastry turns golden brown and the apples become slightly tender (about 12 minutes or so).
- 5 Drizzle honey on the baked tarts and then transfer them to a cooling rack.

<http://family.disney.com/recipe/poohs-hunny-holiday-tarts>

Enjoy these activities with your children



Apple picking

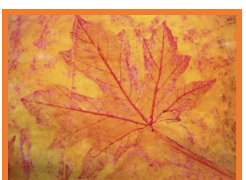
One of my family's beloved traditions is a trip to the apple orchard and cider mill on the day before school starts. As toddlers, I used the farm setting to practice vocabulary words like red, green, goat and barn.

Apple picking requires a gentle touch to avoid bruising the fruit. The ripe fruit comes off the branch with the gentlest tug, while the unripe fruit is not easily removed – the practice of picking fruit helped my children learn about deliberate, controlled movements.

Snack time at the cider mill was an opportunity for feeding therapy, too – after seeing so many apples, my kids were determined to eat an apple with the skin on.

Nature walk

The most glorious thing about the autumn is the range of color. Pick a crisp, sunny day to go for a walk in a park where the leaves will crunch under your feet. Jumping, stomping and rolling on leaves are the fun way to practice gross motor skills.



Leaf imprints

Bring home a handful of leaves for craft projects to exercise fine motor skills:

- Press a leaf under a sheet of paper and roll crayons over it to make a leaf impression
- Dip one side of a leaf in paint or washable ink to make stamps of the leaf shape

Press some colorful leaves between two sheets of clear contact paper, use a hole puncher to make a hole in one corner, and hang it up in a window.



To mail in a donation: Please make check payable to “Ashe County Partnership for Children” and mail to:



I \$25.00 \$50.00 \$100.00 Other \$