



HAPPY NEW YEAR
2016

January 2016

Bi-monthly Newsletter provided by Ashe County Partnership for Children

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

Child Care Health Consultant

No Resolutions for the New Year

We will not resolve to eat healthy, exercise, lose weight, or get enough sleep!! Instead, we will take each day as it comes and think about everything that we "should" do without the pressure of what we 'must' do. Before you take that bite of brown colored fast food imagine that it is filled with stuff that clogs your pipes and makes your heart stop working.

Then, imagine a plate of colorful vegetables and fruits and how your heart will beat with joy....and ease. Exercise? Now how can we get around that one? Telling our kids to put aside the computer, turn off the TV, and join you outside for a walk would be a good start. A little family time...and before you know it every "body" looks better and sleeps well. Maintaining your health is an art. It is the choices that we make for ourselves, and how we teach our children, that turns us into masterpieces, one decision at a time.

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



Child Care Family Resource

I have enjoyed making deliveries to the child care centers and family child care homes. Thank you to everyone that helped make the books for classroom libraries a success. Thanks to Ashe Memorial Hospital for having their own book drive to help us with our collection. Ashe Partnership for Children made delivery of 250 books to be used in the classroom libraries. Another great literacy event to promote early literacy.

Marilyn Agnew: (336) 982-8870 ext. 239



Savings Jar



It is quick and easy for kids to make their very own savings jar craft - great for encouraging them to save up during the year!

You will need:

Glass canning jar or old coffee jar
Sparkly stickers including numbers

To make:

Decorate the jar with stickers. Use the number stickers to spell out the year. Doesn't it look great!

Child Care Family Resource



Emergency Preparedness and Response in Child Care Training

The new *Emergency Preparedness and Response (EPR) in Child Care Training* provides early educators with information and tools to prepare for many types of emergencies. The *EPR in Child Care Training* addresses new NC Child Care Rules on emergency preparedness, current best practice recommendations, and guidance on completing the online EPR Plan. The EPR Plan template can be found on the North Carolina Emergency Management website.

The training is presented in two 2-hour sessions and includes a one-hour site assignment.

NC Child Care Rules 10A NCAC 09 .0607(b) and 10A NCAC 09 .1705(b)(6) require that a designated individual from all licensed centers and family child care homes complete the training and submit a facility EPR Plan.

Be prepared! Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count.

Session will be offered on:

Thursday, January 14th and January 28th (Must attend both nights to receive credit)

5:00 p.m. to 7:30 p.m.

Ashe County Partnership for Children

626 Ashe Central School Rd.

Jefferson, NC 28640

Call Marilyn Agnew to register at 336.982.8870

Fee is \$10.00 and must be paid at the time of registration.



SNOW WINDOW
indoor winter sensory play

You will need: Contact Paper, painters tape

Cotton balls, Q-tips (some cut in half)

Cotton pads and a window

Start by taping contact paper to your window sticky side out. I find its easiest if you tape the top edge on first then peel and tape the sides and bottom last. Have your child place the Q-tips on the window into a snowflake design. Have your child dab the cotton ball on the window to make little puffs of cotton balls on the window. Help your child place the cotton pads on the window and let your child use the Q-tips for the arms. Encourage your child to help create a story about the winter scene. Your child will explore textures, shapes, and cause and effect with serious intent while also working on fine motor skills and storytelling.

<http://www.notimeforflashcards.com/2014/01/snow-window-winter-activity-for-kids.html>

SAVE THE DATE

May 14, 2016

Walk a Mile in Her Shoes®

A Safe Home for Everyone

For more information and to find out how to be involved,
please contact Amber Dixon at 336.982.8851



www.walkamileinher shoes.org

Walk a Mile in Her Shoes®

**THE INTERNATIONAL MEN'S MARCH
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE**



Thank you to the Family Violence Prevention Services Program, US DHHS, and NC Council for Women for financial support.

SPONSORS NEEDED

Interested in becoming a sponsor or want to know how to become involved? Call A.S.H.E at 336.982.8851 for more details and information

Wedge Level

Advertising & company recognition in event material

Donation Amount

\$50-\$199

Pump Level

Extended advertising, company recognition in event material & awards

Donation Amount

\$200-\$499



Stiletto Level

Prominent advertising, company recognition in event material & awards, complimentary walker entries, table space for company information

Donation Amount

\$500 and up

VOLUNTEERS NEEDED!



A Safe Home for Everyone is looking for dedicated volunteers to help us work towards ending domestic violence and sexual assault in our community.

Volunteer Opportunities Include:

Children's Group, Outreach & Hotline



Training will take place March 16th, 19th and 20th.

For more information and to apply please contact:

A Safe Home for Everyone @ 336-982-8851

dvdirector@ashechildren.org



Deanna Stoker at (336) 982-8851 ext. 231

February is Teen Dating Violence Awareness Month!

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. That is why adults need to talk to teens now about the importance of developing healthy, respectful relationships.

Dating violence can have a negative effect on health throughout life. Victims of teen dating violence are more likely to experience symptoms of depression and anxiety. They might also engage in unhealthy behaviors, such as using tobacco, drugs, and alcohol. Teens who are victims in high school are at higher risk for victimization during college and into young adulthood.



How to Talk to Your Children about

Dating Violence

If you think your teenager already may be involved with an abusive partner:

- Give your teen a chance to talk. Listen quietly to the whole story.
- Tell your child that you are there to help, not to judge.
- If your teen does not want to talk with you, help find another trusted person for your child to talk with.

Focus on your child's safety and self-esteem. Point out how unhappy your teenager seems to be while with this person and the possibility of danger or harm. Do not "put down" the abusive partner.

Let your child know that abuse always gets worse. What may start as minor verbal or physical abuse is very likely to get worse if not stopped immediately.

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If your teenager tries to break up with an abusive partner:

- Advise that the breakup be definite and final.
- Develop a safety plan with your teen ahead of time.
- Support your teenager's decision and be ready to help.

Make sure your teen takes all necessary safety measures.

Avoid walking or riding alone, and always travel with another friend.

Consider changing class schedules.

Get help from the guidance counselor, school principal, or if necessary, the police.

What you can say:

It is important for your teen to talk about dating violence, either with you or with another trusted as simple as helpful conversation.

- "I care about what happens to you. I love you and I want to help."
- "If you feel afraid, it may be abuse. Sometimes people act in ways that are scary and make you feel threatened, even without using physical violence. Pay attention to what you are feeling."
- "No one has the right to hit you. No one has the right to control you or what you do."
- "The abuse is not your fault. You are not to blame, no matter how guilty ____ is trying to make you feel.

This should not be happening to you."

- "It is ____ who has a problem, not you. It is not your responsibility to help ____ change."



Remember: A Safe Home for Everyone is here to support you and your family. If you would like more information on Healthy Relationships or if you feel that you or your child is a victim of Dating Abuse, Intimate Partner Violence, or Sexual Violence please call our office at **336.982.8851** or contact our 24 hour hotline at **336.246.5430**

Healthy Families Ashe

Ashe County Partnership for Children's Family Foundations Program, is excited to announce a grant award from The Children's Endowment Fund for the purchase of developmentally appropriate books for parents to share with their children, in an effort to support and encourage parents to help their children develop optimally during the crucial early years. Family Foundations is a home visitation program providing staff who are trained in Parents as Teachers curriculum which is based on five key philosophies:

- **Parents are their children's first and most influential teachers.**
- **The early years of a child's life are critical for optimal development and provide the foundation for success in school and life.**
- **Established and emerging research should be the foundation of parent education and family support curricula, training, materials, and services.**
- **All young children and their families deserve the same opportunities to succeed, regardless of any demographics, geographic, or economic considerations.**
- **An understanding and appreciation of the history and traditions of diverse cultures is essential in serving families.**

Early childhood is increasingly recognized as a period when investments in healthy development and prevention pay high dividends in terms of children's readiness to succeed in school and in life. Our hope is that we can make a positive change by encouraging early learning and discovery, as well as promoting parental bonding. I would like to offer a special thank you to the members of the Children's Endowment Board for this \$250.00 grant which will allow Family Foundations to encourage parents not only to read to their child, but to set aside a special time each day to enjoy with their child.



For more information on Family Foundations please call:

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

New Year's Resolution Wreath



This New Year's resolution wreath is a super way to capture a moment in time! Encourage children to write down their resolutions on handprints and you will not only have a snapshot of what was important to them at this age, but a record of the size of their hand, too ... precious!

You will need: Brightly colored card stock paper, glue, white card stock paper and pens.

To make: Cut out a circle of white card stock and write upon it 'My Resolutions by...'.
 To use: Write your resolutions on the card and place it in the center of the circle.

Draw around your hand on bright card stock paper. Cut out the hand. Repeat until you have 6 or 7 hands. Ask your child their resolution and help them write a resolution on the palm of each hand. Glue the fingers of the hands together to form a circle. Finish by gluing the white card stock paper circle in the middle of the wreath and displaying. What a great way to help you stick to your New Year's Resolutions this year!



Triple P – Positive Parenting Program encourages parents to have positive interactions with their children, take care of themselves, and nurture their relationship with their spouse. For this New Year, be thoughtful in the resolutions that you make. Many people chose to make their resolutions around health and exercise. These are very important, but our families need to be our priority. Here are some ideas of resolutions you might want to make for your family in 2016.....

- Acknowledge and give praise to your children more often for the good things.
- Make time for yourself – being a good parent means you take care of yourself so you are mentally and physically prepared to be there for your children.
- Give your children and your spouse hugs more often. Sometimes that is all that it takes to make a person's day is to give them a hug. It makes them feel good inside and you'll feel good too.
- Share more family meals together. This is a great time for conversation and to check-in with everyone. A time to share about your day and ask your child(ren) about theirs.
- Play the "Glad Game". This is a fun way to end the day or to cheer someone up. You each find something that day that makes you glad and share it with each other.
- Say "I love you!" more often. You know you love your children, but you need to make sure they know it.
- Have family night each week. Share a meal, a movie or a game and enjoy each other's company.
- Have a date night for you and your spouse. Part of taking care of your family is taking care of your relationship.

Dedicate 2016 to better communication and stronger relationships with your children. You'll see positive changes and your children will too.

Tonya Roark, Level 2 Provider

How Can I Help Support the Children of Ashe County?

Much of the success of Ashe County Partnership for Children comes from our gracious donations from the community. We would not be able to succeed without your continuing support. Ashe County Partnership for Children is a 501(c)(3) nonprofit organization. Contact your tax advisor for gift deductibility.

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

626 Ashe Central School Road, Unit 1
Jefferson, NC 28640



Yes! I would love to donate to help families of young children, early childhood educators entrusted with the children of our community, and the victims of domestic violence or sexual assault who are struggling to piece their lives back together. Please accept my donation:

\$25.00 _____ \$50.00 _____ \$100.00 _____ Other \$ _____