

PARENT/PROVIDER NEWSLETTER

CHILD CARE RESOURCE & REFERRAL

MARCH 2010

FAMILY TIME – KEEPING FAMILY A PRIORITY

With so many activities going on each day, it may be difficult for your family to find time to spend together, especially if you are a single parent. Although it may be a challenge, the benefits of having time together are worth the effort. There are many opportunities for you to enjoy time with your children. “Family Time” is an important way to build and strengthen relationships with in the family.

It’s easier than you may think to create ways to spend quality time with your children. Doing chores together, cooking as a family, and playing together are all opportunities to talk and spend time with one another. Regular time with your children gives them a sense of security, love, and belonging and emphasizes that family is a priority.

Ways To Keep Family A Priority

Balancing Your Time—As dedicated parents, all of your efforts at work, school, and in other settings help make your family successful. In addition, the special moments of enjoying one another keep your family healthy. It is helpful to sort out which activities are most important for your family’s needs. This allows you to balance your time and energy between being with your children and fulfilling other responsibilities.

Working Together— There are many ways spend time at home together while, at the same time, completing tasks that need to be done. These times can be fun and easy, especially when you do them together.

In a jar, place slips of paper with small tasks to do around the house. Your child is more likely to do small tasks that require short amounts of time like dusting, vacuuming, or putting away laundry.

Prepare a meal together. Your child can help with simple tasks such as finding the vegetables for salad, pulling out utensils, or mixing ingredients.

Put groceries away together. For young children, this provides a great opportunity to begin pre-reading and math skills. Your child can sort items by color, count items as he/she puts them away, or search for letters among the items.

Set up an area and time for you and your children to complete work together. At the dining table, you can take care of bills, homework, or other paperwork while your children draw, color, or do their homework. This way, you can also help them with their projects.

Activities— Special activities can be planned for the family to enjoy together. It is best to schedule the times as expected events each week or each month. This way, your family can plan around these days and look forward to the activities. Mark the activities on a “family calendar.” The following are some ideas for family activities.

Plan a picnic, at the park, beach or backyard.

Go to the movies, go for a walk, read a book together.

Family Meetings— Regular gatherings to talk about the family can also be a helpful way to strengthen the family unity and keep communication open. As with the family activities, scheduling regular family meetings once a week or once a month can help your family avoid missing these important meetings. Meal time or times after a meal maybe a good time for your family to meet.

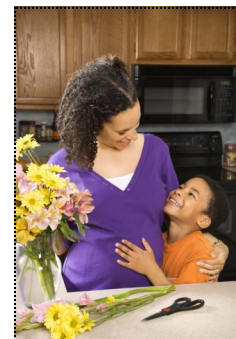
Source: : pamphlet from children’s home society of California– Family Time



Spending quality time with your children, whether a little or a lot, is important for healthy family relationships.

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PARENT/ PROVIDER NEWSLETTER

BETTER BOTTLE PREP



Mom's aren't getting enough guidance on formula-feeding from their health-care providers, according to a new study in Archives of Disease in Childhood. Follow these fixes for common formula flubs.

FLUB- Opening a new can straight from the shelf

Fix- First wash the lid and can opener with soap and water to get rid of dust and bacteria, then rinse and dry

Flub- Heating bottles in the microwave: the formula may contain dangerous hot spots.

Fix- Heat Bottles in a pan of warm water, under the tap, or in an electric bottle warmer.

Flub- Adding extra water to your infant's bottle: It can dilute her sodium levels and cause seizures.

Fix- Fill bottles with the correct amount of water and then add formula.

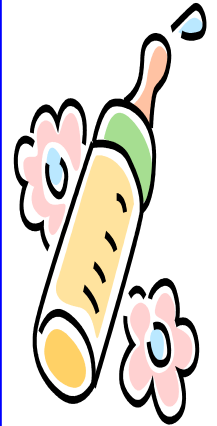
Flub- Making formula with hot tap water: It's more likely to contain lead than cold water, as is water that has been sitting in pipes.

Fix- Choose cold water and run the tap for two minutes first if it's been off for six hours.

Flub- Not finding out your water's fluoride content if you're exclusively formula feeding with powdered or liquid concentrate formula

Fix- A new study from the American Dental Association says that some babies will get fluorosis if all their formula is made with highly fluoridated tap water, and that can cause discolored teeth. As your water company fro your water's fluoride level. If it's .7 parts per million or higher, talk to your doctor about making some bottles with distilled water.

Source- Parents Magazine March 2010 pg 33



March is National Nutrition Month

Make it your priority to figure out whether your kids are getting adequate vitamin D.

Almost 1 in 5 children may have to low blood levels of D, suggests a new study published in pediatrics. The American Academy of Pediatrics recommends that children get 400 IU a day

Source Parent Magazine March 2010 page 36

National Nutrition Month: Making Meals Pleasant:

Serving healthy foods that model good food choices make mealtime an enjoyable opportunity for involvement and learning.


- Establish meal routines such as special mealtime songs or rituals.
Involve children in age appropriate task such as setting the table, passing out napkins and pouring drinks.
Make the table visually pleasing with flowers or special table settings.
Create a calm mood with soft music.
Join children during mealtime, eating at least a small amount of food.
Talk about important topics such as upcoming special events
Talk about the nutritional value of the food you are eating
Chat about pleasant aspects of the environment
Encourage children to take responsibility for their space by having them help with clean up and recycling efforts

Source: NC child care Health and Safety Bulletin Volume 3



March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Make Peanut Butter Cookies Together	2 Dr. Seuss's 106th Birthday	3 Learn & Sing The National Anthem	4 Learn How To Write A Sentence	5 Learn about the Dentist	6 Try To Make Your Own Snow Shoes
7 Help Your Mom Make Dinner	8 Go Grocery Shopping With Your Mom	9 Read A Book Together	10 Clean out your old toys and donate	11 Johnny Appleseed Day	12 Name All Green Items You See	13 Go for a walk and play eye spy
14 Spring Forward- Set clocks ahead an hour	15 Help Your Dad Make Dinner	16 Learn to draw a new shape	17 St. Patrick's Day 	18 Sparky The Fire Dog Birthday	19 Have family movie night (mom's pick)	20 First Day of Spring
21 Write a Poem for your mom or grandma	22 Make up a song and sing it aloud to your family	23 Read a bedtime story to your brother or sister	24 Make your own book about numbers	25 Practice Spelling your name	26 Learn your address	27 The Family together make pancakes
28 Thing of all items on a stick and name them	29 Who do you call if there is an emergency	30 Practice brushing your teeth	31 Make your bed by yourself today			

Leprechaun, Leprechaun Where's Your Shamrock

(Modify Doggy Doggy Where's Your Bone)

One child is the leprechaun– sits in the middle of the circle with eyes closed

One of the children in the circle hides the shamrock behind there back
(Have an adult distribute the shamrock so all the kids get a turn)

Children in the Circle say: "Leprechaun, Leprechaun where's your shamrock? Somebody has it in there Pocket! Guess Who? Maybe you? Maybe a monkey from the zoo! Come on Leprechaun find your shamrock."

Leprechaun opens eyes and has 3 guesses as to who has the shamrock

Child with the shamrock becomes the next leprechaun.

Source: <http://www.dltk-holidays.com/patrick/songs/index.htm>



BABY & CHILDREN CLOTHING SWAP



Hosted By:
Child Care Resource and Referral

When: Tuesday April 13, 2010

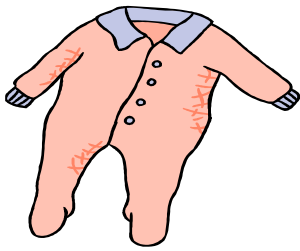
Time: 4:30 pm till 8:00 pm

Where: Child Care Resource & Referral

1917 Trent Blvd

New Bern, NC 28560

(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, dogs, dust or mold. Thus, all items should be freshly laundered or dry cleaned before bringing to our swap events. Thank you very for your support and understanding.

Donations are Welcome
Receipts WILL NOT be given for donated clothes

RAISE A CAN-DO KID TEACHING THEM HOW TO BE SELF-SUFFICIENT

PULLING ON PANTS



Here are a few tips to help your child learn how to put on their pants. You'll need to help each morning until you child is at least 4.

- 1-Lay them down-** Have him sit on the floor and put his/her pants in front of him/her.
 - 2-Lift the right pant leg-** Touch his/her foot and say, "put this foot here and push it through until it comes out the tunnel." Do the same for the left.
 - 3-Stand up-** Tell him/her to hold the top of his pants. Initially, you can help him stand, but show him how to hold on to the wall or bed to hoist himself up. Do a hip-swiveling dance with him, saying "Wiggle, wiggle , wiggle those pants all the way up!"
 - 4- Stand up the snap.** Then tell him/her to push it together. After you start the zipper, have him finish.
- *Make it Easy-** Dress your kid in pants with an elastic waist- this will help him/her be more independent and also simplify potty training.

Source: Parents March 2010 pg 126

The Dying Art Of Tying

Given the abundance of cool slip on-slip off shoes, it may not seem important that your little kid learn to tie his/her own laces, but think of the future tasks he/she'll be ill-equipped for: securing a balloon to his bike, wrapping presents, not to mention sailing. Start when he/she's 4 or 5 with these kid-friendly tips.



- 1- Ask him/her to watch how you tie your laces when the two of you are getting ready to head out.
- 2- Once he seems interested in trying to do it himself, demonstrate on a pair of your sneakers, not his/her; child-size shoelace are too tricky for little fingers
- 3- Try the age-old bunny-rabbit trick; Make a bunny- ear loop with each shoelace. Cross the ears into an X, slide the right ear through the "hole," pull tight, and out pops the bunny rabbit.

Source: Parents, March 2010 pg 127

Put On a Coat



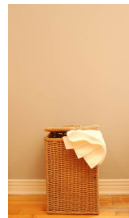
The Classic "Dip 'n' Flip" Technique is the easiest (and most fun) way for a child to get his/her jacket on.

- Spread It Out-** Place your child's unzipped coat on its back on the floor, upside down, so that the collar or hood is pointing toward his/her feet.
- Bend Down-** Show him/her how to crouch like a frog and put her hands in the armholes.
- Flip It Over-** Tell him/her, "When I say 'go,' flip the coat over your head like it's a bird flying through the air. Ready, set, go!" When he/she lifts his/her arms up high, the sleeves will naturally slip down over them, and his/her jacket will be on.
- Get The Zipper Started-** Then stand back and tell him/her to finish pulling it up so he/she gets used to the way it works.

Source: Parents/ March 2010 pg 126

Pick Up Clothes

Even a 2-year-old can learn to gather up his/her dirty duds.



Get him/her own hamper- Buy one that's not too tall, so he/she can easily reach the top. Place the bin in his/her bedroom to serve as a visual clue when he/she undresses.

- Play a Game-** Tell him to smash his/her clothing into a ball and toss them into the "basket". If he/she doesn't make it the good time guide him/her to try (try, try) again.
- Sing a Song-** This reinforces the daily routine. Daniela Vancurova assistant director of Brooklyn Free Space Preschool, came up with this one that's sung to the tune of "Take Me Out to the Ball Game!" (as a bonus it includes the work "stinky," guaranteeing it will be a hit):
"Throw us down in the hamper, Throw us down in the bin. We've been at school and play all day. Now it's time to clean dirt away. We feel stinky and dirty, Please, take us off right now. And go one, two, three to the hamper And push us down!"

Make it Easy-Get two hampers one for whites, one for colors- so you won't have to sort and he/she'll learn his/her colors.

Source: Parents/ March 2010 pg 126

CRAVEN SMART START CHILD CARE

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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 or
Find Us On Facebook at Craven Smart Start!

Healthy Snacks

Ship Shape Snacks

Ingredients

- Red bell pepper
- Tuna or egg salad
- Thin pretzel stick
- Cheese slice
- Cream cheese (dab)
- Red pepper flag



Instructions

- Cut a red pepper in half lengthwise (or into quarters for lighter fare) and remove the seeds.
- Fill each pepper boat with lunchtime cargo, such as tuna or egg salad. Sink a thin pretzel stick mast into the center of the boat, then add two triangular pieces of cheese for sails.
- Use a dab of cream cheese to fix a small red pepper flag to the top of the mast.

Source: <http://familyfun.go.com/recipes/appetizers-snacks/hearty-snacks/shipshape-snack-686871/>



Creative Snack All
Kids Will Love

Safari Snack

Ingredients

1/2 of an 8-ounce package reduced-fat cream cheese (Neufchatel), softened
1/2 cup creamy peanut butter
2 to 3 tablespoons milk
2 teaspoons honey
Celery sticks, animal crackers, and/or assorted dippers carrot sticks, apple wedges, pear wedges, or graham cracker sticks

Directions

1. For dip, in a small mixing bowl beat cream cheese with an electric mixer on medium speed until smooth. Beat in peanut butter, milk, and honey until well combined and smooth. If desired, chill before serving.
2. To serve, spread dip in celery sticks and garnish with animal crackers and cut-up fresh fruit. Or, serve with assorted dippers. Makes twenty 1-tablespoon servings (1-1/4 cups).

Source: <http://www.parents.com/recipe/appetizers-snacks/safari-snack/>