



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



December
2020

As the holiday season approaches, Duplin County Partnership for Children would like to take this opportunity to thank you for your business and support. May your holiday season and the New Year be filled with lots of joy, peace, health, happiness and much success. We look forward to working with you in 2021. Merry Christmas from the staff of Duplin County Partnership for Children.

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In observance of the Christmas and New Year holidays, DCPC will be closed on Wednesday through Friday, 12/23/20 - 12/25/20. We will also be closed on 01/01/21.



HAPPY HOLIDAYS!





A PARENT'S CHECKLIST FOR PREVENTING INJURIES

During the Coronavirus Pandemic



SAFETY AT HOME — WHEN YOU'RE FOCUSING ON EVERYTHING AT ONCE

- Store household cleaning products safely to prevent poisoning and save the Poison Help number in your phone: 1-800-222-1222.
- Keep all medicine out of children's reach and sight, even medicine and vitamins you take every day.
- Make sure young children are within arm's reach of an adult during bath time and watch kids of all ages when they are swimming in backyard pools.
- Keep hot foods and beverages away from the edge of counters and tables.
- Separate toys by age and keep little game pieces away from little kids.
- Create a safe place for kids to play by installing safety gates on stairs and guards on windows to prevent falls, keeping small objects and cords to window blinds out of reach and securing top-heavy furniture and TVs.



KIDS AROUND CARS — IF YOU HAVE TO DRIVE

- Walk all the way around your parked car to check for children.
- Prevent heatstroke by never leaving a young child alone in a car.
- Slow down and avoid distractions when driving, especially in neighborhoods.
- Keep car doors and trunks locked and keep key fobs out of reach.



STAYING ACTIVE AND INJURY FREE — WHILE SOCIAL DISTANCING

- Look left, right and left again before crossing the street.
- When crossing a street, make eye contact with drivers.
- Put phones and headphones down when crossing the street.
- Wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating.

FOR MORE INFORMATION VISIT [SAFEKIDS.ORG](https://www.safekids.org)

**SAFE
KIDS**
WORLDWIDE



LISTA DE VERIFICACIÓN PARA PADRES SOBRE LA PREVENCIÓN DE LESIONES

Durante la Pandemia del Coronavirus



SEGURIDAD EN EL HOGAR — CUANDO SE PRESTA ATENCIÓN A MIL COSAS A LA VEZ

- Almacene los productos de limpieza del hogar de forma segura para evitar el envenenamiento y guarde el número de Poison Help en su teléfono: 1-800-222-1222.
- Guarde todos los medicamentos fuera del alcance y de la vista de los niños, incluso los medicamentos y las vitaminas que se toman a diario.
- Asegúrese de que los niños pequeños estén al alcance del brazo de un adulto durante la hora del baño y vigile a los niños de todas las edades cuando estén nadando en piscinas de patios traseros.
- Mantenga los alimentos y los líquidos calientes lejos del borde de las encimeras y mesas.
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- Separe los juguetes por edad y mantenga las pequeñas piezas de juegos lejos de los niños pequeños.
- Cree un lugar seguro donde pueden jugar los niños instalando puertas de seguridad en las escaleras y protectores en las ventanas para evitar caídas, manteniendo los objetos pequeños y los cordones de persianas fuera del alcance y anclando muebles y televisores muy pesados.



LOS NIÑOS DENTRO Y CERCA DE LOS VEHÍCULOS — SI TIENE QUE CONDUCIR

- De una vuelta completa alrededor del vehículo estacionado para comprobar la presencia de niños.
- Para prevenir contra el golpe de calor, nunca deje a un niño solo dentro de un vehículo.
- Reduzca la velocidad y evite las distracciones al conducir, especialmente en las zonas residenciales.
- Mantenga cerradas las puertas y el maletero del automóvil y guarde los llaveros fuera del alcance.



MANTENERSE ACTIVO Y LIBRE DE LESIONES — MIENTRAS SE PRACTICA EL DISTANCIAMIENTO SOCIAL

- Mire a la izquierda, derecha e izquierda de nuevo antes de cruzar la calle.
- Al cruzar la calle, establezca contacto visual con los conductores.
- Cruce la calle sin mirar al teléfono y sin auriculares.
- Lleve un casco bien ajustado al ir en bicicleta, patinete, scooter mono o patines en línea.

PARA MÁS INFORMACIÓN VISITA [SAFEKIDS.ORG](https://www.safekids.org)

**SAFE
KIDS**
WORLDWIDE

AFFORDABLE HEALTH INSURANCE TO PROTECT YOU AND YOUR FAMILY

 **Open Enrollment is Nov. 1-Dec.15**

Free, expert help in choosing the
best plan for you and your family



(252) 847-3027

toll-free:

(877) 755-5438

nc.navigator.net



**NC NAVIGATOR
CONSORTIUM**



EARLY CHILDHOOD LENDING LIBRARY



Duplin County Partnership for Children invites all parents and teachers in Duplin County to join our Early Childhood Lending Library. We have enrichment activities and books for children ages 0-12. Individual memberships are available for free. For more information on the library, please call Karen Pacheco (910) 296-2000.

Monday – Friday 8:30 am to 4:00 pm

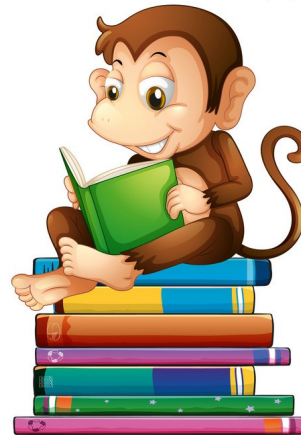
Resources Available:

- Children's Books
- Music CDs
- Parenting Resources
- Childcare Provider Resources
- Prop Boxes
- School age/homeschool resources

Workroom with:

- Laminator
- Ellison Die Cut Machine
- Other Materials

**Read
A BOOK!**



The more that
you read,
the more things
you will know.
The more that
you learn,
the more places
you'll go.



Sour Cream Mashed Potatoes

“Smashed red potatoes with a generous dollop of sour cream for a rich and creamy side dish.”

Ingredients

- 4 lbs. of red potatoes
- Kosher salt and pepper
- 1 1/2 cup of sour cream
- 1/2 cup of whole milk
- 4 tbsp. of unsalted butter, cut up
- 5 oz. of extra sharp white cheddar, grated

Directions

1. In a large pot, add potatoes and enough cold water to cover; bring to a boil. Add two teaspoons of salt, reduce heat, and simmer until just tender, 15 to 18 minutes. Drain and return to the pot.
2. Add sour cream, milk, butter and 1/2 teaspoon each of salt and pepper and smash to desired consistency, then fold in the grated cheddar.

Pulled from www.goodhousekeeping.com



5 Tips for a Quicker - Cooking Holiday Dinner

- Assemble salads in advance
- Cut up vegetables before cooking to save on time
- Skip vegetable casseroles and whip up a rich sauce instead
- Downsize from the holiday goose and try a Cornish Hen
- Skip the roast and grill instead



Trainings, Updates & News

Training	Date	Type	Cost	Deadline to Register
Making Happy Happen: Building Resilience In Children	01/14/21	Virtual	\$5.00	01/06/21
ITS SIDS	01/26/21	Virtual	\$5.00	01/19/21

Paint a popsicle stick and tip with ribbon and glittery details. Hang your totally personal and homemade ornaments from your tree, or give as thoughtful gifts for loved ones, customizing each thoughtfully to the recipient's favorite style or color palette.

Materials needed:

- Paint
- Glue
- Cardboard
- Scissors
- Paint brushes
- Glitter
- Mod podge
- Ribbon

Instructions

- Start off by painting your popsicle stick any color you'd like.
- Cut out a circle for the lollipop and take your photo that you'll be using for the ornament and cut that circle smaller.
- Decorate your lollipop. You can use glitter or paint or both
- Set it aside to dry and once it's done you'll glue your photo to the middle of the lollipop. Then seal your lollipop with mod podge.
- Glue your lollipop stick to the circle and then add your ribbon. Cut a piece for the hoop to hang and then you can add a cute little bow for under your photo.



Pulled from www.goodhousekeeping.com



Donor Levels:

\$10-\$49
\$50-\$99
\$100-\$249
\$250-\$499
\$500-\$999
\$1000 +

Friend
Patron
Bronze
Silver
Gold
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 _____

Daytime phone (____) _____

Amount enclosed ____\$100 ____\$50 ____\$25
____other

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



**Wishing you a
fun-filled Holiday
season and best
wishes for a
Happy New Year!**



DUPLIN COUNTY
Partnership for Children

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