



Here's What's Happening at the Partnership!

Who We Are...

The Partnership for Children of Wayne County, Inc. is a non-profit organization designed to provide programs and services for families and children in Wayne County, North Carolina. We build partnerships with families and the community to create a comprehensive system of early care and education. In doing so, our community leads the way in building a brighter future for all of North Carolina.



Some Thoughts from our Board Member, Linda Holden-Cox

The holiday season is upon us!

Many of us grew up anxiously awaiting this wonderful time of the year- the decorations, the gifts, the delicious food and festive family gatherings. As parents, we try to repeat that warm holiday magic for our children, but it is often stifled by an excessive amount of stress and exhaustion. According to the Care.com 2019 Cost of Holidays Surveys, 59% of families polled say they find the holiday season stress-inducing and overwhelming. They list the top three reasons for this stress:

- **68%** say they don't have enough time to do the things like shop or decorate.
- **60%** say they can't afford things like gifts, etc.
- **56%** say it's dealing with crowds and long lines



We can reduce our holiday stress and bring back some of that holiday magic by being proactive in managing our stress. Below are some common holiday stressors

and tips for coping:

1. Jam -packed schedule - How to cope: Avoid an over scheduled holiday by making the celebration a multi-day event and not fixate on celebrating with everyone on the same day
2. Pressure to recreate the magic of our childhoods - How to cope: Adjust your expectations and let go of traditions that no longer serve you. If something isn't fun or it seems to be adding stress, it probably needs to go.
3. Financial stress - How to cope: Figure out in advance what you can afford and allocate a certain amount to each recipient on your list. Make a budget and stick to it.
4. Keeping up with the Joneses - How to cope: Try to realize how much the comparison game is contributing to stress and become more mindful of that fact and then you will begin to let go of the unrealistic expectations.
5. Perfectionism - How to cope: Social media can create a great deal of stress for parents, particularly during the holidays, significantly reduce or avoid it so that you are not pressured to purchase an item to feel like a good parent or feel bad because you can't buy particular things and to avoid messages and pictures your friends share on social media to make you feel every family has it together during the holiday season.

Remember...

We all know having little ones in the home during the holidays bring even more excitement and joy, but it can also be stressful at times. Tips to reduce stress can include keeping your child(ren) on their regular schedule as much as possible, do not exhaust them with shopping/parties and utilizing childcare resources for respite.

Through all the hustle and bustle we sometimes forget to take care of **OURSELVES!** Become aware of your holiday stress triggers and avoid burnout by prioritizing self-care - the best gift you can give yourself! Meditating, asking for help, making sure to exercise and eat well are ways to practice self-care, because parents can't take care of others without taking care of themselves first.

Wishing you a stress-free holiday season!



**Winter
is
Coming!**



Some Cold Weather Safety Tips:

At Home...

- * **Make certain carbon monoxide detectors are installed.**
- * **Keep the baby's crib free of stuffed animals and extra blankets.**

In The Car...

- * **Avoid the risk of carbon monoxide poisoning. NEVER leave a car running inside a garage when warming it up.**
- * **If you park outside, make certain your tailpipe is not blocked by snow.**
- * **Adjust your child's car seat while their coat is off then put the coat back on and buckle them in for a proper fit.**

In The Snow...

- * **Make sure your kids use proper gear, like helmets, if they are skiing or sledding.**
- * **Remember, even though it is cold outside, it is important to use sunscreen and stay hydrated. Children are at an increased risk of dehydration.**



NC Pre-K

The Partnership for Children is still accepting Pre-Kindergarten applications for the 2019-2020 school year. Your child is eligible if they turned 4 years old before August 31, 2019. If you are interested in enrolling your child, you can log onto our website (PFCW.org) or come by the office to get an application. Please call the office for more information. (919-735-3371)



Teach
Children
The
Importance
of
Giving



Goodbye 2019...

As we come to the close of 2019, I would like to thank all of our families, partnering agencies, and community supporters that have helped make this past year a success. At the annual meeting, we talked about the successes that we have had over the year. There have been many and our annual report highlights these.

Our report is on our website for viewing www.pfcw.org.

However, I believe we have also been tasked with a challenge. Our work is more important than it has ever been. We must provide families with high quality childcare that is safe and nurturing. We must support early educators with livable wages and benefits. All children have the right to quality health care, education, safe communities and grow up where they reach their full potential. Our community will prosper when our children thrive because they are our future workforce, leaders and community members.

Thank you again for supporting the work that the Partnership does. Happy holidays and a Prosperous New Year!



Two Ways You Can Give To The Children of Wayne County...

Or...

amazon smile



You shop. Amazon gives.

Did you know that you can donate to the Wayne County Partnership for Children... **without spending an extra penny...** whenever you place an order on Amazon!

The Partnership is a participant in AmazonSmile. The website features all the **same products** and **same prices** as Amazon, is operated by Amazon, but gives the charitable organization of your choice 0.5% of your purchase price.

It's easy to do, just visit **www.smile.amazon.com** and search for, then select Wayne County Partnership for Children, Inc. as your organization of choice.

It's as simple as that. The AmazonSmile Foundation will automatically send your donation along to us!

When you visit...

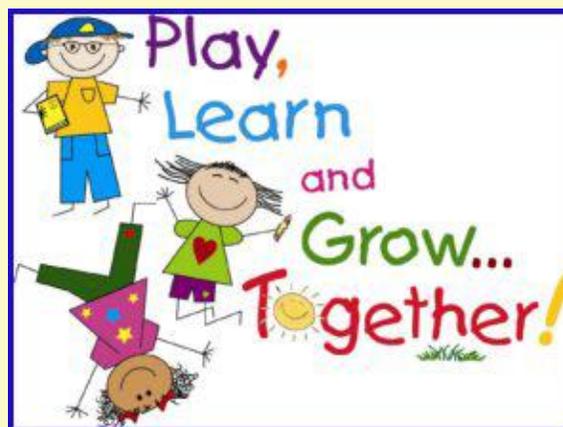
PetSmart

Make a donation of only \$5 at checkout and pick a stuffed animal. The adorable animal of your choice will then make its way to the Partnership and continue its journey on to a deserving Wayne County child in time for Christmas!



Bet You don't know EVERYTHING the Partnership does for the children of Wayne County...

Visit www.pfcw.org and review all of our wonderful programs. **We think you'll be surprised!**



The Partnership for Children of Wayne County | www.pfcw.org

