Children need good beginnings that start with their parents. That positive start is critical for children to develop healthy bodies, minds, feelings, and social skills. Today, mothers and fathers face pressures that may not have challenged their own parents. Most parents believe it is harder to be a parent than it used to be. North Carolina Cooperative Extension works collaboratively through the Partnership for Children of Wayne County to obtain Smart Start funding and offer Parents As Teachers (PAT) to Wayne County parents.

**What is Parents As Teachers?** Parents As Teachers (PAT) is an award-winning early childhood parent education program, which supports parents in their role as their child’s first and most influential teacher. Research has shown that this program helps parents lay a strong foundation for their child’s future success in school. PAT provides it’s families:

- **Information and Guidance:** Participants receive child development information from birth to age five, along with suggestions for learning opportunities that encourage language and intellectual growth, as well as physical and social skills. Such topics as effective discipline, constructive play, and home safety are included.

- **Personal Visits:** Personalized Home Visits by a certified parent educator, specially trained in child development and eager to help give your child a great start.

- **Parent Meetings & Playgroups:** Provide opportunities for parents and children to engage in age appropriate activities that promote growth and development.

- **Developmental Screenings:** Periodic screening of overall development, language, hearing and vision.

- **Links to Community Resources:** Parent educators assist families in locating community resources to meet individual needs.

*For more information call Cooperative Extension at (919) 731-1520.*