



# PARENT/ PROVIDER NEWSLETTER



CHILD CARE RESOURCE & REFERRAL

APRIL 2010

## Wear a Blue Ribbon for Kids

You can make a difference in children, families, communities, and lives!

The blue ribbon is the symbol for child abuse prevention.

In 1989, a Virginia grandmother tied a blue ribbon to the antenna of her car with the hope of raising awareness about child abuse.

Today, millions of people across the country wear a blue ribbon as a sign of their commitment to make sure that abuse doesn't happen in the first place.

Wear your blue ribbon with pride! When people ask what it means, tell them:

- Every child deserves a healthy, nurtured childhood and the opportunity to grow up to be a caring, contributing adult.
- Child abuse creates long lasting effects that impact everyone in our community.
- We can prevent child abuse by making sure that our community supports, educates, and strengthens all parents.

For more information contact 1-800-CHILDREN or [www.PREVENTCHILDAUSE.ORG](http://www.PREVENTCHILDAUSE.ORG)

## 11 FACTS ABOUT CHILD ABUSE

- |   |   |
|---|---|
| <p>1 In 2005, 12.1 of every 1,000 American children, almost 900,000 in all, suffered abuse by adults, with parents of victims <u>accounting</u> for almost 80% of abusers.</p> <p>2 Every day, about four children die in the U.S. because of abuse or neglect, most of them babies or toddlers.</p> <p>3 For every incident of child abuse or neglect that gets reported, it's estimated that two others go unreported.</p> <p>4 Neglect is by far the most common form of child abuse, accounting for more than 60% of all cases.</p> <p>5 Physical abuse accounts for between 15% and 20% of documented child abuse cases each year.</p> <p>6 A third of all girls and a fifth of boys are sexually abused by an adult during childhood.</p> | <p>7 Out of 10 sexual abusers are someone in the family or someone the child knows.</p> <p>8 About 10% of babies are born to drug-using mothers.</p> <p>9 Of kids who have a parent who uses drugs, one in 13 is physically abused regularly.</p> <p>10 Abused children are more likely to abuse alcohol and become addicted to drugs, and one third will later abuse their own children.</p> <p>11 Of all prison inmates, 84% were abused as children.</p> |
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Source: <http://www.dosomething.org/tipsandtools/11-facts-about-child-abuse>

## April Observances

Child Abuse Awareness Month

National Autism Awareness Month

Sudden Infant Death Syndrome Awareness Day

Frog Month

National Garden Month

Week of the Young Child April 11th-17th

National Library Week April 13th-18th

Income Tax Day April 15th

Earth Day April 22nd

Playground Safety April 25th- 30th



April Is Child Abuse Prevention Month!  
Stop By The Office and Get Your Ribbon Today



## National Autism Awareness Month

ASD STATISTICS FROM THE CDC

April is National Autism Awareness Month. April 2010 will be the first National Autism Awareness Month since the U.S. Centers for Disease Control and Prevention revised the autism prevalence rate to one in 110 children. At no other point in recent history has the need for autism awareness been so important.

Prior to the 2009 revision, the autism prevalence rate was at one in 150 children. This represents a significant jump in autism spectrum disorder diagnoses in the four years that passed between the 2002 study results and the 2006 study results. There are many ways to promote autism awareness with the first step being an accurate look at how autism affects children in the United States.

### Autism Statistics from the CDC

Ten communities participated in both the 2002 and 2006 autism studies and overall, the average increase of autism spectrum disorder diagnoses was 57 percent. One community actually reported a 95 percent increase in autism cases.

While an increase in healthcare professionals' knowledge about autism spectrum disorders and how it manifests in children may be responsible for part of this increase, it is not the sole reason. This leads professionals and parents to continue to ask the question, "What causes autism?" Unfortunately, no one knows the answer, but many possible causes are being researched.

Autism diagnoses are much more common in males than in females. According to the 2006 study results, one in 70 boys in the nation have an autism diagnosis while only one in 315 girls are on the autism spectrum.

Source:  
Autism and Developmental Disabilities Monitoring Network Community Report

## Have you Gone to School? Earned a Degree? Grant Money Still Available

We still have applications left to apply for Facility Grant & Educational Incentive Grants

### Requirements for receiving the grant:

**Facility Grant**— This grant will provide a one time bonus ([Availability of Funds Permitting](#)) to child care facilities that achieve a higher star rating of 3, 4, or 5 stars during the grant period July 1, 2009—June 30, 2010

**Educational Incentive Grants**— Awards will be given to child care providers ([Availability of Funds Permitting](#)) who earned a Bachelors Degree or Associates Degree in Early Childhood or Child Development during the grant period July 1, 2009 - June 30, 2010.

Awards will be given ([Availability of Funds Permitting](#)) to child care providers who earned Infant/Toddler Certificate, EC Diploma or EC Certificate in Early Childhood during the grant period July 1, 2009—June 30, 2010

Awards will also be given ([Availability of Funds Permitting](#)) to child care center directors that receive a Level II or III Administrative Credential during the grant period July 1, 2009—June 30, 2010.

**For more information  
Please call Pat Morrow 672-5921**

[All awards are dependent upon approval and availability of funds by North Carolina Partnership for Children and will not be submitted for payment until June 2010].

## PARENT/ PROVIDER NEWSLETTER

### LENDING LIBRARY MEMBERSHIPS!

Has your membership expired? Do you have a membership? Well come stop by the Lending Library and see what we have to offer and get your membership today.

Our Library is packed full of age appropriate books, movies, board games and toys for infants, toddlers, preschoolers and schoolagers

Additional Resources Lamination, Die Cut, Resource books, Copies and more. Additional apply charges.

The library is a great resource to find a new exciting toy or game for your children to share when you have family, friends or visitors over.

### BABY & CHILDREN CLOTHING SWAP



Hosted By:  
**Child Care Resource and Referral**

**When:** Tuesday, April, 13, 2010

**Time:** 4:30 pm– 8:30 pm

**Where:** Child Resource & Referral  
1917 Trent Blvd  
New Bern, NC  
(252)-672-5921



#### How it works:

Bring your children's clothing that is too small, unwanted, or slightly worn and swap for the appropriate size of slightly worn articles of clothing.



#### What Not to Bring:

Please do not bring ripped, dirty, stained items or those with broken zippers, or undergarments, etc.

As well, swappers may be allergic to cats, dust or mold. Thus, all items should be freshly laundered or dry cleaned before bringing to our swap events.

Thank you very much for understanding.

**Note:** Out of respect for fellow swappers & the non-profit organization we will donate all unclaimed items that are donated directly to people in need.

**Donations are Welcome**

### WEEK OF THE YOUNG CHILD

April 11th– 17th

Are you making any special plans for the week of the young child? Would you like to share your ideas and activities with us or invite us out to take pictures?

Pinkie Moore Community Outreach Coordinator is looking for your stories to share. Please give Pinkie a call at 252-638-2984 her home office.

**The Theme for the 2010 Week of the Young Child (WOYC) will be "Early Years Are Learning Years"**

For 2010, we would also like to offer a variety of sub- themes. You can select to use these themes any way you would like. As always, the National Association for the Education of Young Children (NAEYC) theme for WOYC is a suggestion and not a mandate. These sub-themes can be used for each day or as a means of tailoring the Week of the Young Child to your specific program, school, or community

#### **The sub-themes for 2010 are:**

- Play: Where Learning Begins
- Embracing Diversity
- Teaching & Teachers Matter
- Encouraging Health & Fitness
- Investing in Young Children Benefit All
- Prevent the Achievement Gap: We Know How

Source: [www.naeyc.org/woyc](http://www.naeyc.org/woyc)

## “Taking Infants and Toddlers Outdoors Daily is So Important”

Submitted By: Teresa Doane– Infant/Toddler Specialist (Region 2)

We all know that young children love to be outdoors. Being outside is just as important for infants and toddlers as it is for older children! It is also a North Carolina Division of Child Development-(NC DCD) Child Care Regulation that ALL children go outside every day - weather permitting.

“**Weather permitting**” is defined in the Infant Toddler Rating Scale Revised (ITERS-R) as “almost every day, unless there is active precipitation or public announcements that advise people to remain indoors due to weather conditions such as high levels of pollutions and extreme cold or heat that might cause health problems”.

Children need to go outdoors daily because children need fresh air, an environment with less exposure to germs, natural light, a change of scene, and an opportunity to have exposure to the natural world. Many studies have shown that being outdoors does not cause children to become ill. Best practice suggests if a child is “too sick to be outside”, the child is too sick to be in child care.

It is important that when infants are taken outdoors, they are not confined to equipment but placed on a soft, safe area on the ground where they can move freely on their own. For active infant play take materials outside such as floor gyms, balls, and small push toys. Make sure there is room to encourage these young children to crawl, roll, sit, scoot, and grasp.

Toddlers will enjoy equipment such as balls, riding toys, bean bags and other equipment that supports the development of walking, pedaling, throwing, climbing, kicking, and other motor skills.

Playgrounds should be inspected using the North Carolina Division of Child Development checklist monthly. It is best practice to check the outside play area daily. Safe play spaces allow children to explore freely.

**Contributors to this article:** Marti Brown (Region 3), Julie Clinkscale (Region 7), Patrice Hughes (Region 1), Kris Ketcham (Region 15), and Barbie Moore (Region 14)

## Relationships and Social Environment

Submitted by: Rachel Ward– Schoolage Specialist (region 2)

An after-school program can offer children a safe social environment. Managing the group is a key factor in setting up a positive atmosphere. A written plan for positive behavior management will give teachers ways to respectfully respond to children’s behaviors.

Teachers set the tone by interacting with children and other staff in a positive way. Adults build relationships with the children by using supportive behaviors such as:

- Being Sympathetic
- Informally socializing with the children during lunch, on field trips or while attending sports events.
- Taking time to talk with children
- Using interests as a point of connection
- Offering effective academic support
- Challenging children to attempt new tasks or work to improve skills

Teachers promote positive peer relationships by providing children an opportunity to work in pairs or small groups. This gives children time to practice positive interactions. If children need specific words to say and actions to take when a friend makes them angry, teachers can offer assistance. Positive peer interactions can also be promoted through formal peer tutoring and mentoring relationships. Children with more developed skills can work together with children who are building those skills.

Source: NC Child Care Health & Safety Bulletin February/March 2010

## Teaching Kids About Playground Safety

Safe playground equipment and adult supervision are extremely important, but it’s only half of the equation: kids must know how to be safe and act responsibly at the playground.

Here are some general rules to teach children:

- Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.
- Use equipment properly-slide feet first, don’t climb outside guardrails, no standing on swings.
- If you jump off equipment, always check to make sure no other kids are in the way. When you jump, land on both feet with knees slightly bent.
- Playground equipment should never be used if it is wet because moisture cause the surface to be slippery
- During the summertime, playground equipment can become uncomfortably or even dangerously hot, especially metal slides. So use good judgment– if the equipment feels hot to the touch, it’s probably not safe or fun to play on.

Source: [http://kidshealth.org/parent/firstaid\\_safe/outdoor/playground.html](http://kidshealth.org/parent/firstaid_safe/outdoor/playground.html)



# EARTH DAY CRAFT IDEAS



## Recycled Newspaper Pictures.

Enjoy all of our classic crafts, recycling crafts as well as more fun crafts celebrating Earth Day.

### What you'll need:

- Construction paper
- Paper plates
- Poster paints
- Paint brush
- Old newspapers
- Scissors
- Crayons and/or markers glue



### How to make it:

1. Help your child paint a background scene on a sheet of construction paper or a paper plate with poster paints.
2. After it has dried, draw designs and shapes on some newspaper.
3. Cut these newspaper shapes and glue them onto your painted picture.
4. Use crayons or markers to add details.  
Create flowers on the grass, a boat on the water, or animals in the jungle. Use your imagination!

Source: <http://crafts.kaboose.com/recycled-newspaper-pictures.html>

## Coffee Ground Fossils

Recycle old coffee grounds and create your very own fossils in this easy to make craft.

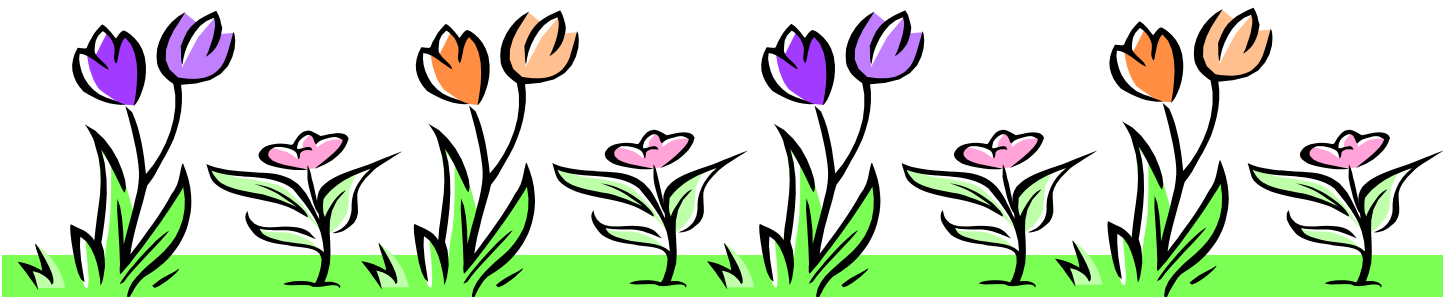


### What you need:

- 1 cup of used coffee grounds
- 1/2 cup of cold coffee
- 1 cup of flour
- 1/2 cup of salt
- - Wax paper
- Mixing bowl
- Some small objects to make impressions in the dough
- Empty can – get an adult to help you with this

### Steps:

1. Stir the together the coffee grounds, cold coffee, flour, and salt until well mixed.
2. Roll the dough and flatten it onto the waxed paper.
3. With an adult's help, use the can to cut out circles of the dough.
4. Press your objects firmly into the dough. When you take the object out, you have your "fossil". If you want to hang the fossil, poke holes into the edge to hold the string.
5. Let the fossil dry overnight and then hang it if you wish.



## CRAVEN SMART START CHILD CARE

1917 Trent Blvd  
New Bern, NC 28560

Phone: 252-672-5921  
Fax: 252-672-5922

E-mail: [Christen@cravensmartstart.org](mailto:Christen@cravensmartstart.org)



### Mission Statement For CCR & R

To enhance the quality and quantity of child care services in Craven County by providing a wide range of information, referrals, advocacy and training services to families, providers and the community in general.

Visit Us On Our Website [www.cravensmartstart.org](http://www.cravensmartstart.org) or  
Find Us On Facebook at Craven Smart Start!

### OREO FROG COOKIE



For each cookie you need:

- 2 miniature pretzel twists
- 1 OREO Chocolate Sandwich Cookie
- 1/4 tsp. ready-to-spread vanilla frosting
- 2 candy-coated chocolate pieces (m & m's)

ATTACH pretzels to bottom of the cookie with some frosting for the frog's feet.

PLACE the pretzel-side down, on plate.

USE remaining frosting to attach candies to top of cookie for the eyes. Let cookies stand until the frosting is firm.

Source: [Kraft Foods](#)

### SPLAT LIKE A FROG PAINTING...

Suggestion: Do this outside...

- Place butcher paper on the floor or cement and tape down.
- Fill a nylon stocking with popcorn kernels.
- Fill trays with paint.
- Have children dip the filled stocking into the paint trays and drop the filled stocking to the ground while they hang onto the end. It will bounce up just like a frog's tongue.

Source: <http://www.kidactivities.net/post/Frog-Theme-for-School-Age-Kids.aspx>

### Spring Books

Come visit our Lending Library and Check out our Spring Books about insects, bugs, gardening, changing of the seasons and much more.

