

# Your Onslow County Connection



## April is Child Abuse Prevention Month: Keeping Your Family Strong

Every family has strengths, and every family faces challenges. When you are under stress—the car breaks down, you or your partner lose a job, a child’s behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day. *Protective factors* are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. This tip sheet describes key protective factors and some simple ways you can build these factors in your own family. Information courtesy of [childwelfare.gov](http://childwelfare.gov).

### What You Can Do

**Nurturing and Attachment:** Our family shows how much we love each other.

Take time at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.

Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as “I spy”).

**Knowledge of Parenting and Child Development:** Explore parenting questions with your family doctor, your child’s teacher, family, or friends. Subscribe to a magazine, website, or online newsletter about child development. Take a parenting class. Sit and observe what your child can and cannot do and share what you learn with anyone who cares for your child.

**Parental Resilience:** Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea. Do some physical exercise: Walk, stretch, do yoga, lift weights, dance. Share your feelings with someone you trust. Surround yourself with people who support you and make you feel good about yourself.

**Social Connections:** Have friends, family, and neighbors who help out and provide emotional support. Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties. Join a playgroup or online support group of parents with children at similar ages. Find a church, temple, or mosque that welcomes and supports parents.

**Concrete Supports for Parents:** Onslow County Partnership for Children: <http://www.onslowkids.org/>  
Onslow County PEERS program: <http://www.onslowcountync.gov/departmentnopb7030.aspx?>

### Healthy Choices Matter Conference in April & May

The Onslow County Health Department & PEERS Family Development Center are excited to present the Healthy Choices Matter Conference: two value-neutral interactive educational programs that teach adults and teens needed skills to open lines of communication through active listening and relationship building. This conference is FREE and open to the public.

**Adults** come prepared to learn: Healthy protective parenting skills, ways to discuss healthy sexuality and what it really means, and how to start successful conversations with the adolescents in your life on difficult subjects.

This class is for anyone who influences the lives of youth.

To enroll: Call 910-989-3993 or email [Whitney\\_Jezek@onslowcountync.gov](mailto:Whitney_Jezek@onslowcountync.gov)

**Youth** come prepared to learn: How to make safe, sound decisions that are your own, not made under peer pressure; how to stand by your own values in the crowd; how to make choices to protect you and your health now and in the future. This is a fun, interactive class for 11-14 year olds who want to make healthy choices.

To enroll: Call 910-333-9727 or email [Kameron\\_Padgett@onslowcountync.gov](mailto:Kameron_Padgett@onslowcountync.gov)

The five Tuesday evening session Course Dates at the Onslow County Health Department are:

April 7, 14, 21, 28 and May 5, 2015 Time: 6:00-8:30 p.m.

### Onslow County Vision 2050

Onslow County seeks your vision for what the county should look like in 2050.

2050 was chosen because it is beyond the tenure of any elected official or county employee. Onslow County officials will be collecting the thoughts of a large sample of people who live within our county. The opinions, ideas, priorities and wisdom will be compiled and presented to the Board of Commissioners to as they finalize a new county. Ultimately this vision will guide the work of Onslow County Government for the future. Visit <http://goo.gl/XBTfU9> and complete the form to help shape Onslow’s future.

### County Nutrition Director Published!



Onslow County Nutrition Director Carissa Showers’ graduate research, “*Food-Based Science Curriculum Yields Gains in Nutrition Knowledge*,” was recently published in the April 2015 issue of the highly respected *Journal of School Health*, the publication of the American School Health Association. The publication can be found at <http://bit.ly/198a1gf>.

### Beach Clean-up Keeping Onslow Beautiful

Sixty Marines volunteered to help Lisa Rider and Mark Gifford pick up debris at North Topsail Beach March 13.

Rider said, “I wanted to express my deepest gratitude for GySgt Rocco Possemato and his group of Marine Engineer students for all the hard work in helping cleanup our waterway here in Onslow County for the past two years. Rocco and these students add such a huge value to our community and I can tell that they take great pride in improving our community environment. Out of the over 25 years of waterway cleanup volunteering and over 11 years of coordinating these cleanups, I have never known a more inspiring group of people. These young students are true community stewards and have shown to have learned from great instructors and leaders.”

The team picked up 3,600 pounds of trash this year. Last year’s effort yielded 1,500 pounds.



### Commissioner Meetings

Wednesday April 8  
Monday April 20  
Monday May 4  
Monday May 18  
Monday June 1  
Monday June 15  
Monday July 6  
Monday July 20  
Monday August 3  
Monday August 17  
Wednesday September 9  
Monday September 21  
Monday October 5  
Monday October 19  
Monday November 2  
Monday November 16  
Monday December 7  
Monday December 21  
*Meetings will be held at the Onslow County Government Center, 234 Northwest Corridor Blvd, Jacksonville. Meetings will be held on the first and third Mondays, with the exception of listed Wednesdays.*

### “Cherish the Child” Dinner & Auction

The 12<sup>th</sup> annual PEERS “Cherish the Child” Dinner and Auction is Mar 27, 7 p.m. at Discovery Church International, 1309 Lejeune Blvd. The event will feature entertainment by The Carolina Band. The PEERS .

Tickets are \$35 per person. Call 910-333-9725. To become a PEERS vol-

### Americas Guardians PSMC NC12C Poker Run benefiting Onslow County Relay for Life April 11, 9 a.m.

New River Harley Davidson. Prizes, raffles, food, T-shirts. Email [nc12c.strong@gmail.com](mailto:nc12c.strong@gmail.com)



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