



CONGRATULATIONS TO OUR NEW PROVIDERS

CENTERS

- ◇ CHILDCARE OF EXCELLENCE 24 HR. CENTER INC.
316 HWY 70 WEST-HAVELOCK, NC
- ◇ THE RIGHT PLACE CHILD CARE CENTER INC.
603 GASTON BLVD.- NEW BERN
- ◇ CALVARY BAPTIST CHURCH SCHOOL
1821 RHEM AVE- NEW BERN

FAMILY HOME PROVIDERS

- ◇ GIFTED HAND FCCH
535 JIMMIES CREEK DRIVE- NEW BERN
- ◇ SUE'S CREATIVE LEARNING CENTER
465 FISHER TOWN ROAD-HAVELOCK
- ◇ VALERIE'S JOY
836 HALIFAX CIRCLE-NEW BERN

February Holidays & Observances

Month

- American Heart Month
- Avocado & Banana Month
- Bake for Family Fun Month
- Beans (dried & fresh) Month
- Grapefruit Month
- Library Lovers Month
- National Bird Feeding Month
- Black History Month
- National Children's Dental Health Month
- National Parent Leadership Month
- Sweet Potato Month

Weekly Observances

- 1st-7th Children's Authors & Illustrators Week
- 7th-11th National School Counseling Week
- 12th-15th Random Acts of Kindness Week
- 13th-19th PTA Take Your Family To School Week
- 21st-25th Read Me Week

Materials Grants Awarded To The Following Providers

- ◆ Little Hands Day Nursery– Jennie Holton
- ◆ Mrs. Pam's Playhouse– Pam Anderson
- ◆ Sunshine Daycare Home– Margaret Bryant
- ◆ Sue Creative Learning Center– Sue Kelsey



Congratulations!
Excel VI
Increasing To A 5 Star Center



25 Ways Just To Be With Your Children

By: Shawn Ledington Fink, Writer & Writing Coach

There are many ways that you can just be with your children that are not hard work, that are not challenging or tiresome. By just being there, you may discover that your child will reach out to you simply because you are suddenly available. The magic in this list is that its just simply being together for a solid half hour or so but it offers up the most beneficial memories we can offer to children. Here are some of our family's favorites:

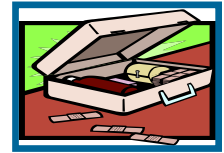
- ◇ Turn off the TV/computer/phones for one hour. (In our house, we limit daily screen time to a total of one hour except on movie nights).
- ◇ Have a work hour — they do homework and you work on a hobby like art or reading while sitting at the same table.
- ◇ Just listen to music. At our house, we call this a dance party.
- ◇ Light a candle for your children — one each.
- ◇ Surprise them with a celebration for trying hard on a test or homework and eat store bought cookies and milk.
- ◇ Sit on the couch while they play and read magazines. They will sit next to you eventually and ask, " Whatcha reading?"
- ◇ Grab two balls and challenge everyone to find something fun to do with them outside.
- ◇ Snuggle under a blanket or put a puzzle together.
- ◇ Whip up a nice bowl of ice cream and laugh while you eat it.
- ◇ Watch TV with them if they insist on watching.
- ◇ Ask them open-ended questions about their day.
- ◇ Tell them something surprising about your day.
- ◇ Draw together, taking turns adding new lines on the same paper.
- ◇ Take a drive, taking turns picking the direction and sitting in silence as the unfamiliar landscape passes you by.
- ◇ Look at their baby photos.
- ◇ Tell them a funny story from their younger days.
- ◇ Tell them a funny story from your own childhood.
- ◇ In fact, tell them any story you can think of telling.
- ◇ Ask them to teach you how to do something. This is big. Very big.
- ◇ Ask them questions about their favorite things.
- ◇ Help them clean their room or the basement or the garage. Whatever. Lend a hand.
- ◇ Ask them for help with a problem.
- ◇ Hold a family meeting to just catch up.
- ◇ Announce that there will be no cleaning for just one day.
- ◇ Give them a coupon for a hug to use anytime they need it.

Source: <http://awesomelyawake.wordpress.com/2012/01/24/25-ways-to-just-be-with-your-children/>



CPR/First Aid

Now available thru Child Care Resource
& Referral



It is now a requirement through the American Heart Association and American Red Cross for both CPR and First Aid to be renewed every 2 years. DCDEE requires CPR every 2 years and First Aid every 3 years or on or before certification expires.

We are making it easy to receive the training in a one day session. I will be offering a CPR/First Aid Day every quarter. The next class is scheduled for Saturday, April 21st from 9:00-3:30.

Each class is open to 6 participants so sign up early. You must come to the office in person to pay and register for the class.

You may call Deana at 672-5921 ext. 21 for additional information for this class and other training offerings.

Terri Walls BSN, RN
Child Care Health Consultant
Funded By: Craven Smart Start



FLU AND VIRUS SEASON IS UPON US!

Tips for Staying Healthy

- Wash hands frequently with soap and water, especially after toilet visits and before preparing, serving or eating food or drink. Hand sanitizers are not as effective against norovirus.
- Clean and disinfect surfaces contaminated with vomit or diarrhea immediately using a bleach-based household cleaner, or dilute household bleach 1:10 in water (must be mixed fresh daily; never use undiluted bleach).
- Stay home when sick.
- Do not prepare food for other people when sick and for at least three days afterward.

For more information about norovirus, see the Division of Public Health Web site at www.ncpublichealth.com. More detailed information about cleanup in private homes and in other settings can be found at http://epi.publichealth.nc.gov/cd/norovirus/NORO_personal_health.pdf

LET'S MOVE! Child Care

START EARLY
Let's Move! Child Care

MAKE NUTRITION FUN
Healthy Eating

GET KIDS MOVING
Physical Activity

BE INSPIRED
Meal and Recipes






CHANGE YOUR WORLD
Healthy Kids, Healthy Future

Join family child care and center-based providers who have already committed to **Let's Move! Child Care** by signing up at www.HealthyKidsHealthyFuture.org for updates, webinars, and to share your success stories!



We are excited to announce the launch of **Let's Move! Child Care**, a new effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development, and prevent the occurrence of later chronic disease.

The 5 goals of Let's Move! Child Care are in the following areas:

- 1. Physical Activity**  Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- 2. Screen Time**  No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
- 3. Food**  Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
- 4. Beverages**  Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
- 5. Infant Feeding**  For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

For more information and to register for Let's Move! Child Care, visit us at www.HealthyKidsHealthyFuture.org

LET'S MOVE! Child Care

**NACCRRA, the Centers for Disease Control and the Office of Child Care
are excited to announce the**

Let's Move! Child Care State Challenge

Join states who have already committed to *Let's Move! Child Care* by encouraging your local family child care and center providers to join the fight against childhood obesity.

States will be recognized in two categories:

- Highest percentage of licensed or legally operating child care programs that sign up as *Let's Move! Child Care* participants
- Largest percentage of *Let's Move!* programs that successfully complete the initiative's checklist quiz and action plans






Let's Move! Child Care is an effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. Winning states will receive national recognition including an award presentation during the 2012 Weight of the Nation conference.

With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development, and prevent the occurrence of later chronic disease.

Rally your local child care programs and encourage them to sign up as *Let's Move! Child Care* participants at www.HealthyKidsHealthyFuture.org !



The five goal areas of *Let's Move! Child Care*

1. Increasing physical activity 
2. Reducing screen time 
3. Improving food choices 
4. Providing healthy beverages 
5. Supporting infant feeding 

#1271-0000

Child Care Resource & Referral

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Fax: 252-672-5922

E-mail: Christen@cravensmartstart.org



For Training Calendars and Special Events

Check out our website
www.cravensmartstart.org

Or

Facebook: Craven Smart Start!

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.



Child Care Resource & Referral is here for you!
FREE referrals to fit your child care needs with a licensed, regulated or legally exempt child care programs.

Looking for:

- *Full-time Child Care*
- *Part Time Child Care*
- *Before/After School Care*
- *Part Time Preschools*
 - *Evening Care*
 - *Over Night Care*
 - *Weekend Care*
 - *Drop In Care*
 - *Hourly Care*

Call Christen at 252-672-5921 ext. 23

Or email christen@cravensmartstart.org