





## MAY IS GOING TO BE FRUIT-FULLY FUN!

HCPC will be celebrating some super *sweet* people this month and offering a *jam*-packed month full of fun activities for families!

Be sure to thank teachers and childcare providers and let them know how much you really a-peach-iate them!

On May 12th, think of all the reasons you couldn't *pick* a better mom than the ones in your life! Be sure to sign up for one of our Circle of Parents (COP) groups to participate in our special Mother's Day event, which will help plant the *seeds* of love and appreciation.

We can't wait to see you berry soon!

#### **SPECIAL UPCOMING DATES:**

- May 7: National Teacher Appreciation Day
- May 10: National Child Care Provider Day

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- May 12: Mother's Day
- May 16: National Do Something Good For Your Neighbor Day
- May 20: National Pick Strawberries
   Day
- May 27: Memorial Day; HCPC offices closed







#### MAY 2024 - HCPC CONNECTIONS

## **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



## KIDDO SPOTLIGHT ELIJAH, 4 YRS OLD



What do you like about playgroup? "Playing with Emilyn. She's my crush."

What is your favorite toy to play with at playgroup? "The jungle gym"

What's your favorite snack at playgroup? "Veggie straws"

What's your favorite color? "Pink"







170 Pine State St, Lillington, NC 27546 / 910-893-2344 / www.harnettsmartstart.org

## A LOOK BACK AT APRIL:











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SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1 9am- Resilience Initiative (YMCA) 10:30am- RTG (Lillington)	2 10am- Zumbini (APL) 11am- Zumbini (APL) 12:30pm- COP Mother's Day Lunch (Sprinkles- Bunnlevel) NO BENHAVEN GROUP	3 10am- Preschool Yoga (HCPL) 10:30am- Open Play (Lillington) 1:30pm- Open Play (Lillington)	
5	6 10:30am- RTG (Lillington)	7 NO RTG / COP GROUPS	8 NO RTG PLAYGROUPS 10am- Zumbini (YMCA) 11am- Zumbini (YMCA)	9 NO RTG / COP GROUPS	10 10am-Preschool Yoga (Erwin) 1:30pm- Open Play (Lillington) THANK YOU NATIONAL CHILD CARE PROVIDER DAY	11
12 HAPPY Mother's DAY	13 10:30am- RTG (Lillington)	14 9:30am- COP (Lillington) 10am – Zumbini (HCPL) 11am – Zumbini (HCPL) 1:30pm- RTG (Lillington) 1:30pm- RTG (YMCA)	15 10:30am- RTG (Lillington) 10:30am- RTG (Antioch)	16 10am -Zumbini (APL) 11am – Zumbini (APL) 12:30pm- COP (Lillington) 2pm- RTG (Benhaven)	17 9:30am- COP (Lillington) 1:30pm- Open Play (Lillington)	18
19	20 10am – Zumbini (Erwin) 10:30am- RTG (Lillington)	21 9:30am- COP (Lillington) 1:30pm- RTG (Lillington) 1:30pm- RTG (YMCA)	22 10:30am- RTG (Lillington) 10:30am- RTG (Antioch)	23 10am – Zumbini (YMCA) 11am – Zumbini (YMCA) 12:30pm- COP (Lillington 2pm- RTG (Benhaven)	24 9:30am- COP (Lillington) 1:30pm- Open Play (Lillington)	25







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26	27	28		29	30		31	
	HCPC OFFICES	9:30am- COP	10:30am- RTG	12:30pm- COP		9:30am- COP		
	CLOSED	(Lillington)	(Lillington)	(Lillington)		(Lillington)		
		10am- Zumbini	10:30am- RTG	2pm- RTG		1:30pm- Open Pl	ay	
		(HCPL)	(Antioch)	(Benhaven)		(Lillington)		
	MEMORIAL DAY	11am- Zumbini						
	20.000	(HCPL)						
		1:30pm- RTG						
	• REMEMBER AND HONOR •	(Lillington)						
		1:30pm- RTG						
		(YMCA)						
	1		1			1		



## LOCATIONS:

APL: Angier Public Library, 28 N Raleigh St, Angier
Benhaven RTG Group: 2815 Olivia Rd, Sanford
CCB: Coats Community Building, 127 S McKinley St, Coats
EPL: Erwin Public Library, 110 W F St, Erwin
Erwin RTG Group: 494 Antioch Church Road, Dunn
HCPL: Harnett County Public Library, 455 McKinney Pkwy, Lillington
Jack Marley Park: 245 E Williams St, Angier
Lillington RTG & COP Groups: 170 Pine State St., Lillington
YMCA: 107 Carletta Cagle Dr, Cameron



## **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!** 







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 FRIDAYS @ 9:30AM (STARTING ON MAY 17TH)

## 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.

Join us to celebrate

# Circle of Parents Strawberries & Sprinkles

Mother's Day Lunch



1 Caregiver and each child per family will receive a scoop of ice cream.

*Thursday, May 2nd* 12:30pm - 2pm **@ Sprinkles Ice Cream** 35 Anderson Creek School Rd, Bunnlevel

TO RSVP EMAIL FAMILYSUPPORT@HARNETTSMARTSTART.ORG

Because you are loved so BERRY much!





## THE BENEFITS OF STRAWBERRIES FOR CHILDREN

Incorporating strawberries into a child's diet can help support healthy brain development and improve cognitive function, mood, vision, and overall health. Strawberries are a great source of several important nutrients that are essential for children's growth and development, including vitamin C, fiber, potassium, and antioxidants.

Strawberries also offer several benefits for developing minds!

<u>Improved cognitive function</u>: Strawberries are rich in flavonoids, which have been shown to improve cognitive function and memory in both children and adults.

<u>Better mood:</u> Strawberries contain folate, which has been linked to better mood regulation and reduced risk of depression.

<u>Enhanced vision</u>: Strawberries are a good source of vitamin C and other antioxidants, which help to protect the eyes from damage caused by harmful free radicals and support healthy vision.

It is important to note that every child's dietary needs are different. Always consult with a healthcare provider for personalized recommendations. (Source: HelloYummi)





## WHAT IS NC PRE-K?

NC Pre-K is a free educational program designed to prepare eligible children for a successful entrance to Kindergarten. Utilizing a play based curriculum, NC Pre-K facilitates developmentally appropriate learning for children that focuses on both cognitive and social/emotional development. Students who participate will be provided with a 6.5 hour day, which follows the public school calendar. Families who are interested in applying are encouraged to review the eligibility requirements listed below.

## WHO IS ELIGIBLE?

\*Children who are age 4 by August 31, 2024 and meet income eligibility requirements based on family size. \*Children who are not income eligible, may still be able to participate, if one of the following criteria is met:

- Developmental Delay with services
- IEP
- English as a Second Language
- Active Duty Military / Disabled Veteran
- Chronic Health Condition

## WHAT IS REQUIRED TO APPLY?

- Child's Birth Certificate
- Proof of Residency (Actively Living in Harnett County)
- Proof of Regular Gross Income for one month for household
- Proof of Active Duty Status / VA Disability (Military Families only)
- Copy of child's IEP (if applicable)
- Copy of diagnosis or therapies as a result of a developmental delay

The 2024-2025 NC Pre-K application will be available to the public on Tuesday, April 2, 2024.

Questions? Email ncprek@harnettsmartstart.org



# Image: Window Structure </t

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.

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

<u>Lillington Grupo de Juegos Listo Para Crecer</u>- Lunes de 10:30am - 12pm, Martes de 1:30pm - 3pm, y Miércoles de 10:30am - 12pm @ 170 Pine State St, Lillington, NC 27546.

<u>Erwin Playgroup</u> meets on Wednesdays at 10:30am at 494 Antioch Church Road, Dunn. <u>Erwin Grupo de Juegos Listo Para Crecer</u>- Miércoles de 10:30am - 12pm @ at Antioch Church Road, Dunn.

<u>YMCA Playgroup</u> meets on Tuesdays at 1:30pm - 3pm at 107 Carletta Cagle Dr, Cameron. <u>YMCA Grupo de Juegos Listo Para Crecer</u>- Martes de 1:30pm - 3pm @ at 107 Carletta Cage Dr, Cameron.

<u>Benhaven Playgroup</u> meets on Thursdays at 2pm - 3:30pm at 2815 Olivia Rd, Sanford. <u>Benhaven Grupo de Juegos Listo Para Crecer</u>- Jueves de 2pm - 3:30pm @ at 2815 Olivia Rd, Sanford.







# **READY TO GROW PLAYGROUP**

## THEME OF THE MONTH:



# The Joy of Reading

- The importance of reading daily with young children.
- How to make reading time enjoyable.
- Ways to involve children in reading aloud.

## **KEY MESSAGES:**

- 1.Reading and enjoying books together with our children helps them to become good readers later on.
- 2. We can help children develop good reading habits by reading with them daily, starting when they are infants.
- 3. When children learn that reading books is enjoyable and meaningful, they are more apt to look forward to learning to read on their own when the time comes.
- 4. There are some simple things we can do to make our reading time enjoyable:
- Use books that have attractive illustrations and stories that interest the child, both pretend stories and true stories.



## **KEY MESSAGES CONTINUED:**

- Have the child pick the books.
- Make reading time a special time that shows your child you care about them and that you enjoy reading:
- Find a comfortable and quiet place to read.
- Hold the child in your lap.
- Give your child your full attention.
- Bring the story to life using different voices, sounds and facial expressions.
- Stop if the child loses interest.

5. Here are some other tips for helping children build a love for reading:

- Let your child see your reading books, magazines, and newspapers.
- Read books in your home language.



## BOOK RECOMMENDATIONS OF THE MONTH:



- Chickens to the Rescue, by John Himmelman
- More, More, More Said the Baby, by Vera B. Williams
- Jazz Baby, by Lisa Wheeler
- Have You Seen My New Blue Socks, by Eve Bunting
- Dreaming Up, by Christy Hale



## **GRUPO DE JUEGOS LISTO PARA CRECER**

## **TEMA DEL MES:**



#### El placer de la lectura

## LOS CUIDADORES APRENDERÁN:

- La importancia de leer diariamente con los niños.
- Cómo hacer que el tiempo de lectura sea agradable.
- Maneras de involucrar a los niños en la lectura en voz alta.

## **MENSAJES CLAVE:**

- 1. Leer y disfrutar de los libros junto a nuestros hijos les ayuda a convertirse en buenos lectores más adelante.
- 2. Podemos ayudar a los niños a desarrollar buenos hábitos de lectura leyendo con ellos a diario, desde que son bebés.
- 3. Cuando los niños aprenden que leer libros es agradable y significativo, es más probable que aprendan a leer por sí mismos cuando llegue el momento.
- 4. Hay algunas cosas sencillas que podemos hacer para que nuestro tiempo de lectura sea agradable:
- Utilizar libros que tengan
   ilustraciones atractivas e historias
   que interesen al niño, tanto cuentos
   de fantasía como historias reales.

## **MENSAJES CLAVE:**

- Pida al niño que escoja los libros.
- Haga que el tiempo de lectura sea un momento especial que le demuestre a su hijo que se preocupa por él y que disfruta de la lectura:
- Busca un lugar cómodo y tranquilo para leer.
- Sostenga al niño en su regazo.
- Pida al niño que sostenga el libro y pase las páginas.
- Dele a su hijo toda su atención
- Da vida a la historia usando diferentes voces, sonidos y expresiones faciales.
- Deténgase si el niño pierde el interés..

5. Aquí hay algunos otros consejos para ayudar a los niños a desarrollar el amor por la lectura:

• Deje que su hijo vea sus libros, revistas y periódicos de lectura.

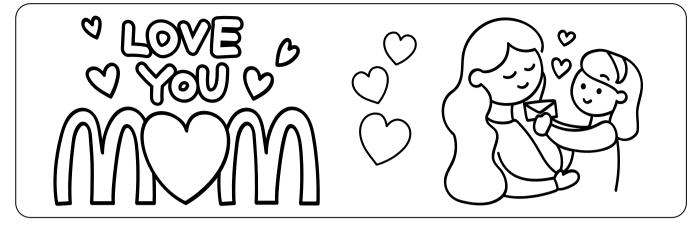
## LIBROS RECOMENDADOS:

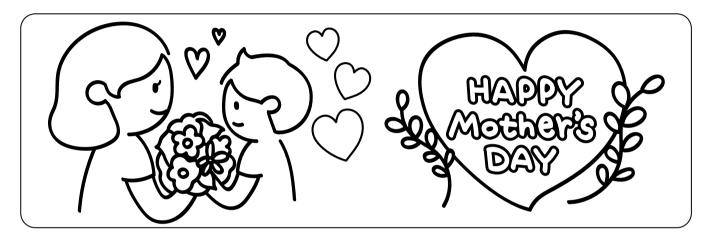


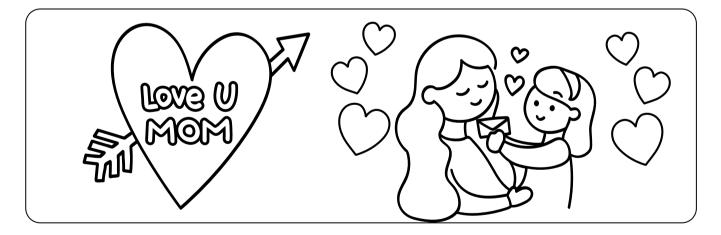
- Chickens to the Rescue, by John Himmelman
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- Jazz Baby, by Lisa Wheeler
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- Dreaming Up, by Christy Hale

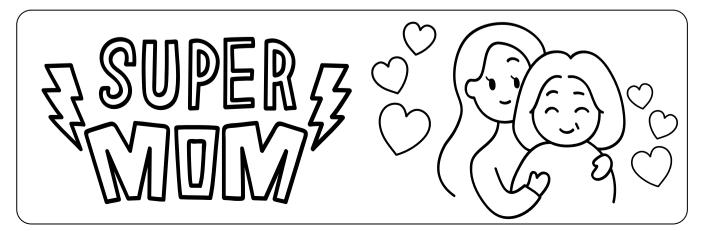
## MOTHER'S DAY COLORING BOOKMARKS

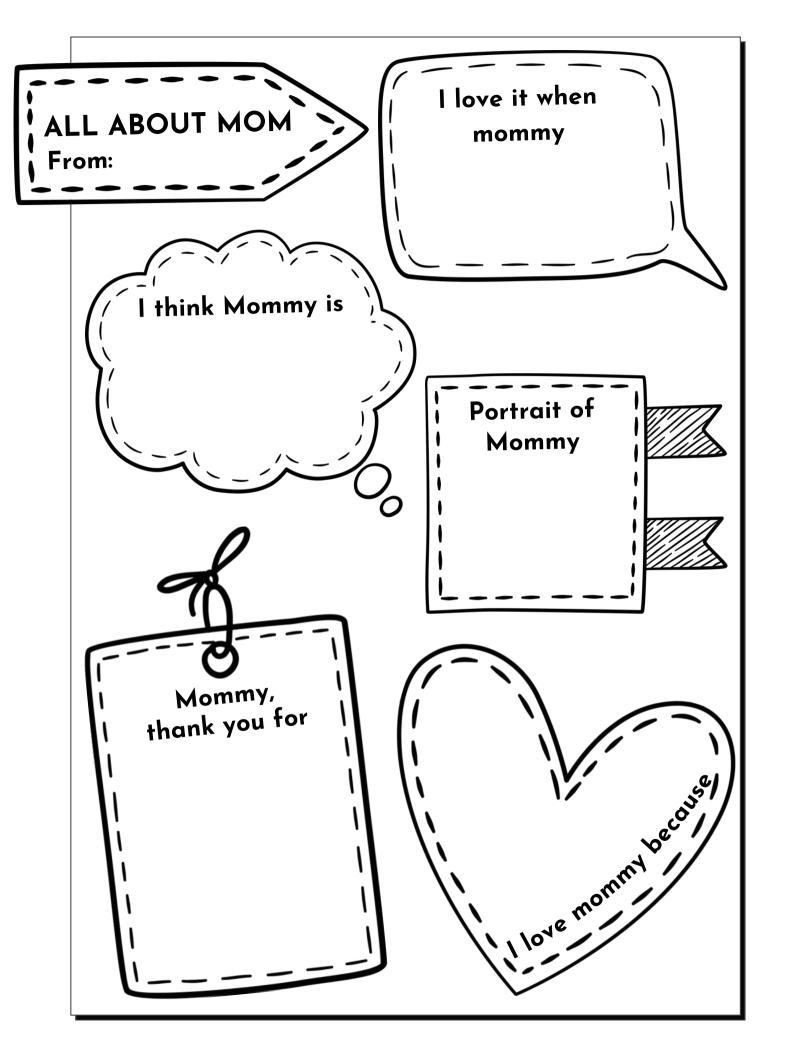
Color and cut out the bookmarks below to give to someone special for Mother's Day!

















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