



New Parent Support Program - New River PLAYGROUP NEWSLETTER

Tuesday mornings 9:30 – 11:00
Youth & Teen Activity Center

October 2011

October 1st was Homemade Cookie Day

It's not too late to celebrate with a recipe from *Martha Stewart* for

Peanut Butter Cookies

Ingredients:

- 1 ½ cups crunchy peanut butter
- 1 cup packed light brown sugar
- ½ cup (1 stick) softened butter
- 1 large egg
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder



Directions:

- 1) Preheat oven to 350 degrees. In a medium bowl, whisk together flour and baking powder; set aside.
- 2) In a large bowl, beat peanut butter, sugar and butter until smooth. Beat in egg. Gradually add flour mixture, beating to combine.
- 3) Pinch off dough by the tablespoon; roll into balls. Place 2 inches apart on parchment-lined baking sheet. Using a fork, press balls in a crisscross pattern, flattening to ½ inch thickness.
- 4) Bake cookies, rotating halfway through, until lightly golden, 18 to 22 minutes. Cool cookies on a wire rack. Store in an airtight container at room temperature up to 1 week.

Children love to help cook and can measure ingredients, help add ingredients, roll balls of dough or mash the cookies with a fork depending on their skill level. The fragrance of cookies baking is almost as exciting as munching the first warm cookie!

Anybody have any favorite recipes to share? Especially ones that children can help with; or that represent a treasured family tradition?

Bring them in for a future newsletter (or, perhaps we could organize a recipe exchange).

The 2nd week in October is...

Fire Safety Week

This would be a good week to check the batteries in your smoke alarm. Check for potential risks like candles too close to curtains or within reach of little hands. **And** decide what the family plan is for getting out of each room in the house in case of fire. Don't forget to designate a safe meeting place in case of a fire emergency. Teach preschoolers how to "stop, drop and roll" if clothing catches fire; and how and when to dial 911.

Playgroup dates for 2011 – 2012 school year

2011 **Session 1**
 October: 4, 11, 18, 25
 November: 1, 8, 15, 22, 29
 December 6, 13

2012 **Session 2**
 January: 3, 10, 17, 31
 February: 7, 14, 21, 28
 March: 6, 13, 20, 27
 April: 3, 17, 24
 May: 1, 8, 15, 22

| monday | tuesday | wednesday | thursday | friday |
|--------|---------|----------------------------|----------------------------|--------|
| Oct 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 Baby Boot Camp | 20 Baby Boot Camp | 21 |
| 24 | 25 | 26 | 27 | 28 |

October is.....**FAMILY HISTORY MONTH**

Many states, including North Carolina, have designated October as Family History Month. To your children, your childhood is history and their grandparent's childhood is ancient history.

Help your older children understand what life used to be like by talking about how you grew up and what you liked to play; and encourage them to ask grandparents about their memories, too.

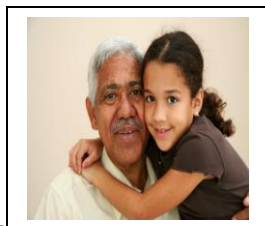
Children of any age can enjoy looking (and sometimes laughing) at family photo albums with someone who can tell them how they are connected to all those people in their dated clothes and hairdos.



containing extra photos of extended family members, friends and pets is a very special, personal way to have a book of family history to handle and "read" whenever they wish.

This album can be a way to keep a deployed parent close; as well as a way to feel included and loved by members of the larger family who maybe living in another town or state.

It's a good feeling at any age to know you belong, and have your own part to play, in the history of your family.



October 12th is **Old Farmers Day**

Many communities celebrate Farmers Day at various times in the year (in Richlands, NC, Farmers Day is the Saturday after Labor Day). In a tradition dating back to the early to mid 1800's, October 12th has been widely known as Old Farmers Day. By mid October, many crops have been harvested and it is time to remember and appreciate the hard work of the farmers who have raised the crops and animals we depend on for our food. Point out pictures of farm animals in books and magazines; or real ones in the fields. Talk about where foods come from with your children. Plant some collards or other greens in your fall and winter garden.



Take a trip to Mike's Farm on Haw Branch Rd. in Beaulaville (910-324-3422) to pick out a pumpkin and see some animals up close.



Do you have questions about your child's development or behaviors? Would you like your child to have a Denver Developmental Screen to evaluate his or her progress? Call 449-4867/4866 to schedule a home visit.

Please.....call us at 449-4867/4866 if you will not be attending Playgroup.

For safety reasons we have to limit the number of people present each week. **If you miss two consecutive weeks without calling we will assume you have dropped out.** So...if you will be away for a few weeks or are leaving for any reason...please let us know so that we can invite a family from the waiting list to join us for Playgroup.

Thank you