



JANUARY 2024

HCPC CONNECTIONS

HARNETT COUNTY PARTNERSHIP FOR CHILDREN



HELLO, FRIENDS!

Happy New Year! Let's ring in the new! A new year for new adventures and new milestones. During the early childhood years, there are so many new experiences to look forward to for the child and parent. And we here at HCPC are here for it!

With Ready to Grow Playgroups, Circle of Parents, Zumbini, children's preschool classes, and special HCPC holiday and community events, we know 2024 will not disappoint! Staff is hard at work in finalizing details and logistics, so be sure to follow us on social media and check out our website at www.harnettsmartstart.org for the latest information. We look forward to connecting and serving your families throughout another amazing year!

2024



SPECIAL UPCOMING DATES:

- **January 1st:** New Year's Day - HCPC offices closed
- **January 8th:** First Ready to Grow Playgroup for 2024
- **January 9th:** First Circle of Parents for 2024
- **January 15th:** Martin Luther King Jr Day - HCPC offices closed
- **January 23rd - 25th:** HCPC offices closed due to staff strategic planning retreat
- **January 29th:** Stuffie Sleepover
- **January 30th:** Ready to Grow Playgroup Pajama Party
- **February 14th:** You've Got Mail Drive-Thru event

HCPC MISSION:

Our mission is to improve the quality of life for young children and families in Harnett County, through community based programs focusing on health, education, and family support.

HCPC STAFF:

- Tara Fish**, Executive Director
Dollie Adcock, Healthy Activities Specialist
Janine Bogwicz, Community Outreach Coordinator
Jordan Ellis, Family Support Specialist
Debbie Fann, Fiscal Specialist
Ashleigh Goss, Early Childhood Program Specialist
Whitney Heath, Family Support Specialist
Melanie Jacobson, Early Childhood Program Specialist
Carmen Martell, Lead Family Support Specialist
Kim Polinski, NC Pre-K Program Support Specialist
Amy Rackley, NC Pre-K Program Support Specialist
Lynda Turlington, Early Childhood Program Coordinator
Lena West, NC Pre-K Program Support Specialist
Katie Willoughby, Family Support Specialist



DOLLY PARTON'S IMAGINATION LIBRARY



Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth until their 5th birthday.
Register your child online today!





A LOOK BACK AT DECEMBER:



-  - Lillington Ready to Grow Playgroup (RTG)
-  - Circle of Parents (COP)
-  - Zumbini
-  - YMCA Ready to Grow Playgroup (RTG)
-  - Open Play Friday
-  - Teddy Bear Yoga



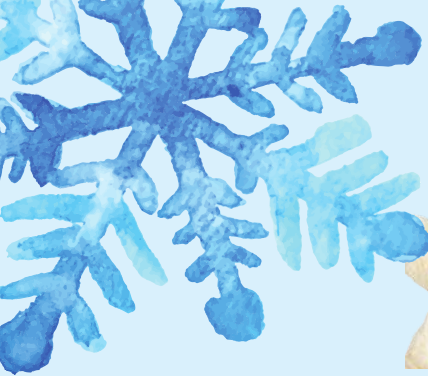
January

SUN. MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT.

	1 	2 11am- Zumbini (CCB)	3 10am- Zumbini (YMCA) 11am- Zumbini (YMCA)	4 10am- Teddy Bear Pajama Party Yoga (EPL)	5 10am- Teddy Bear Pajama Party Yoga (HCPL)	6
7 	8 10am- Zumbini (EPL) 10:30am- RTG (Lillington)	9 9:30am- COP (Lillington) 10am- Zumbini (HCPL) 11am- Zumbini (HCPL) 1:30pm- RTG (Lillington) 1:30pm- RTG (YMCA)	10 10:30am- RTG (Lillington)	11 12:30pm- COP (Lillington)	12 10:30am- Open Play (Lillington) 1:30pm- Open Play (Lillington)	13
14	15 HCPC CLOSED 	16 9:30am- COP (Lillington) 1:30pm- RTG (Lillington) 1:30pm- RTG (YMCA) 	17 10:30am- RTG (Lillington) 11am- Zumbini (CCB)	18 12:30pm- COP (Lillington)	19 10am- Zumbini (YMCA) 10:30am- Open Play (Lillington) 11am- Zumbini (YMCA) 1:30pm- Open Play (Lillington)	20 
21 10:30am- RTG (Lillington)	22	NO GROUPS OR CLASSES JANUARY 23-25			26 10:30am- Open Play (Lillington) 1:30pm- Open Play (Lillington)	27 
28 	29 10am- Zumbini (EPL) 10:30am- RTG (Lillington) 10:30AM-STUFFIE SLEEPOVER (LILLINGTON)	30 9:30am - COP (Lillington) 1:30pm- RTG (Lillington) 1:30pm- RTG (YMCA) 1:30PM PJ PARTY (LILLINGTON)	31 10:30am- RTG (Lillington)			

LOCATIONS:

CCB: Coats Community Building, 127 S McKinley St, Coats
EPL: Erwin Public Library, 110 W F St, Erwin
HCPL: Harnett County Public Library, 455 McKinney Pkwy, Lillington
Lillington RTG & COP Groups: 170 Pine State St., Lillington
YMCA: 107 Carletta Cagle Dr, Cameron



STUFFIE SLEEPOVER, PJS & PANCAKES PARTY



Drop off your child's stuffed animal on Monday, January 29th for a Stuffie Sleepover! You will receive messages during their sleepover with photos of your child's stuffie enjoying all the fun to be had at HCPC. The next day when you arrive to pick up your child's stuffie, you and your child are then invited to join us for a Ready to Grow Playgroup PJs & Pancakes party!

STUFFIE DROP-OFF DATE: JANUARY 29TH

STUFFIE DROP-OFF TIME: 10:30AM - 12PM



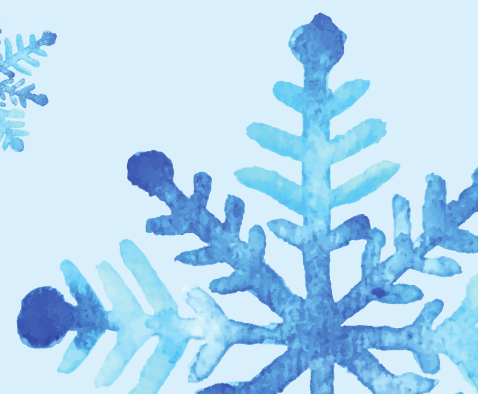
PJS & PANCAKES PARTY & STUFFIE PICK-UP: JANUARY 30TH 1:30PM - 3PM

REGISTER: SCAN THE QR CODE

OR VISIT [HTTP://TINYURL.COM/3KZN63BJ](http://tinyurl.com/3kzn63bj)



**STUFFIE SLEEPOVER, PJS & PANCAKES PARTY, FROSTY
THE SNOWMAN SCREENING, WINTER THEMED ACTIVITIES**





HEALTHY HABITS FOR HARNETT

JANUARY & FEBRUARY YOGA CLASSES



Peace

Love & PJ's



REGISTRATION



SCAN ME

Wear your favorite PJ's and
bring a stuffed animal for an
awesome
Pajama Party Yoga Class!

Erwin Public Library- Thursday, January 4th @ 10:00

Harnett County Public Library (Lillington)-
Friday, January 5th @10:00

Children Ages 4 & 5



SNOWFLAKE (FALLING STAR POSE)

Snowflake (Falling Star Pose)

Stand tall with feet wide and hands reaching up and out to make the shape of a star. Lean to one side and lift a foot to balance like a floating snowflake, then go the other way.



Nursery Rhyme Preschool Yoga Time



Children Ages 4-5

REGISTRATION



SCAN ME

Hey Diddle, Diddle & Humpty too,
I can't wait to do yoga with you!



Harnett County Public Library (Lillington)- Friday, February 2nd at 10:00
Erwin Public Library-Friday, February 23rd at 10:00





HEALTHY HABITS FOR HARNETT

JANUARY & FEBRUARY ZUMBINI CLASSES

JANUARY

Zümbini[®]
WITH MS. DOLLIE



SCAN CODE
TO REGISTER



REGISTRATION IS REQUIRED

ERWIN~LILLINGTON~COATS~SALEEBY YMCA

FEBRUARY

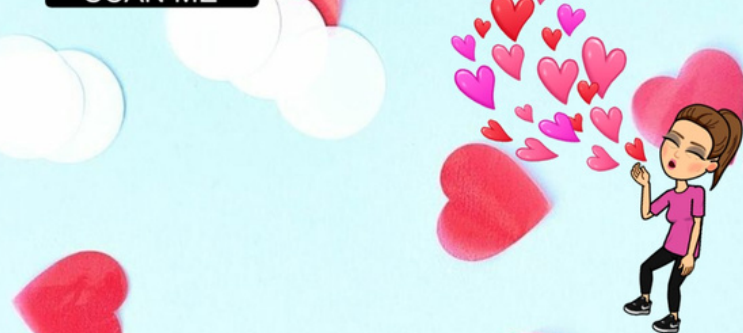
Zümbini[®]

with Ms. Dollie

REGISTRATION



SCAN ME



Lillington~ Erwin~ Coats~ Saleeby YMCA

HEALTHY SNACK TIP:

Do you worry that your child is not getting enough nutrition because of their picky food habits? Studies have shown that children are more drawn to plates featuring a variety of food that is colorful and arranged in an appealing way. Here are some simple winter-themed ideas to make food look appetizing so that mealtimes are fun for your little one! So, with a little ingenuity and a lot of patience, you can get your little one to slowly consume various fruits, vegetables and other foods. And, have fun while doing it too!





Circle of Parents

Círculo de Padres

CIRCLE of PARENTS®
Sharing Ideas. Sharing Support.



Parenting is joyful, but can also present difficulties and challenges.
Es una dicha ser padres, pero también presenta dificultades y desafíos.

Feel empowered, supported, and strengthened as you attend weekly Circle of Parents meetings. Join other Harnett County parents/caregivers at our Circle of Parents group.

Siéntase empoderado, apoyado y fortalecido mientras asiste a las reuniones semanales del Círculo de Padres. Únase a otros padres/proveedor de cuidados del Condado de Harnett en nuestro grupo de Círculo de Padres.

● TUESDAYS @ 9:30AM

● THURSDAYS @ 12:30PM

LOCATION: 170 PINE STATE ST, LILLINGTON

To register, email familysupport@harnettsmartstart.org or call 910-893-2344.
Para registrarse, envíe un correo electrónico a familysupport@harnettsmartstart.org
o llame al 910-893-2344.



READY TO GROW

GRUPO DE JUEGOS LISTO PARA CRECER

Ready to Grow Playgroup facilitates developmentally appropriate playgroups for children and caregivers who reside in Harnett County. Eligible children must be between the ages of birth through 5 years old. Playgroup facilitators use Kaleidoscope Play & Learn Curriculum to provide hands on activities that focus on early literacy and social emotional competency. Caregivers learn about the purpose of play and will connect with other parents during group time. Children and caregivers will participate in coordinated group activities to prepare the children for success in school.



El Grupo de Juegos Listo para Crecer tendrán sus reuniones en persona en Lillington. Las familias del condado de Harnett, que tengan niños recién nacidos hasta 5 años de edad, son bienvenidos a participar. Las familias tendrán la oportunidad de aprender y jugar con otras familias en persona.

Lillington Playgroup meets on Mondays at 10:30am - 12pm and 2:30pm - 4pm, Tuesdays from 1:30pm - 3pm, and Wednesdays from 10:30am-12pm at 170 Pine State St, Lillington.

Lillington Grupo de Juegos Listo Para Crecer- Lunes de 10:30am - 12pm y 2:30pm - 4pm, Martes de 1:30pm - 3pm, y miércoles de 10:30am - 12pm @ 170 Pine State St, Lillington, NC 27546

YMCA Playgroup meets on Tuesdays at 1:30pm - 3pm at 107 Carletta Cagle Dr, Cameron.

YMCA Grupo de Juegos Listo Para Crecer - Martes de 1:30pm - 3pm @ at 107 Carletta Cage Dr, Cameron





READY TO GROW PLAYGROUP

THEME OF THE MONTH:

“Handling Frustration & Focus:
Important Skills for Life-long
Learning”



CAREGIVERS WILL LEARN:

- How to help their child calm him/herself when frustrated or upset.
- How to help their child sit still, stay focused, and stick with an activity.

KEY MESSAGE:

- The ability to remain calm and stay with challenging activities is the key pre-academic skill for children. As they enter school, they will be faced with tasks that are difficult and will be learning many new things every day.
- We can help children manage upset feelings by labeling emotions for the child so that he/she may begin to express how she/he is feeling.



KEY MESSAGE CONTINUED:

- To encourage children to talk about their feelings, we can talk about our own feelings with children and explain and model the healthy ways we will deal with those feelings.
- It's important for children to understand that frustration is a normal emotion that we all have, but that returning to a calm state is necessary and feels better than staying upset.

BOOK RECOMMENDATIONS OF THE MONTH:

- *The Way I Feel* by Janan Cain
- *Calm Down Time* by Elizabeth Verdick
- *The Little Engine That Could* by Watty Piper
- *I Can Do It Too!* By Karen Baicker





GRUPO DE JUEGOS LISTO PARA CRECER

TEMA DEL MES:

“Manejando la frustración y concentración: habilidades importantes para el aprendizaje a lo largo de la vida



LOS CUIDADORES APRENDERÁN:

- Como ayudar a su hijo a calmarse cuando se siente frustrado o molesto.
- Como ayudar a su hijo a quedarse quieto, concentrarse y continuar con una actividad.

MENSAJES CLAVE:

La capacidad de mantener la calma y permanecer en actividades desafiantes es una habilidad pre-académica clave para los niños. A medida que ingresan a la escuela, se enfrentarán a tareas difíciles y aprenderán muchas cosas nuevas todos los días.

2. Podemos ayudar a los niños a manejar los sentimientos de frustración o enojo etiquetando las emociones para que el niño pueda comenzar a expresar cómo se siente.

MENSAJES CLAVE:

3. Para animar a los niños a hablar de sus sentimientos, podemos hablar de nuestros propios sentimientos con los niños y explicar y modelar las formas saludables en que lidiaremos con esos sentimientos.

4. Es importante que los niños entiendan que la frustración es una emoción normal que todos tenemos, pero que volver a un estado de calma es necesario y se siente mejor que quedarse molesto.

LIBROS RECOMENDADOS:

- *The Way I Feel* by Janan Cain
- *Calm Down Time* by Elizabeth Verdick
- *The Little Engine That Could* by Watty Piper
- *I Can Do It Too!* By Karen Baicker



