



**Ashe County Partnership for Children**

**336-982-4588**

**September 2016**



## **A Safe Home for Everyone**

**Office: (336) 982-8851**

Thrive! is a FREE monthly support group offered to survivors of intimate partner violence. Through this group, survivors can experience a safe, confidential place to explore the healing process, gain more information and understanding of how intimate partner violence impacts their daily lives, and connect with others who have had similar experiences. Thrive, meets the 2<sup>nd</sup> Tuesday of the month from 6-7:30p.

A Safe Home for Everyone (A.S.H.E.) is looking to partner with an Ashe County church or community group to provide a meal to our monthly support group attendees!

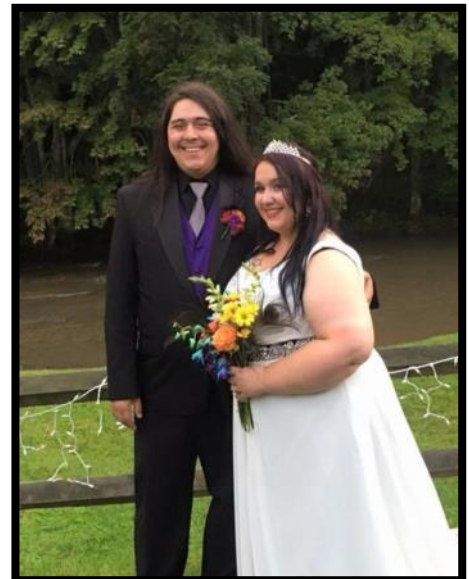
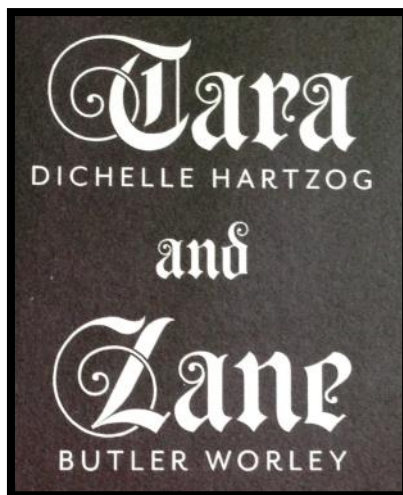
A.S.H.E.'s goal is to make it as easy as possible for participants to attend support group by offering a free meal as well as child care. If you are interested in this opportunity to help serve survivors in our community, please contact A Safe Home for Everyone at 336-982-8851 for more information.



**Congratulations Tara!**



**We surprised Tara, our DV Children's Advocate with a wedding shower! Tara and her fiancé Zane were married on August 19th. We wish them the best of luck on their journey together.**



**Tara and Zane enjoyed a honeymoon cruise to Jamaica and the Cayman Islands.**

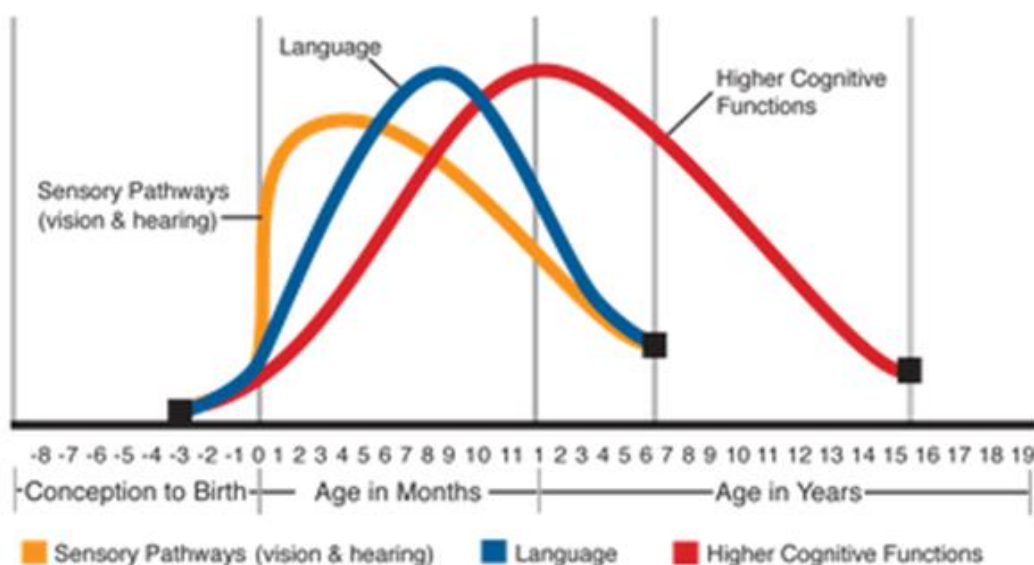
There are only 2,000 days between the time a baby is born and when he or she will begin kindergarten. During that time brain architecture is forming, creating either a strong or weak foundation for all future learning. Child development is a dynamic, interactive process that is not predetermined. It occurs in the context of relationships, experiences and environments. Harvard University neuroscientist Jack Shonkoff puts it this way, “brains are built not born.”

For optimal development and a strong foundation, children need good health, strong families and high quality early learning and school experiences. With quality early child development experiences, children are school ready, graduate from high school and grow into productive citizens and valuable employees.

## Brain Research

Brains are built, not born. What happens in children’s early years sets the foundation for all the years that follow. Child development is a dynamic, interactive process that is not predetermined. It occurs in the context of relationships, experiences and environments. That’s because as Harvard University pediatrician Jack Shonkoff says, “brains are built not born.” Understanding this concept is ensuring that each child has the opportunity to realize his or her potential. The brain is one of the only organs not fully developed at birth. Most of the cells are there, but the connections – the wiring that forms the architecture is not. These connections develop in early childhood. Every experience a baby has, forms a neural connection in the brain. These connections—called synapses—form very rapidly in the early years at a rate of 700 synapses per second.

*This graph shows when those connections peak for different brain functions.*



Graph Source: C.A. Nelson (2000)



The synapses that form for vision and hearing peak at just four months. Language at nine months. Higher cognitive functions at one year. Experiences and environments determine which connections get used more and therefore, strengthened. Those that are used less fade. A child's interactions with the world determine how these connections (wiring) are formed, providing either a strong or weak foundation for all future health and learning.

Health in the earliest years lays the groundwork for a future well-being. Children that participated in a high-quality early learning program that included health screenings and nutritional components had better adult health and less chronic disease 30 years later.

Strong families are vital. Parents are a child's first and best teacher. Supporting parents has significant benefits to children and families. For example, voluntary home visiting programs provided by qualified professionals to parents, prenatally and/or with young children – reduce health care costs, improve school readiness and success, reduce need for remedial education and increase family self-sufficiency. Quality early-learning experiences that begin at birth and continue through third grade can make all the difference! For example, Duke University researchers found that North Carolina third graders had higher reading and math scores and lower special education placements in counties that spent more money on Smart Start and More at Four – now NC PreK – when those children were younger. The early years are so defining that by the time children turn eight, their third grade outcomes can predict future academic achievement and career success.

Information in this article comes from [North Carolina Early Childhood Foundation](#)"

"The First 2,000 Days is an initiative of the [North Carolina Early Childhood Foundation](#)"

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**Volunteers are needed!!!!**

**Read for the Record will be on October 27, 2016**



*"The Bear Ate Your Sandwich"*

Ashe County Partnership for Children will host the Jumpstart: Read for the Record event on Thursday, October 27, 2016. Help us by volunteering to *READ* to the children in a classroom so we might break last year's record of 500. Please sign up to volunteer TODAY! *The children NEED you!!!*

## Professional Development Opportunities (PDO)

(Call Missy or Marilyn for additional information at 336.982.8870)

August 29th	<i>Director's Lunch &amp; Learn (Family Central)</i>	No Fee
September 19	Family Home Meeting	No Fee
September 27	<i>STEM in Preschool (Family Central)</i>	\$5.00 Fee
October 1	Fall Institute 2016 (Family Central)	\$25 in-county \$35.00 out-of county



**October 1st, 2016**

**Fall Institute 2016**

Featuring:

Infant/ Toddler Zones, Part 1, 2, and 3 (Infant/Toddler)

Growing Up Wild (Preschool)

Brain Development with Becky Ballard (Keynote Luncheon)

DJ Svoboda and his Imagifriends

"Alphabet Ready by Kindergarten "

"Partnering with Families to Address Challenging Behaviors: We are all in this together!"

And many more to be announced.

*\$25.00 for in-county residents/\$40.00 for out-of-county*

Family Central

626 Ashe Central School Rd.

Jefferson, NC



Earn 6.0 credit hours

Door Prizes

Vendors

Join the B5 Council and Ashe County Partnership for  
Children for

## State of the Child Event

“Building Bridges for a Brighter Future”

# Save the Date

# September 20, 2016

Panel Discussion & Strategies 1pm – 4pm

We invite you to engage with us as we discuss current realities facing our children and youth and how they relate to risk behaviors, mental health, toxic stress and challenges created by poverty.

Strategize with us on how we can work to close those gaps in awareness and services as we work to make a better future for our children and our community.



## Family Foundations

**Melissa Fowler: Ext. 246 & Keila Hernandez Ext. 228**

Fall is nearly here! What a great time of year to live in the mountains! There are lots of fun things that you can do with your family this time of year. Try apple picking, taking a drive to check out the beautiful fall colors, a family picnic, or hike. It's a perfect time of year to enjoy nature. Don't forget to check out your local farmers market's goodies like pumpkins, squash, apples, and other fresh fruits and vegetables. Check out this recipe from PBS Kids Kitchen explorers ( [www.pbs.org/parents/kitchenexplorers/2013/10/17/pumpkin-chocolate-chip-pancakes/](http://www.pbs.org/parents/kitchenexplorers/2013/10/17/pumpkin-chocolate-chip-pancakes/) ), a fun recipe to try at home on a Saturday morning with family.

As the air turns cooler, it's also an opportune time to curl up with a good book. Take the time each day to read with your child. Some recommended books for sharing with your kids are "Smile!" (Babyfaces) by Roberta Grobel Intrater; "My Very First Mother Goose" by Iona Archibald & Rosemary Wells; "A Boy, a Dog, a Frog and a Friend" by Mercer Mayer and Marianna Mayer & "The Snowy Day" by Ezra Jack Keats. These are just a few of the books listed on the Parents as Teachers Books for Sharing list.

Family Foundations Group Connections will meet at the Ashe County Public Library on September 13, 2016, at 10:30 am for "Songs and Learning for Birth to Age 5 and Adults, *Sing to your Baby.*" All are welcome to attend. For more information about Family Foundations Group Connections, call 336/982-4588, and ask for Melissa Fowler, or Keila Hernandez.





**The following recipes came from Rhonda Church, Expanded Food and Nutrition Education Program (EFNEP) Associate at the North Carolina Cooperative Extension Service, Ashe Center.**

**3-Ingredient Banana Pancakes Gluten-Free, Flourless, Low-Calorie**  
**Yield: 10 mini pancakes**

**Ingredients**

- 1 1/2 large bananas, ripe to overripe (200g; 7 oz)
- 2 eggs
- 1/8 teaspoon baking powder
- Maple syrup, butter, or blueberries, to serve



**Instructions**

- 1. In a mixing bowl, crack in the eggs and add in baking powder. And whisk to combine.
- 2. In another bowl add in 1 1/2 large bananas. Lightly mash with a potato masher or a fork, but not too much. There should be chunks of bananas to make fluffy pancakes. And use only ripe bananas.
- 3. Pour wet mixture into mashed bananas and stir to combine.
- 4. In a frying pan, cook mini pancakes over a medium low heat. 1 or 2 tablespoons of batter is enough for each mini pancake. When the baking powder is activated, flip it over and cook for about one minute more. Serve immediately when hot.

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## **Pumpkin Blueberry Bread**

***Whisk dry ingredients together in a bowl.***

**2 cups whole wheat all purpose flour**

**¾ cup sugar**

**½ teaspoon salt**

**2 teaspoons baking powder**

**¾ teaspoon baking soda**

**1 teaspoon cinnamon**

***In another bowl whisk together wet ingredients:***

**2 eggs**

**½ cup vegetable oil**

**1 cup buttermilk**

**1 canned pumpkin**



Combine the wet ingredients into the dry and stir gently about 50 strokes, *add ½ cup washed blueberries.* Pour into a 9" loaf pan or makes 12 regular size muffins. Bake the loaf for approximately 1 hour, the muffins will take 20 minutes at 350 degrees.



## Ashe County Partnership for Children Needs Your Help

*Our agency is in need of the following items for the children and families we serve:*

Cleaning supplies

Markers

Rulers

Construction Paper

Phone Cards

Dinner/food for groups

Pots and Pans

Small kitchen appliances

Tupperware

Child Safety Kits

Cooking Utensils

Pencils

Measuring Cups

Glue Sticks

Gas Cards

Storage containers

Laundry detergent/bleach

New Washcloths

Diapers

Books for children 0-5

New sensory toys for babies

Crayons

Spoons

Old cell phones with chargers

Wal-Mart Gift Cards

Various types of baby formula

Small household electronics

New Towels

Wipes

Legos or blocks that interlock



**Monetary donations are tax deductible!**  
**Thank you for your help.**

**Call (336)982-4588 for more information.**



## It's back to school time!

Getting ready for work and school can be a tiring and stressful task. Are you finding yourself saying "Late again"?

Is it hard to get everything done in the morning, kids dressed and ready, lunches packed, etc.?

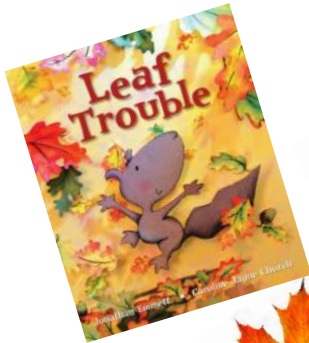
Triple P has a few tips:

- Get yourself ready first, then help the kids.
- Be organized and set a routine.
- Avoid repeating instructions and nagging. That leads to an unpleasant start to your day and the kids' day.
- Teach your kids things like brushing their teeth, putting on their socks, and brushing their hair. This will save you time and give them a chance to learn and practice new skills.
- If your children are old enough, have a to-do list for each evening and morning to help them get ready for their day.
- Play the "beat the clock game". Your child's goal is to be ready or have a particular task done before the alarm goes off. Their prize could be their favorite snack in their lunch.



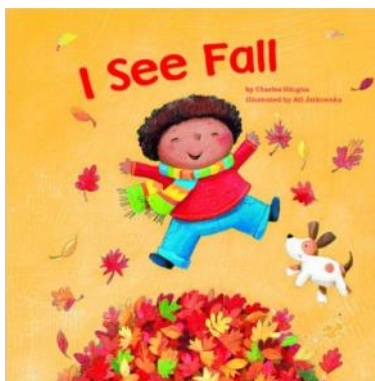
These are just a few tips from Triple P, Positive Parenting Program. For more information or to be connected to a Triple P provider, call Ashe County Partnership for Children 336-982-4588

# FALL INTO A GOOD BOOK



## Read to your children...

Infants and toddlers may not be able to read yet, but you can read a book to them. Reading aloud to young children is a great way to capture their attention and teach them new things.



This book shares the magic of the season through observations and fun rhymes.

You can also read books about color to help infants and toddlers learn about the variety of colors they will see in fall.

