



DUPLIN COUNTY
Partnership for Children

a partner in the
smart start network



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

National Child Passenger Safety Week

Car Seat Safety Check

When: September 25, 2020

Time: 2:00 p.m. - 6:00 p.m.

**Location: Peebles - Parking Lot
Wallace NC**



2020

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During the **FREE** car seat check, new seats will be available to purchase at a reduced price if eligibility requirements are met. Cash payment only. Correct change is necessary.

Social distancing and mask are required.





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National Child Passenger Safety Week

Inspeccion de Asientos

September

2020

Cuando: Septiembre 25, 2020

Hora: 2:00 p.m. - 6:00 p.m.

**Lugar: Peebles - En el parqueo de
Peebles, Wallace NC**

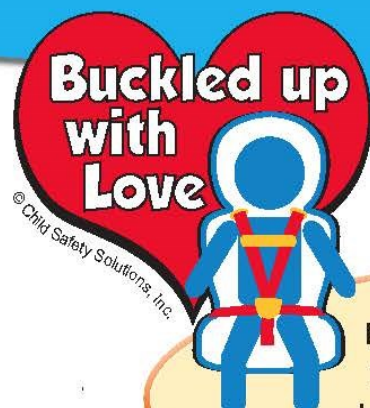
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Durante esta inspección **GRATIS, habrá asientos de venta a un precio reducido, si se cumplen los requisitos de elegibilidad. Dinero en efectivo y cambio correcto es necesario.**

Se requieren distanciamiento social y el uso de máscara.





11 ways to keep your child safer in a car.

Motor vehicle crashes claim the lives of more than 12 children each week. To best protect your child, choose a safety seat that fits your vehicle, fits your child, and that you will use correctly every time.

- **Always read the vehicle owner's manual and the car seat instructions for correct installation information.**
- **Check your vehicle owner's manual and tags on the safety belts when you purchase a car seat.** Make sure your child's weight and height are within the limits of the car seat. If you buy a convertible seat, check the fit both rear- and forward-facing.
- **Do not buy a used seat** unless you can verify 1) it has not been in a crash; 2) the age of the seat and that it has not expired; and 3) it has not been recalled.
- **Infants and toddlers** need to ride in a rear-facing car seat as long as possible. Keep children rear-facing until they are at least two years old, or until they reach their seat's height or weight limits.
- **When your child outgrows** the rear-facing seat, he/she should ride in a forward-facing convertible or combination seat with a harness as long as possible, up to the highest weight or height allowed in the car seat manufacturer's instructions.
- **Make sure you use the top tether strap** if your car seat and vehicle manufacturer's instructions allow it. When snug, top tethers reduce the distance your child's head travels in a crash and the risk of injury.
- **Children who exceed the limits** of the car seat harness are safest in a booster until the adult seat belts fit correctly, usually at 4'9" in height and between 8-12 years old.
- **Install the seat in back;** all children should ride in the back seat until they are at least 13 years old. Never install a car seat in front of an air bag.
- **Install your car seat snugly** enough so it moves less than one inch to the sides and toward the front of the vehicle.
- **Attend a car seat checkup** to be sure the seat is installed correctly and your child is safely secured. To learn more about car seat checks near you, visit www.safekids.org/in-your-area/find-a-inspection-station/.
- **Make sure you buckle up** so your kids will too!

I'M SAFE!



**Abrochado
con
amor**

© Child Safety Solutions, Inc.



11 maneras de mantener a su hijo más seguro en un auto.

Los accidentes automovilísticos reclaman la vida de más de 12 niños cada semana. Para proteger mejor a su hijo, elija un asiento de seguridad adecuado para su vehículo, adecuado a su hijo y que usará correctamente cada vez.

- **Siempre lea el manual de su vehículo y las instrucciones del asiento de seguridad para la información de instalación correcta.**
- **Consulte el manual de su vehículo y las etiquetas de los cinturones de seguridad cuando compre un asiento de seguridad.** Asegúrese de que el peso y altura de su hijo estén dentro de los límites del asiento de seguridad. Si compra un asiento convertible, compruebe el ajuste en la posición mirando hacia atrás y hacia delante.
- **No compre un asiento usado a menos que pueda verificar que 1) no estuvo en un accidente; 2) la edad del asiento y que no esté vencido; 3) no haya sido retirado del mercado.**
- **Los bebés y niños pequeños necesitan viajar en un asiento de seguridad que mire hacia atrás durante el mayor tiempo posible.** Mantenga a los niños mirando hacia atrás hasta que tengan por lo menos dos años de edad, o hasta que lleguen a los límites de altura o peso de sus asientos.
- **Cuando su hijo crece demasiado** para un asiento que mira hacia atrás, debe viajar en un asiento convertible o de combinación que mire hacia adelante con un arnés durante el mayor tiempo posible, hasta la altura y peso más altos permitidos en las instrucciones del fabricante.
- **Asegúrese de usar la tira del ajuste superior** si su asiento de seguridad y las instrucciones del fabricante lo permiten. Cuando está ajustado, el ajuste superior reduce la distancia que viaja la cabeza de su hijo en un accidente y el riesgo de lesión.
- **Los niños que exceden los límites del arnés** del asiento de seguridad están más seguros en un asiento booster hasta que los cinturones de seguridad de adultos se ajusten correctamente, usualmente a 4'9" de altura y entre los 8 y 12 años de edad.
- **Instale el asiento en la parte posterior;** todos los niños deben viajar en el asiento de atrás hasta que tengan por lo menos 13 años. Nunca instale un asiento de seguridad enfrente de una bolsa de aire.
- **Instale su asiento de seguridad lo suficientemente ajustado** para que se mueva menos de una pulgada hacia los costados y hacia la parte delantera del vehículo.
- **Asista a un chequeo de asientos de seguridad** para asegurarse de que el asiento esté instalado correctamente y su hijo está ajustado seguramente. Para aprender sobre chequeos de asientos de seguridad cerca de su hogar, visite www.safekids.org/in-your-area/find-a-inspection-station/.
- **¡Asegúrese de abrocharse su cinturón para que sus hijos también lo hagan!**



it's the right thing to do

Dolly Parton's Imagination Library is now available in Duplin County. Dolly Parton's Imagination Library is a book gifting program that mails **FREE, high-quality books to all children who enroll from birth until they are five. Through this program, age-appropriate books will be mailed to registered children monthly. This activity promotes emergent literacy skills. To sign up, contact Duplin County Partnership for Children at 910-296-2000 or sign up online at: www.smartstart.org/dolly-partons-imagination-library.**



Inspiring Young Readers of Duplin County

Duplin County currently has **1381** children enrolled and **750** graduated in Dolly Parton's Imagination Library. If your child has received a book and you would like to share their excitement in Duplin County Partnership for Children's newsletter, please contact Karen Pacheco at 910-296-2000.



**Do you need help finding
child care for children
age 12 and under?**

Call 1-888-600-1685
for local options.



¿Necesita ayuda para encontrar cuidado infantil para niños menores de 12 años?

Llame al 1-888-600-1685 para
conocer las opciones en su comunidad.

Apple Chips

Making your own apple chips is extremely easy - even without a fancy dehydrator. Bake and enjoy!

Ingredients

- 2 apples thinly sliced (Honeycrisp, Granny Smith, Pink Lady)
- 1/2 tsp. granulated sugar
- 1/2 tsp. of cinnamon



Directions

- Preheat oven to 200 degrees. In a large bowl, toss apples with sugar and cinnamon
- Place a metal rack inside a rimmed baking sheet. Lay apple slices on top of rack, spacing them so that no apples overlap
- Bake for 2 to 3 hours, flipping apples halfway through, until apples dried out but still peelable. (Apples will continue to crisp while cooling.)



Pulled from www.delish.com

The Big Idea: You'll be better able to help kids cope with difficult emotions if you're also taking good care of yourself.

Taking Care of Yourself

Taking care of kids, who naturally have big feelings and need lots of adult support to manage them, can be hard work! It's important to take time to refresh and refuel. Try some of these tips:



Reach out to trusted friends, family, and community organizations. Ask for help when you need it. To reduce stress, make a list of family and friends who can help you in a tough time. Include their contact information and times they are free to help out.

Take time for yourself every day. It can be as small as three deep breaths in between making dinner and putting kids to bed. If you have more time, try: reading a book, magazine or blog, listening to a favorite song, going for a walk, calling a friend, taking a bath, writing thoughts and feelings in a journal, thinking about a happy memory.

Practice patience and persistence and model these behaviors for children to see. Let children see you trying after you fail, taking a deep breath when you are frustrated, and coming up with a new plan when your plan does not work.

Remind yourself of these important things:

- You are not alone. Many people are in similar situations.
- There's help out there, and it's okay to ask for it.
- It's normal to have a lot of different feelings.
- You don't have to be perfect.
- Celebrate the gifts in your life and all successes, no matter how small.

Pulled from www.sesamestreetincommunities.org

La Gran Idea: Usted podrá ayudar mejor a los niños a manejar las emociones difíciles si usted toma el tiempo

Saber Cuidarse

Cuidar a un niño puede ser un trabajo duro; ¡es importante tomarse el tiempo para revitalizarse y renovarse! Trate de implementar estos consejos:

Identifique amigos de confianza, familia y organizaciones en la comunidad. Pida ayuda cuando la necesite. Para reducir el estrés, haga una lista de familia y amigos que pueden ayudarlo en un momento de dificultad. Anote la información para contactarlos y el horario en que estén disponibles para ofrecer su ayuda.



Tome un tiempo para si mismo cada día. Puede ser un momento simple como respirar hondo tres veces en la transición entere la hora de comer y la hora de dormir. Si tiene mas tiempo disponible, trate de: leer un libro, una revista o un blog; escuchar una canción favorita; salir a pasear; llamar a un amigo; tomarse un baño; escribir sus pensamientos en un diario; o pensar en un recuerdo feliz.

Practique la paciencia y la perseverancia y modele estos comportamientos para que los niños lo pueden observar. Deje que los niños lo vean después de un fracaso, respirando profundo cuando se siente frustrado e inventando un plan nuevo cuando su plan no funciona.

Recuérdese de estas cosas importantes:

- No esta solo. Muchas personas experimentan situaciones similares.
- Hay ayuda disponible y esta bien pedirla.
- Es normal tener muchos sentimientos diferentes.
- No tiene que ser perfecto.
- Celebre las bendiciones de su vida y todos sus éxitos, por pequeños que sean.

Pulled from www.sesamestreetincommunities.org

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.

We would like to welcome four new child care facilities to Duplin County.

DC Cats Athletics- Ebony Wills-Wells
Little Flintstones FCCH- Teresa M. Kornegay
Precious Angels Pre-Care Day School-
Phyllis A. Tyler
Tots R Us FCCH- Stacey Graham

Welcome
We are glad you're here

Donor Levels:

\$10-\$49	Friend
\$50-\$99	Patron
\$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 _____

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.

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

**DCPC be closed on Monday,
September 7, 2020 in
observance of the Labor Day
holiday. We will resume
regular business hours on
Tuesday, September 8, 2020.**



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