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**Acting out
mystery solved**

Raleigh family finds answers



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Get your teeth into this!
Top tips for healthy smiles



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**Parenting support,
ready when you are**
Triple P Online



Parenting tips and information for every parent Tippaper

No.3

> Triple P, Positive Parenting, Create a safe, interesting environment, Summer/Fall 2015

www.triplep-parenting.net



Help for families in North Carolina

Raising children in North Carolina is a little bit easier, now that 33 counties have teamed up to bring the Triple P – Positive Parenting Program to parents. The North Carolina Triple P State Learning Collaborative has made Triple P available, free or at low cost, to eligible parents of children up to 12 years, or up to 16 years in some areas.

The 33 counties offering Triple P are: Alamance, Alleghany, Ashe, Beaufort, Bertie, Buncombe, Cabarrus, Camden, Chowan, Currituck, Durham, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Madison, Martin, Mecklenberg, Nash, Northampton, Pasquotank, Perquimans, Pitt, Tyrrell, Vance, Wake, Warren, Washington and Watauga.

You can rely on it

There's a lot of parenting advice around these days! What makes the Triple P – Positive Parenting Program different is that it's been extensively tried and tested. It's backed up by 30 years of ongoing research, and is used in 25 different countries and counting. Hundreds of studies demonstrate the effectiveness of Triple P's strategies. They can help you turn down the stress levels at home, promote your children's wellbeing and encourage their healthy development.

Toddler transformed!

Amanda Garcia uses words like "caring," "loving" and "funny" to describe her daughter, Isabella, who is two-and-a-half...along with words like "independent" and "strong-willed." Her toddler, like so many others, longed to be self-sufficient, but the path to independence had been paved with tantrums.

"She wanted to do everything on her own," says Amanda, "but when things didn't go her way, she would kick her feet or throw herself on the floor."

Although Amanda and her husband, Juliano Dos Santos, tried to manage Isabella's tantrums, they were finding that taking her out in public was challenging. Amanda feared there'd be a meltdown whenever she didn't buy Isabella what she wanted.

When Amanda saw a Triple P tip sheet at the library, she realized this was something that could help her and Juliano manage Isabella's behavior. The tip sheet is just one of the resources available to

parents as part of the Triple P – Positive Parenting Program. Triple P is one of the world's most effective parenting programs and offers parents simple strategies and tips to manage family life. It's available for free or low cost to North Carolina families with children aged up to 16, and there are a number of different ways to access the program.

The Garcia Dos Santos family took advantage of the group sessions as well as individual support. Amanda admits she was a little nervous before the first group session, and Juliano was dragging his feet.

"I told him, 'we're not bad parents – we just need a little help.'"

Amanda and Juliano were pleasantly surprised to learn that the other parents in the group were facing the same issues they were. "It didn't matter if the child was two or 12, everyone had similar stories," she says.

Amanda and Juliano also did two independent sessions with their provider, Stephanie Carter. Now they feel ready to navigate any situation that comes their way, turning the terrible twos into something terrific.

Find out how the family tackled Isabella's tantrums – p. 3



Contact?

Check our website
triplep-parenting.net

2 About parenting

Fast facts

5 billion

Hours per year, worldwide, children spend playing with LEGO bricks

www.lego.com

60

Minutes of daily supervised, structured physical activity recommended for pre-schoolers

US Association for Sport and Physical Education

3 out of 4

...children prefer playing board games with their parents to playing computer games with them

State of Play, Back to Basics Report, 2010



Different folks? Different Triple P

Every family is unique. So the Triple P – Positive Parenting Program lets parents find just the right level of help. Maybe you'd like a few tips, so you know how to manage shopping mall tantrums or teenage tempers. Or you could be facing more complex problems and need more in-depth support to get your family through them. Perhaps you're somewhere in the middle.

Triple P is available free or at low cost to North Carolina families in 33 counties, and each county has selected its own range of Triple P programs.

These may range from one-off informal seminars for a big group of parents, to more intensive one-on-one and group courses. Your county may offer specialist programs for parents of teenagers, or parents of children with a disability, or where encouraging a healthy lifestyle is important. Some programs are offered in Spanish as well as English. In some cases, you can start with a short program that can be extended if you need extra support.

Sometimes your provider will show a DVD so you can see how other families have dealt with similar problems, offer you a take-home worksheet, or just have a casual discussion about some different ideas.

Sessions can range from 15-30 minutes up to a two-hour group seminar.

And then there's Triple P Online, if you prefer to access Triple P at home via your computer.

Not sure what suits you? Find out more under the Get Help menu at www.triplep-parenting.net



Ready for take-off: Shann, Atlas and Houston



A whole new world for Atlas and his family

Dr. Shann Burroughs is a Raleigh veterinarian who is used to helping others. So when her five-year-old son, Atlas, was acting out at home and at preschool, it made sense to seek out an expert – and Triple P was just what the doctor ordered.

Shann and her husband Houston had noticed that Atlas' behavior worsened after some changes in their household. The family had moved, and then Shann received a promotion which increased her hours at the vet practice. Before long, Shann and Houston found themselves sitting down with Atlas' preschool teachers to discuss escalating misbehaviors in the classroom.

"I asked him why he was getting put in time-out so often, and he answered that it got him attention," said Shann. "When I told him it wasn't the good kind of attention, he responded that he didn't care—it allowed him to be with the teacher more. I knew we needed some tools for how to best deal with this."

Shann did some research and discovered Triple P services were available through Project Enlightenment, an early childhood education program offered through the Wake County Public School System. She and Houston

began with some group classes, and then decided that they also wanted some one-on-one help to address Atlas' specific needs. They began working with Parent Counselor Educator Aprielle Anderson, and were quickly on the road to success with strategies specifically geared for their family.

"We used charts for tracking Atlas' behavior, trying to figure out patterns," said Shann. "At first, I didn't know—were the days when I was working the worst? What set it off?"

After some time, the Burroughs were able to figure out the problem—and it wasn't that Shann was working more hours. "We learned that transitions are tough for him, particularly in the morning. It was a fight every day to get him out the door. So Aprielle gave some suggestions to make it easier, such as laying out all his clothes the night before, allowing enough time in the morning."

"But the best thing for him was just going over the chart with him, to prepare him for his day. That way, he would know exactly what was going to happen. It made a huge difference for him to know what his day would look like."

Shann and Houston adopted some other strategies, such as touching Atlas' shoulder to get his attention when he was busy, then kneeling down so they were on his eye-level. "When [Atlas] is interested in something, he won't talk. So we say, 'Give us a thumbs-up if you're listening,' and that works great," said Shann.

Now that the couple is employing Triple P strategies, Shann feels she has achieved an ideal work-life balance. "I enjoy my work, but I love being a mom. I really look forward to the time I spend with Atlas especially now that we've improved our parenting skills with the help of Triple P. ■





Continued from page 1 >

Enjoying three-dom: Juliano, Isabella and Amanda



Consistency is really paying off

Before Triple P, the Garcia Dos Santos family struggled with two-year-old Isabella's tantrums, which seemed to happen whenever she couldn't get whatever she wanted, when she wanted.

But through group and individual sessions with Triple P, Amanda and Juliano learned that Isabella was not the only one who could change how they reacted to particular situations. The couple took a close look at their own parenting and realized they hadn't always been consistent.

"It wasn't just Isabella—it was us, too," says Amanda. For example, sometimes Isabella's parents gave her an ineffective version of a time-out, or gave in quickly to her demands.

Provider Stephanie Carter introduced an incredibly helpful technique – recording behavior on a chart. Not only did this help Isabella, it kept Amanda and Juliano on track. "We learned this together, as a family," says Amanda.

Planning ahead of time and letting Isabella know what will be happening is another effective method the couple

now use. So, before the family goes to the grocery store, Amanda will tell Isabella exactly where they are going and what the trip will entail.

"Stephanie made me aware of the fact that it would be really upsetting if someone pulled me out of the house and put me in the car with no idea where I was going," says Amanda.

Amanda also avoids meltdowns by trying to keep Isabella from being too bored. When there's work to be done, Isabella now helps out and stays occupied, running next to Mom with her own toy vacuum cleaner or playing with plastic cups during meal prep.

All up, with the help of Triple P and some simple changes, Isabella's parents can enjoy watching her grow and develop, and life is much more settled and happy in the Garcia Dos Santos household. ■



It's all about options

Tonya Roark loves helping parents. That's why she decided to train as a Triple P Positive Parenting provider – so she can offer parents helpful and flexible strategies they can customize to suit their situation. The result? Happy kids and happy parents.

Tonya, who is with the Ashe County Partnership for Children in Jefferson, spends a lot of her time at different events with parents. Whether at a local community college promoting family time or a kindergarten/pre-K screening, Tonya understands that although some issues are universal, each family is unique.

"Every family is different, and I became a provider because Triple P offers so many options," she says.

Tonya says her training (in Level 2 Individual Help and Level 2 Individual Help Teen Triple P) allows her to talk to each family individually, giving them a few new ideas and a tip sheet to help them start positive parenting at home.

For example, at a recent community college event, Tonya asked parents to share a story about their child. Parents were eager to fill her in on their youngster's likes and dislikes, personality quirks, and favorite hobbies and toys. Tonya was then able to offer some simple tips to make the most of family time —

such as games to encourage families to spend time together — designed to work in variety of family situations.

'Start talking about it and they ask for more'

As the conversation flowed, many of these parents also talked about some of the challenges they deal with in raising their kids. Tonya was able to let each parent know about Triple P strategies for specific situations. This is often when the real help begins.

"You give parents one piece of information, start talking about it and they ask for more," she says.

Tonya recalls one mom whose son was having difficulty sleeping. He often stayed up late and crawled into bed with his parents because he was so scared. Tonya shared some information about bedtime problems and fears, and offered some Triple P tips about setting up a nightly routine. The mom took the advice to heart, creating a chart that outlined when things like a bath, stories and songs would begin. Before long, her little boy was able to sleep soundly in his own room.

Another really common issue is separation anxiety. Tonya recently helped a group of parents navigate this as they prepared their kids for kindergarten. She knows that sending a child to school for the first time can be a challenging and emotional experience, and Mom, Dad, and Jr. can all feel the stress.

So when Tonya talked to parents about preparing a child for the first day of school, she also took the chance to find out if parents would like more Triple P help. She gave out cards parents could use to request a follow-up call about separation anxiety. Not surprisingly, 60 percent of the parents in the group

used the cards to ask for extra support.

"Parents want their children to have a positive experience and know that they are raising independent kids," Tonya says.

"Triple P doesn't tell parents what they have to do; instead, it gives them options that can work." ■



Ashe County provider, Tonya Roark

4 Create a safe, interesting environment



Getting crafty

You don't need to spend a lot to keep the kids entertained after school, on weekends, or any other time of the year.

While coloring is a perennial favorite to keep tots busy, there are many other simple crafts that will keep little ones occupied. And you'll be using the kinds of bits and pieces you probably already have around the house.

Here are two favorites for a little crafty inspiration. Many more terrific ideas can be found by searching for "easy crafts for kids" on the internet.

Homemade 'play dough':

This is a no-cook recipe that your kids can help you make, and it'll keep them entertained for ages – especially if they have some plastic knives, a rolling pin and cookie cutters. Store it in an airtight container in the refrigerator when not in use.

Mix the following in a bowl:

- 2 cups of plain flour
- 4 tablespoons of cream of tartar
- 2 tablespoons cooking oil
- 1 cup of salt
- 2 cups of boiling water

(do this part out of reach of children and wait until the mixture cools down)

It takes a little while for the dough to come together, so don't give up too

soon. Mix and knead it on your kitchen counter or table. To create different colors, add a drop of food coloring to selected portions of the mix. A drop of peppermint oil or vanilla essence will give the dough a nicer scent and a longer life, and for real pizzazz, you can also throw in glitter!

Paper bag kite

Grab a paper shopping bag – the kind with handles. Cut out long thin strips of colored tissue or crepe paper and staple them to the bottom seam of the bag. Tie a long length of light string to each handle, and your kite's ready to go. You can also have your child decorate the bag before you attach the tails and the string. When children run holding the strings, the kite will billow out behind them.

Egg carton bouquet

From an egg carton, cut out the cups individually. Help your child paint the outside of each cup a different color to the inside of the cup. To make it really zing, while the paint's wet, sprinkle a dusting of glitter to the outside.

Pierce a hole in the middle of each cup and push through a green pipe cleaner. Tie a knot at the end inside the cup so it doesn't slip out again. Repeat until you have a beautiful bouquet. Tie up with a ribbon, wrap in special paper and display in a vase. ■

Ten minutes with... Mila Rose



Mila Rose, B.S. ED is a certified parent educator with Albemarle Smart Start Partnership in Elizabeth City, as well as a Level 3 Individual Help Provider with Triple P.

How can you tell if children are misbehaving because they're bored?

Children want and need their parents' attention, and they tend to develop a whole array of attention-getters by the time they begin school. You know your child best, and know how your child deals with hunger, being tired or if they just need your attention.

Do some parents have to learn to play with their children? If so, what advice would you give?

Playing with your child is like connecting with your own childhood. Children love to play and parents can learn a lot about their children through play. Invest in 5-10 minute intervals to play with your child every day, one-on-one with no distractions. You don't have to lead their play, just extend the activity. When a child gives up on the activity, you can show your child a new way to continue playing.

For example, if your child is playing with blocks and after a short time moves on to something else, you can draw your child back by asking open ended questions about the structure they built: "What would happen if we made a road to the house? How could we make a really tall tower with the blocks?"

Kids love computers – what computer-related tips do you have for parents?

Be right there with them. Ask questions and learn as much as you can about what your child is doing. Have a set time that technology is allowed and filters that will keep your child safe. Talk about Internet safety and let your child know that the Internet is a good thing when it's used safely. It's never too early or too late to have age-appropriate conversations with your child about technology.



Can parents be overprotective when it comes to playing or supervise too much?

We don't need to lead in play, or to frustrate our child by expecting them to do things that are beyond their capabilities. We can challenge our children within their abilities, and know what is appropriate for our child at their stage of development.

Is it ok for kids to be bored sometimes?

Absolutely! A milestone for toddlers is that they are able to stay within a task of their own choosing for five minutes. Sounds simple, but it's something that a lot of children struggle to achieve. When my children were growing up and I heard the dreaded, "Mom, I'm bored," they knew what my response was going to be: "...Go to the 'I Am Bored Closet.'" We had a closet within our home with coloring books, jacks, crayons, markers, art supplies, cool rocks, stamps, family pictures and such. I think that's when I first developed my love for thrift stores. I would find the most interesting things to keep my children coming back to that closet. They never knew what new interesting stuff they would find in there.

What are some interesting, simple, low cost activities you've seen parents set up?

Cardboard! Oh my goodness, there are so many fun and interesting things to make with cardboard. I also have a Pinterest account that I encourage families to check out. The boards are broken up by age-appropriate activities they can do with their children. As a Parents as Teacher parent educator I bring activities with me to every visit. ■



Pasquotank County provider, Mila Rose



Keep kids safe while they explore



Creating a safe, interesting environment is one of Triple P's five key steps to positive parenting. It's a practical way to help everyone to feel secure and respected.

You may think "it's a jungle out there," but what about inside your house? Kids will always have minor scrapes and bumps, but many children end up in hospital each year because of simple household accidents. Children are intensely curious, even at home. You can help prevent accidents by doing a room-by-room safety check, looking for hidden dangers and hazards from a child's eye view. It'll only take a short time, will make life easier and help keep little ones safe.

Kitchens

To a toddler, they look like fun treats and drinks. But brightly-colored liquid soap, cleaning chemicals, dishwashing tablets and powders are poisonous and can cause severe and permanent internal burns. Keep them locked up and/or out of reach, and do the same with knives, matches, lighters, glasses and breakables, plastic bags, chemicals and medicines – even things like acetaminophen and vitamins.

Always turn pot handles towards the rear of the stove and away from little hands, and consider stove guards to prevent children touching hot elements. Make sure kids are safely out of the way and won't run in just when you're lifting or carrying or carry hot pots, pans or cups of liquid.

Bathrooms

Get into the habit of closing doors. Most kids love water, and may try to pull themselves into a bath from a very early age – eight months or younger. So never leave an infant or toddler alone in the bath or near the bathroom. Tragically, children can drown in less than one minute, including by leaning forward into a bucket, a toilet, or just a few inches of water (including garden ponds or water features). Hot water can severely burn babies and young children. Fill the bath with cold water first and then gradually add hot. Always turn off taps tightly. You can also buy tap covers, and lower the temperature of your hot water system. Also, lock up or store up high any cosmetics, pills and medicines, or cleaning products, and unplug and put away electrical appliances such as hair dryers.



Living areas

Top dangers for kids here are climbing and falls; entertainment equipment and remote control buttons or batteries which can be removed and swallowed; and heavy TVs and furniture (bolt them to the wall so they cannot topple onto a child).



And beware cords on window blinds – use the kind that will safely snap apart if a child's neck is caught up.

Electrical outlets, plugs and cords look shiny and exciting to toddlers and infants. Have a safety overload switch installed, and buy safety covers for outlets. Hot drinks like coffee and tea can cause severe burns. Stay alert when you have visitors, put cups out of sight, and avoid letting tablecloths hang down, which tempts kids to pull on them. You may want to also cover sharp furniture edges and corners, and remove indoor plants if the leaves are poisonous.

Stairs

From about 9 or 10 months children will be fascinated by stairs. Fit safety gates at the top and bottom of stairs... and close them. Stay with your toddler around stairs and teach them to descend by crawling backwards.

Doorways

Doorways can squish little fingers and toes. Where needed, keep doors propped open with doorstops or use finger jam protectors.

Toys

Stick to the age range recommended on toy packaging. Keep older children's toys away from smaller children, and keep floors and surfaces clear of small items that look attractive to little eyes like beads, balloon pieces, toy eyes, marbles, coins and plastic shapes.

Safe fun

You don't want to always be saying "no." So try to create some space where young children can safely explore and play with simple toys and activities that are right for their age group. ■

NOTE: Garden and yard safety is important too. Lock away chemicals such as pesticides.

And keep kids away from driveways – in the U.S. alone, 50 children PER WEEK are reversed over by a vehicle.



PARENTS SAY

We took to the streets of North Carolina to ask parents: "Which toy or activity at home (other than watching TV or using a computer) do your kids find most absorbing?"

Mary Vining, Davidson

Children: Lilly (8), Joshua (6) and Jack (1)

Lilly loves her bug collector. She collects the bugs outside, then looks them up in her Bug-opedia. Joshua loves to play outside in the sprinkler. I buy a few cheap ones every spring and he'll jump through them all season long. He also uses the water to fill water balloons and squirt guns. And Jack likes to play with wiffle balls. You can roll it to him and he'll roll it back. The holes in the balls make it easy for his fingers to grasp.

Jennifer Mankham, Charlotte

Children: Trey (6) and Adelyn (5)

Trey enjoys Legos, both the kits and free building. He also likes playing with his creations once complete. And Adelyn can lose herself in puzzles. She finds a quiet spot in the house and completes three or four before coming up for air.

MacKenzie Goode, Concord

Children: Gatsby (9) and Quinby (5)

My kids play on the trampoline every single day. They do the usual jumping and gymnastic tricks, but they also make up games.

Allison Brady, Huntersville

Children: Paul (4)

If we are inside, it has to be packing. He loves to pack – suitcases, toy boxes, dishwasher, you name it. For Easter I got him a carrying case for Hot Wheels cars just so he could pack it and unpack it! If we're outside – bike riding! We started Paul on a balance bike when he was about two and a half years old. Then I found a cheap pedal bike at a consignment store. At first the concept of pedaling to keep going was lost on him. But when he was a couple months shy of four years old, my neighbors were walking in our cul-de-sac while he was practicing, and I swear, seeing them pushed him over the edge to master pedaling – he was trying to show off for them!

Sara Davis, Kannapolis

Children: Avery (2)

My daughter has Eric Carle alphabet/animal flash cards that she loves to match up with her Little People animals. She will open up the box of cards and run back and forth to find the animals that she can stand on top of the matching cards.

Debi Hanson, Huntersville

Children: Neil (13), Alexis (11), Jake (8) and Luke (6)

Luke loves playing BINGO basketball outside with his brothers, while Jake enjoys painting on canvas (and also playing basketball outside with his brothers). Alexis prefers to be outside at all times, playing soccer and with our dog and Neil would prefer to do nothing all day except play basketball, inside, outside, where ever he can. If there's no ball available then he likes playing board games with the family.

6 Healthy kids



😊 Start early to keep teeth strong

When your child's first little pearly whites appear, you may not realize the importance of looking after them right from the start. Aren't they going to fall out anyway? Sure, but tooth decay in toddlers and preschoolers is a very real problem with long-term effects.

Luckily, there are plenty of things you can do to keep your child's smile bright and healthy, says Cabarrus-based Pediatric Dental Specialist, Dr. Sonya Maynor.

"Baby teeth – also called primary teeth – are very important," she says, "not just for chewing, which helps proper nutrition, but also for things like proper speech development, a healthy smile, and guiding permanent teeth that will

come later into their proper alignment."

"If there are problems with baby teeth, this can affect the permanent teeth as well," she explains.

"And dental pain and discomfort also makes it hard for kids to concentrate and learn in school."

Tooth decay (dental caries) affects more than a quarter of U.S. children in the two- to five-year-old age group, says a 2011 CDC report. ■



What are cavities?

Cavities happen when bacteria become stuck to the teeth, and live off any food or drink they can find in the mouth. They turn starches and sugars (including natural fruit sugar and lactose from milk) into acid. The acid destroys tooth enamel – the white shiny outside layer. The bacteria spread from one person to another.

Why do children get cavities?

Apart from the obvious causes like candy, soda and sports drinks, other risk factors are:

- Fruit juice and milk (many parents are surprised by this)
- Cookies/crackers/crisps (even if they don't contain any sugar – it's the starches)
- Hereditary conditions that make teeth more prone to decay
- Medications, mouth-breathing rather than nasal breathing, thick saliva, and/or conditions like Down syndrome or cerebral palsy.

What can I do to help prevent cavities?

- Stick to a healthy diet, including plenty of fresh fruit and vegetables. Good nutrition is important for healthy teeth and gums.
- Watch the drinks. Avoid high sugar beverages, including juice. Encourage your child to drink water, and as soon as they're old enough, teach them to drink from a cup. Bottles allow milk to pool around the teeth for a long period of time, so avoid putting babies to sleep with bottle of milk, juice or any liquids containing sugar. (Water is fine.)

- Avoid sharing utensils; don't "rinse" a pacifier that's fallen on the floor by sucking it first. Babies aren't born with decay-causing bacteria; it's passed on to them.
- See the dentist every six months.

Start cleaning from Day One

- To help prevent cavities, wipe baby's teeth clean with a damp flannel or piece of gauze wrapped around your finger after every feed, whether nursing or bottle-feeding. Your baby will soon get used to it, and as children grow older and more teeth appear, you can gently brush with a soft toothbrush and water.
- Children aren't able to brush their own teeth properly until they're about 7 years old. Brush your children's teeth every morning and every night, using fluoride toothpaste (once they're old enough to know how to spit out and not swallow it). Use an age-appropriate toothbrush, with just a smear of toothpaste for kids under three, and a pea-sized amount for children who are between three and six). Don't rinse after brushing, or keep it to a minimum.

You'll also find useful information at www.mychildrensteeth.org ■

See the dentist by baby's first birthday



Some might think it seems early, but it's important to take your child to the dentist within six months of the first tooth appearing or before your child turns one (whichever comes first). The U.S. Surgeon General says tooth decay in kids, especially in under 3's, often goes untreated.

"It can be distressing for parents of children who have developed cavities (caries) to realize the problem had set in before the child could even talk," says Pediatric Dental Specialist, Dr. Sonya Maynor.

by finding a suitable competent family dental practice and attending regularly.

"Getting started early on dental health education, prevention and treatment is a terrific thing you can do for your kids." ■

- **The dentist can check to see if your child is at "high-risk" for Early Childhood Caries (ECC)** – some kids are more prone to this than others.
- **You and your dentist can talk about your child's individual dental health**, including ways to prevent decay, good oral hygiene, dietary habits, fluoride management, oral habits (such as thumb-sucking) and how to prevent dental injuries.
- **It helps your child to feel safe and comfortable when going to the dentist.** You can help set up good habits early



Dental health goes on the road

Mobile clinics are a great way to help ensure all kids have access to dental care, says Dr. Thomas Burns who is the primary dentist working with in the Cabarrus Health Alliance Mobile Dental Unit. For more info, go to the Cabarrus Health Alliance website (www.cabarrushealth.org) and click on "Dental Services", or call 704-920-1000.

For details on how to access safety-net dental care in other parts of North Carolina, visit: www.ncdhhs.gov/dph/oralhealth/services ■



An action-packed outing!



As the weather cools down and the leaves start falling, if you want to create some classic family moments – and sing a few rounds of “nothing could be finer than to be in Carolina” – then mark October 15-25 on your calendar for the N.C. State Fair at Raleigh’s State Fairgrounds.

- Take a step back in time to see a **steam-powered sawmill** in action, vintage tractors and **horse-drawn equipment**, and traditional skills like **blacksmithing, boat making, and incredible craft and 4-H displays**.
- Be entertained by the all-singing, all-dancing **Folk Festival** events.
- See an **8-foot-tall Soybean Fountain** and an agricultural **unmanned aerial vehicle** demo at the Agriculture Today exhibit (near Gate 1, south side of Dorton Arena).
- Find out more about **how soldiers lived during WWI**, and the important role played by the Raleigh fairgrounds (north-side lobby, Dorton Arena)
- Learn about healthy forests and see the **21-foot-tall Smokey Bear** display.
- Marvel at all the **Best of Show winning entries** from fairs across the state (Commercial & Education Building)
- Win your own Blue Ribbon by completing the **State Fair Scavenger Hunt**.

This year’s theme is ‘Nothing Could Be Finer’ and there’s plenty of fun for families, says Sarah Ray, public information officer: “We know that each person’s fair experience is unique and one-of-a-kind. Some may come for the food, others for the competitions or the people-watching,” says Sarah, who can also rattle off a list all the things we loved best when we were little, and now want to show to our kids.

There are harvest time traditions like local handicrafts, giant pumpkins, and livestock shows, as well as all the carnival thrills: deep-fried delicacies and rides that range from merry-go-rounds right up to the terrifyingly twisty. And keep an eye out for new mascot Casey the Cardinal, a larger than life version of the state bird of North Carolina, who’ll be flitting around the fair and might just photobomb your family selfie!

“Experiencing the State Fair is a North Carolina rite of passage. Think about the first time you saw a cow in real life! It’s all about making some priceless memories with our families,” says Sarah.

Having a great day out at the fair doesn’t need to involve spending up big on rides and attractions. Below are just a few of the fun, interesting and educational activities that don’t involve extra costs:

- **Milk a cow, buzz into the Bee and Honey display**, and see weird and wonderful fruit and vegetable displays, including this year’s **largest pumpkins** and **watermelons** at the Expo Center.



You can also check out the [N.C. State Fair website](http://www.ncstatefair.org) for the latest updates and extra information on things like [disability access](#), [daily activities](#), [maps](#) and [ticket purchasing](#). www.ncstatefair.org

Carnival Survival Tips

Dazzling lights, electrifying music and mesmerizing colors are just a few of the things kids love about the local carnival or county fair. But for parents, the idea of trying to manage overexcited, overtired children demanding expensive treats and rides can be daunting. So how do you turn this family outing into a memorable experience – in a good way – for everyone?

Pre-planning can make all the difference. You may remember as a teen or young adult just turning up and having fun, but when you’re taking children, the fair will be much more enjoyable if you take time in advance to:

- Set a budget, and work out how many and what sort of treats will be allowed. Ensure your kids understand this is not going to be influenced by whining or pestering on the day.
- Find out beforehand what there is to do, so you can pre-plan activities, rides and events. Allow extra time for rest and toilet stops, and alternate high energy activities with quieter ones.
- Set ground rules. Before you leave the house, explain clearly and firmly

the rules which will apply, and what will happen if children misbehave. Think ahead of time about which discipline strategies would work. For example, is there a suitable rest area if you think quiet time could be needed?

- Arrange a meeting place in case someone gets lost, and have younger children wear or carry a suitable form of identification, such as a wristband with your first name and cell phone number.
- Give your children something substantial to eat before you set off, and take some water and healthy snacks with you.
- Work around your children’s usual routines, depending on their ages. Young children may still need naps and will be hungry at their usual meal times. Plan to leave well before exhaustion sets in – for both kids and parents!

When the big day arrives, make the most of it. Attending this type of special event as a family helps to create magical childhood memories. Use incidental teaching – talk with your children about all the interesting sights, sounds and sensations that are different to everyday life. Praise your children when they are behaving well, and above all, enjoy some fun time together. ■

– Professor Matt Sanders

LOCAL FAIR CALENDAR

Can’t make it to the N.C. State Fair? See the list of County Fairs near you, also available from The North Carolina Department of Agriculture and Consumer Services website: www.ncagr.gov/markets/fairs

September

1-5 Burke 2-7 Hickory (American Legion) 7-12 Iredell 10-14 Avery 11-19 Cabarrus 11-19 Wilson 11-20 Cumberland 11-20 NC Mountain 12-19 Surry 14-17 Duplin 14-19 Alexander 15-19 Stokes 15-20 Lee 17-20 Macon 18-26 Rowan 21-26 Davidson 22-26 Lenoir 22-26 Chowan 22-27 Pitt (American Legion) 22-27 Caldwell 25-27 Madison 29-Oct. 3 Moore 28-Oct. 3 Onslow 29-Oct. 3 Wilkes

October

1-10 Wayne 1-11 Cleveland, N.C. 2-10 Robeson 2-11 Dixie Classic 5-10 Rocky Mount 6-10 Richmond 6-10 Stanley (American Legion) 13-18 Columbus 30-Nov. 8 Cape Fear



Now you can access Triple P anytime – online

Since 2013, thousands of families across North Carolina have taken part in the many different programs within the Triple P – Positive Parenting Program system.

Now, because the North Carolina State Learning Collaborative is committed to ensuring families have access to one of the world's most effective parenting programs, there's a new option: the online version of the Triple P – Positive Parenting Program. Triple P Online is now available free to parents of children under 12 years old.

"Triple P Online is a really useful way to help parents manage the ups and downs of parenting," says the N.C. Department of Health and Human Services' Marshall Tyson. "It means that parents who are finding it hard to attend other Triple P sessions because of time, babysitting or travel issues can still access Triple P."

Mr Tyson, who is the Health and Wellness Unit Manager, Division of Public Health, Children and Youth Branch, adds that: "The online program guides parents through 17 different parenting strategies, and people can access it whenever is convenient for them".

The Triple P Online (TPOL) program has been designed to be easy to use. Triple P's Professor Matt Sanders appears as a virtual practitioner, guiding parents through a mix of video clips, worksheets and activities.

Each of the eight modules of Triple P Online takes around 30 to 60 minutes to complete.

Parents can also choose to sign up to receive podcasts, emails and text reminders.

The worksheets can also be downloaded to keep as handy reminders of some of the strategies that parents have learned.

For parents who don't like the thought of completing a program totally on their own, some email support is available, as well as referral to other options. Providers can help parents adapt Triple P's strategies to their particular situation at home.

North Carolina parents can get an access code to do Triple P Online at no cost via the Triple P website. ■

Triple P Online

- Go to www.triplep-parenting.net
- Look on the top right for "Do Triple P Online 24/7" and click on Start Your Course Now
- Then just fill out the request form.

The Tippaper team

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Triple P is brought to parents by the North Carolina Triple P State Learning Collaborative.

The content of this paper should not be construed as legal or clinical advice. Please visit a local practitioner.

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How to find help



The best place to find a Triple P provider or a session closest to you is North Carolina's Triple P parent website: www.triplep-parenting.net.

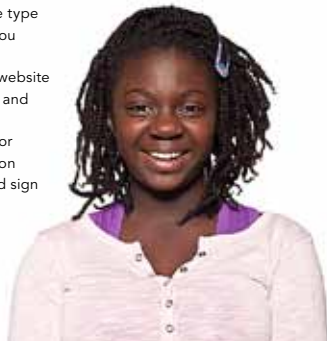
On the website, you can find out more about different types of Triple P programs under the Get Help menu:

- Some are designed to be done as a group with other parents, while others are one-on-one with your provider.
- There are programs for parents of young children and for parents of teenagers.
- Some are one-off sessions and others are ongoing courses.

Once you have an idea of the type of program you might prefer, you can either:

- Use the Google map on the website to find your nearest provider and contact them directly, or
- Check the calendar section for upcoming seminars, discussion groups or group sessions and sign up for whatever suits you.

New providers are training all the time throughout



North Carolina so the maps and calendar are updated regularly.

If you're not sure what you'd like to do, you can contact a provider to talk about your situation. Or if there's no provider close by, contact your County coordinator, or consider doing Triple P Online.

At right: List of coordinators for the 33 counties where Triple P is available.

Alamance

Martha Kaufman
 Alamance County Health Department
 Ph: 336-263 4922
 Martha.Kaufman@alamance-nc.com

Appalachian District (Ashe, Alleghany and Watauga counties)

Jennifer Schroeder
 Appalachian District Health Department
 Ph: 828-264-4995
 jenniferschroeder@apphealth.com

Beaufort and Hyde

Anna Andersen
 Hyde Health
 Ph: 252-926-5289
 aandersen@hydehealth.com

Buncombe

Deanna L. LaMotte, MPH
 Buncombe County Health & Human Services
 Ph: 828-250-5110
 Deanna.LaMotte@buncombecounty.org

Cabarrus

Amy Bartlett
Megan Shuping
 Cabarrus Health Alliance
 Ph: 704-920-1000
 triplep@cabarrushealth.org



Camden, Chowan, Bertie,

Gates, Pasquotank, Perquimans, Currituck
Trey Wright, MA, MPH
 Albemarle Regional Health Services
 Ph: 252-794 6224
 trey.wright@arhs-nc.org

Durham

Christian Adams, BSW, MSW
 Durham County Department of Public Health
 Ph: 919-560-7753
 cadams@dconc.gov

Edgecombe and Nash

Sharnell Wiggins
 Nash County Health Dept
 Ph: 252-459-1377
 Sharnell.Wiggins@nashcountync.gov

Halifax, Hertford and Northampton

Cassandra Faulcon
 Halifax County Health Department
 Ph: 252-583-5021 Ext 277
 faulconc@halifaxnc.com

Lenoir, Greene and Jones

Steve Roman
 Triple P Coordinator Lenoir, Greene and Jones Counties Partnership for Children, Kinston
 Ph: 252-521-5538
 steve_roman@ncsu.edu

Madison

Gary Webb
 Madison County Health Department
 Ph: 828-649 9975
 gwwebb@madisoncountync.gov

Martin, Tyrrell and Washington

Sandra Taylor
 Ph: 252-793-5437
 mtwttriplep@embarqmail.com

Mecklenberg

Cathy Henderson
 Mecklenburg County Health Department
 Ph: 980-3149128
 cathy.henderson@mecklenburgcountync.gov

Pitt

Lynne Carter
 Pitt County Health Department
 Ph: 252-902-2353
 lynne.carter@pittcountync.gov

Vance and Warren

Bailey Goldman
 Granville-Vance District Health Department
 Ph: 919-448 8933
 bgoldman@gvhdh.org

Wake

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