



Buckle Up Kids
NORTH CAROLINA



DUPLIN COUNTY
Partnership for Children

a partner in the
smart start network



News for the Communities, Families and Early Childhood Educators of Duplin County



Help your community get the funding it needs for programs and services like the Supplemental Nutrition Assistance Program, or SNAP, Medicaid, health clinics, education, and much more.

Complete the 2020 Census online, by phone, or by mail. It's easy, safe, and important.

For more information, visit:
2020CENSUS.GOV

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I Have A Little Frog

I have a little frog,
His name is Tiny **Tim**.
I put him in the bathtub,
To see if he could **swim**.

He drank up all the water.
He gobbled up the **soap**.
And when he tried to talk,
He had a bubble in his **throat**.



Teacher Resources



"Sun Safety"



In summer -- or any season -- protecting kids from the sun's harmful rays is a must. Here's what every parent should know.

5 Steps to Sun Safety for Kids

The Skin Cancer Foundation estimates that 80% of lifetime sun exposure occurs during childhood -- and that just one blistering sunburn can double the risk of getting melanoma later in life. Protect your children by following these tips from the American Academy of Dermatology and the American Academy of Pediatrics:

1. **Limit outdoor playtime between 10a.m. and 4p.m.** Avoid unnecessary exposure when the sun's rays are at their strongest. Even on cloudy or cooler days, ultraviolet (UV) rays remain strong. Shady spots can be just as tricky because of reflected light. If your child is playing outdoors during these hours, make sure to apply sufficient sunscreen.
2. **Apply sunscreen properly.** Generously apply sunscreen 30 minutes before your child goes out in the sun. Choose a sunscreen with SPF (Sun Protection Factor) 15 or higher. Scented and colorful sunscreens appeal to some kids and make it easier to see which areas have been covered well. Don't forget nose, ears, hands, feet, shoulders, and behind the neck; lips can also burn, so apply a lip balm with SPF protection. Reapply sunscreen every 2 to 3 hours, or after sweating or swimming.
3. **Cover up.** Wearing protective clothing and hats is one of the most important ways of warding off UV damage. When wet, light-colored clothing transmits just as much sunlight as bare skin. Keep your kids covered with dark colors, long sleeves, and pants whenever possible. And don't forget the accessories: sunglasses with UV protection to guard against burned corneas, and hats to prevent sunburned scalps and faces. Protective clothing, hats with brims, and sunglasses are just as important for babies. At the beach, bring along a large umbrella.
4. **Keep watch on medications.** Some medications increase the skin's sensitivity to the sun, so make sure to ask your doctor whether your child may be at risk. Prescription antibiotics and acne medications are the most notorious culprits, but when in doubt, ask.
5. **Set a good example for your kids.** If your child sees you following sun-safety rules, he'll take them for granted and follow suit. Skin protection is important for every member of the family, so team up with your children to stay protected when venturing out in the sun.



Helpful “Back To School” Hints for Children & Parents

- Set your kids sleep schedules back to “School Time” two weeks before the first day.
- Encourage your kids to read at least one book before the school year begins.
- Set up weekly meetings to review your kids schedules for the week (s) ahead.
- Create a family calendar that tracks everyone’s activities and commitments.
- Refresh your rules about screen time for the school year. What’s allowed and when?
- Establish a set “Family Time,” whether it’s during dinner or before bed.
- Give kids a specific day to when they can choose all activities you do together.
- Determine how long it takes them to do assignments to help with time management.
- Teach your kids to prioritize their assignments by making to-do lists with deadlines.
- Give your kids a short break after each assignment they finish.
- Set a regular alarm each day that signals the start of homework time.
- Discuss what your kids can expect on the first day so they feel more prepared.
- Visit the school with your kids so they can get familiar with their new environments.
- Get the list of school supplies, books and technology your kids will need.
- Include your kids in a back-to-school shopping by letting them pick out their items.
- Make a plan for organizing those supplies - and keeping them that way.
- Help your kids develop a filing system for organizing their documents for each class.



For more information, visit www.care.com

Fiery Fish Tacos with Crunchy Corn Salsa

Spicy grilled fish are cooled down with a fresh crunchy veggie salsa featuring fresh corn.

Your guests will swim back for seconds!

Ingredients

- 2 cups of yellow, sweet, raw corn
- 1/2 cup of red onion
- 1 cup of Jicama, raw
- 1/2 cup of peppers, sweet, red, raw, red bell pepper
- 1 cup of cilantro, raw
- 2 tablespoons of spices, pepper, red or cayenne
- 1 tablespoon of spices, pepper
- 2 tablespoons of salt
- 6 (4 ounce) fillets of tilapia (bream) raw
- 2 tablespoons of Olive Oil
- Corn tortillas
- 2 tablespoons of sour cream



Instructions

- Preheat grill for high heat
- In a medium bowl, mix together corn, red onion, jicama, red bell pepper and cilantro. Stir in lime juice and zest.
- In a small bowl, combine cayenne pepper, ground black pepper and salt
- Brush each fillet with olive oil and sprinkle with spices to taste.
- Arrange fillets on grill grate and cook for 3 minutes per side.
- For each taco, top corn tortilla with fish, sour cream and corn salsa.

Trainings, Updates & News

Technical Assistance & Consultation/Coaching

Technical assistance and coaching/consultation services are available to all child care facilities on Tuesday- Thursday by phone from 9:00 am - 3:30 pm. For more information, please contact Toni Hudson or Susan Elixson at 910-296-2000.

Do you have questions about your child's car seat or are you in need of a seat? For more information, please contact Karen Pacheco at 910-296-2000 on Monday - Wednesday from 9:00 am - 3:30 pm.



Donor Levels:

| | |
|-------------|----------|
| \$10-\$49 | Friend |
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| \$100-\$249 | Bronze |
| \$250-\$499 | Silver |
| \$500-\$999 | Gold |
| \$1000 + | Platinum |

Duplin County Partnership for Children is a 501(c) 3 private, nonprofit organization. Therefore, all donations are tax deductible. All contributions are appreciated. If you would like to make a contribution, make checks payable to the Duplin County Partnership for Children.

Name _____

Address _____

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Your donation will help ensure that young children in Duplin County are healthy, safe, and ready for school.

Contact Information

Telephone: 910-296-2000

Fax: 910-296-1497

www.dcpfc.org

Office Hours

Monday-Friday: 8:00 am - 4:30 pm

Library Hours

Monday-Friday: 8:00 am - 4:30 pm



HOPE 4 HEALERS

Do you or your family members need FREE emotional support from being on the COVID-19 frontlines?

**NORTH CAROLINA HOTLINE
(919) 226-2002**



**149 Limestone Road
PO Box 989
Kenansville, NC 28349**