



## HOLIDAY HUSTLE THANK YOU!

The staff of Craven Smart Start would like to sincerely thank the community for its support of our first Holiday Hustle 10K, 5K, and One Mile Family Fun Run. It was through the generous support of our paid sponsors, in-kind sponsors, volunteers, and participants that this event was a great success!

As you know, Craven Smart Start's mission is to ensure that all children are healthy and ready to be successful when they reach kindergarten. Funds raised through events like the Holiday Hustle help us meet the financial demands of providing programs that will help us achieve our mission. We appreciate your support and hope we can count on your participation next year.

**Mark your calendar for the second Saturday in December!**



### January Observances & Holidays

#### Daily

- 1- New Year's Day
- 2- National Motivation & Inspiration Day
- 3- National Chocolate Cover Cherry Day
- 4- Trivia Day
- 5- Bean Day
- 6- Three Kings Day
- 7- I'm Not Going To Take It Anymore Day
- 8- Bubble Bath Day
- 9- National Static Electricity Day
- 10- National Cut Your Energy Costs Day
- 11- Fruitcake Toss Day
- 12- National Pharmacist Day
- 13- National Clean Off Your Desk Day
- 14- Organize Your Home Day
- 15- Martin Luther King's Birthday
- 16- Get to Know your Customers Day
- 17- Kid Inventors' Day
- 18- "Pooh (Winnie The) Day
- 19- Popcorn Day
- 20- Martin Luther King Day
- 21- National Hugging Day
- 22- Celebration of Life Day
- 23- National Handwriting Day
- 24- National Peanut Butter Day
- 25- National Seed Swap Day
- 26- National Peanut Brittle Day
- 27- Bubble Wrap Appreciation Day
- 28- National Kazoo Day
- 29- National Puzzle Day
- 30- National Croissant Day
- 31- Backwards Day

## 5 Resolutions That Will Make You a Better Parent This Year

If you make the same resolution every year, join the club. That doesn't mean you're a failure. It means you're headed in the right direction, and you aren't perfect yet. (Shocking, I know!)

The bad news is, you won't be perfect this year either. The good news is, you don't have to be! Kids don't need perfection from parents. What they need is a parent who accepts them with all their imperfections, models compassion and respect, and apologizes and reconnects when things go wrong -- as they inevitably do.

This is tough work, because it's about regulating ourselves. That's why resolving to be more patient rarely works. By the time we're gritting our teeth to stay "patient" we're already sliding into the stress response of fight, flight or freeze.

But if you want to become a more patient parent -- and a happier person -- it's completely possible. Here are 5 Resolutions to support you in that goal.

Practicing these is the work of a lifetime, so you still won't be perfect in a year -- in fact, you might make these same resolutions next year! But I guarantee you'll be a more peaceful parent, with a happier, more cooperative child.

**1. Resolve to regulate your own emotions,** so you can be the happy, patient, encouraging parent your child deserves. That means integrating daily sustainable self-nurturing into your life: Go to bed earlier so you're better rested, eat healthfully to maintain your mood, transform those inner negative voices into encouraging ones, and slow down your pace so you're not as stressed. Most important of all, commit to managing yourself. When your emotions are dysregulated, you're in fight or flight, and your child looks like the enemy. Resist acting while you're angry. Calm yourself before you engage with your child.

**2. Resolve to love the one you're with.** The one thing we know for certain about child development is that kids who feel loved and cherished thrive. That doesn't mean kids who ARE loved -- plenty of kids whose parents love them don't thrive. The kids who thrive are the ones who FEEL loved and cherished for exactly who they are. Every child is unique, so it takes a different approach for that child to feel seen and loved. The hard work for us as parents is accepting who our child is, warts and all -- and cherishing him or her for being that person, even while guiding behavior. The secret? See it from his perspective, use a positive lens, and celebrate every step in the right direction.

**3. Resolve to stay connected.** Kids only cooperate and "follow" our leadership when they feel connected. But separation happens, so we have to

repeatedly reconnect. Remember that quality time is about connection, not teaching, so it's mostly unstructured. Hug your child first thing every morning and when you say goodbye. When you're reunited later in the day, spend fifteen minutes solely focused on your child. (What do you do in that 15 minutes? Listen, commiserate, hug, roughhouse, laugh, play, empathize, listen some more. Not enough time? What could be more important?) Stop working before dinner time so you can devote your evening to your family. Eat dinner together. Have a chat and a warm snuggle at bedtime every night with each child.

**4. Resolve to role model respect.** Want to raise kids who are considerate and respectful, right through the teen years? Take a deep breath, and speak to them respectfully. After all, kids learn from what we model. If we can't manage our own emotions, we can't expect our kids to learn to manage theirs. Not always easy when you're angry, so remember your mantras: *You're the role model, Don't take it personally, It's not an emergency, and This too shall pass!*

**5. Resolve to address the needs and feelings behind your child's behavior.** If yelling or punishing your child for his behavior were effective, it would have worked already. All "misbehavior" is a red flag that your child needs your help to handle big emotions or fill unmet needs. Once you address the feelings or needs, the behavior changes. Parents who lead by loving example, redirect pre-emptively rather than punish ("*You can throw the ball outside*"), and set limits empathically ("*You're mad and sad, but I won't let you hit. Let's use your words to tell your brother how you feel*") raise self-disciplined kids who WANT to follow their guidance.

Sure, your child will make mistakes, and so will you. There are no perfect parents, no perfect children, and no perfect families. But there are families who live in the embrace of great love, where everyone thrives. The only way to create that kind of family is to make daily choices that take you in that direction. It's not magic, just the hard work of constant course correction to get back on track when life inevitably throws you off.

So don't worry if you're making the same resolutions every year. That just means you're keeping yourself on track by choosing, over and over, to take positive steps in the right direction. Before you know it, you'll find yourself in a whole new landscape. Parenting, after all, is a journey -- not a destination.

[http://www.ahaparenting.com/\\_blog/Parenting\\_Blog/post/5\\_Resolutions\\_That\\_Will\\_Make\\_You\\_a\\_Better\\_Parent\\_This\\_Year/](http://www.ahaparenting.com/_blog/Parenting_Blog/post/5_Resolutions_That_Will_Make_You_a_Better_Parent_This_Year/)

**Our Office Will Be Closed  
Monday, January 20, 2013  
In Observance of  
Martin Luther King, Jr.  
Day**

*I Have A Dream*



*Martin Luther King, Jr. Day*

Oatmeal Play Dough

This homemade play dough recipe is quick, easy, and edible. You won't have to worry about your little one putting it in their mouth, although I am not sure how good it would taste! The texture of this is different than normal play dough which will make for a nice change.

**For This Activity You need**

- 1/2 cup flour
- 1/2 cup water
- 1 cup oats (I used old fashioned but I don't think it would matter)
- Food coloring (optional)

**This Activity**

- Builds fine motor skills
- Boosts creativity
- Teaches about texture and smell
- Helps teach about the properties of objects

Mix the flour, water, and oats together well and add food coloring if desired.

Source: <http://www.loveplayandlearn.com/2012/08/diy-oatmeal-play-dough.html>

**Come Join Us  
For Play and Learn  
"Snow Much Fun"  
January 16, 2013  
10 am & 1 pm**

Parents Must be present and willing to work with their child.

Please call and sign up in advance 252-672-5921.

Space is Limited.

## Got A Cold? Keeping Your Family from Becoming Antibiotic Resistant

### Antibiotic Resistant

The cold is the most common illness in the U.S. Catching a cold is such a fact of life that most people expect they'll get one or two every year. Although colds and flu infections usually are not considered serious illnesses, they are inconvenient and can disrupt our everyday lives. You may miss several work days each year because of colds and other upper respiratory illnesses. You may also miss additional work because you have to stay home with a child with a cold or the flu. The average adult has two to four colds a year; children have as many as 10.

### A Cold is a Virus

A cold is an upper respiratory illness that takes place in the lungs, throat, ears, and nose. Other upper respiratory illnesses are flu, bronchitis, some ear infections, sore throats, sinusitis, and pharyngitis. All of these conditions are caused by viruses, which are tiny, invisible germs. They are shared through direct contact with another person, through the air, or by touching surfaces with the virus on it. Colds are typically passed to others by touching doorknobs or other objects with the virus on it, sharing drinks or utensils with someone with a cold, or just being in close contact with someone who has the cold virus.

Viruses get into healthy cells in the body and spread rapidly. Cold viruses are hard to treat because there are more than 200 different kinds, and they are known to change forms quickly. It usually takes 10 days to a few weeks for someone to fully recover from cold symptoms. It can take longer if a cough is present. There are ways to treat the symptoms of a cold, but unfortunately, there isn't a cure. Relief and the eventual end of a cold are a matter of time.

Your child will likely get a cold or flu several times throughout a year. When that happens, you want your child to feel better as soon as possible. A stuffy nose, sneezing, coughing, fever, and sometimes a queasy stomach can make life miserable. You may ask your child's doctor for antibiotics to help speed the recovery. Unfortunately, antibiotics do not work on cold or flu viruses.

### Viruses and Bacteria Are Different

Most common illnesses are caused by viruses or bacteria. Viruses and bacteria are very different types of germs. A cold or flu virus or other upper respiratory virus usually goes away on its own after several weeks.

Bacteria are living organisms that are everywhere in our environment. They are small, but not as small as viruses, and can be seen through a microscope. Many kinds of bacteria live in our bodies, which is normal and healthy. However, bacteria sometimes grow out of control and can cause infections and diseases. Common bacterial infections are pneumonia, some ear and severe sinus infections, urinary tract infections, skin infections, tuberculosis, tooth and gum infections, pinkeye, malaria, and E. coli infections.

Bacterial infections may get better on their own, but many will spread and get worse. Antibiotics will work on and treat most bacterial infections. It is important that bacterial infections be treated with antibiotics because these types of infections are generally more serious and can be life threatening.

### Use Antibiotics the Right Way

Many people believe antibiotics are a remedy or cure for almost any illness, but that is not true. Antibiotics can work very well in destroying and preventing certain bacteria from growing. However, antibiotics do not work on viruses, including the common cold, flu or typical seasonal related illnesses. Therefore, it is important to not treat these viruses with antibiotics. Overuse and misuse of antibiotics is a great health concern. Using antibiotics for conditions that they do not treat are making people resistant. Once you take an antibiotic, your body starts to build an immunity - or resistance - to it. After too many doses, the antibiotic simply doesn't work anymore. This can be very dangerous if you develop a serious bacterial infection, such as pneumonia or staph infection (an infection that develops in open wounds), and the common antibiotics to treat it won't work. When you become resistant to antibiotics, it affects you and others. Some diseases and infections once thought to be under control or wiped-out are now reappearing (and can be spread more easily) due to an increase in antibiotic resistance. Antibiotics should only be used when they are necessary or when they can be effective. Recent data from the Centers for Disease Control (CDC) shows that upper respiratory illnesses account for 75 percent of all antibiotics prescribed by office-based physicians. In addition, more than 10 million courses of antibiotics are prescribed each year for viral conditions that do not benefit from antibiotics. Unfortunately, sometimes doctors feel pressure from parents who want an antibiotic to help their children who have a sore throat or severe cold to feel better quickly. Only your doctor can determine what kind of infection you or your children have and how to treat it.

Antibiotic resistance is now a leading campaign of the Centers for Disease Control and Prevention. The Get Smart: Know When Antibiotics Work is a national campaign to reduce the rate of the rise of antibiotic resistance. It helps by making you and your doctor aware of the increased dangers of using antibiotics for upper respiratory and viral infections.

### How Not to Become Antibiotic Resistant

The best way to prevent antibiotic resistance is to use antibiotics only when prescribed by your doctor and only when necessary. If a condition will go away on its own without antibiotics, it is recommended to wait it out.

Here are some other recommended practices:

Do not take or give your children antibiotics for the cold, flu, coughs, or ear aches unless your doctor determines the symptoms are due to an infection caused by bacteria.

Source: [http://childcareaware.org/sites/childcareaware.org/files/news\\_room/naccrra\\_in\\_the\\_news/2012/volume\\_64.pdf](http://childcareaware.org/sites/childcareaware.org/files/news_room/naccrra_in_the_news/2012/volume_64.pdf)

## Families Are Not All Alike

### Communicating With Your Child

Even in the best of circumstances a family that is different from others can be hard on a child. There may be teasing at school, awkward silences or uncomfortable stares. When a family tries to hide differences from a child, she may sense something is wrong. Filling in with her imagination may be worse than the truth: "Mommy must be sick." Other children may find their situation shameful and feel there is something 'wrong' with their family and with themselves.

Your child needs to know that he is safe and secure in his family. Try to be aware of and respond to his feelings. Acknowledge how much you love him and be open and truthful about the differences in your family. Your child will fare best when there are no secrets and he can ask questions.

Acknowledge your child's fears and help him talk about his thoughts and feelings. Be patient and supportive as problems come up at school or at home. Be honest with your child about your own feelings and recognize your child's challenges in being a part of your family. Reassure him that you can handle these challenges together.

### Ages and Stages

For the most part, children don't begin to really notice differences until preschool age. Often children will simply describe what they see - Jessica's skin is brown or Ben lives with two moms and no dad. You can simply agree with your child's observation; "You're right. He lives with his grandparents and you live with your Mom and Dad." In elementary school children begin to understand that being different has consequences. Your child may be experiencing what it is like to be the only one to have a family like hers. She may feel embarrassed or angry or withdrawn. Try to be as responsive as possible by initiating discussions. Ask her if there has been any teasing lately, or if there is anything you can do to make the situation more comfortable for her. Remind her you are always available to talk.

### The School or Child Care Connection

Don't overlook making your child's teacher or child care provider aware of your family situation. Sometimes it's difficult to confide in others, but caregivers can provide support and may be able to direct you to helpful resources. Your child's caregivers should be informed of any major change or event in your child's life. This is extremely important in terms of who is able to pick your child up at the end of the day. They also can observe and report any changes of behavior in your child, although not every behavior should be treated as a problem due to your family situation.

Good communication is essential as you take time to assess your child's emotional needs. Remember that your child's school or child care placement provides the routines and consistency he needs.

### Transitions

While some children spend all their lives in the same family, still others must adjust to divorce, remarriage, foster care, new siblings, or other changes in living arrangements that can be very unsettling. While every family situation is unique, there are

certain steps you can take to help you and your child handle the challenge.

- ◆ Prepare Your Child - talk about an impending change a few days ahead of time and keep it positive.
- ◆ Routines - as your family adjusts to change, try to keep familiar weekend schedules, mealtimes and other routines to provide a sense of sameness for your family.
- ◆ Comfort Items - for any child who might be apprehensive about going back and forth between two homes or is making a move, a favorite toy, blanket or even a special photo can ease the anxiety.
- ◆ Quiet Time - whether your child is coming to visit, returning home again, or moving in, be sure to include settling in time to help her to adjust. Try not to ask endless questions but do give special one-on-one time by having a snack, unpacking a bag, or exploring your home.
- ◆ Space - reassure your child which room or part of a room is his, that his possessions will be safe and respected there, and that you will ensure him some privacy. Be sure he does not feel he is a visitor.
- ◆ Family Traditions - whether it's rituals you inherit or make up as you go along, families need their own traditions and customs to bind them together.
- ◆ Counseling - there are many fine workshops or programs that can provide you with helpful tools and a deeper understanding of your family's needs.

### Resources

- Noel, Brook. *The Single Parent Resource*. Beverly Hills: Champion Press, 1998.
- Artlip, Dr. Mary Ann and James A., and Saltzman, Earl S. *The New American Family*. Lancaster, PA: Starburst, Inc., 1993.
- Blau, Melinda. *Families Apart*. New York, NY: G.P. Putnam's Sons, 1993.
- Engber, Andrea and Klunness, Leah. *The Complete Single Mother*. Holbrook, MA: Adams Media Corporation, 1995.
- The AARP Grandparent Information Center serves grandparents who are raising children, grandparents concerned about visitation rights, and grandparents wanting to have a positive role in children's lives. Write to AARP Grandparent Information Center, 601 E Street, NW, Washington, D.C. 20049, or call 202-434-2296 or email [gic@aarp.org](mailto:gic@aarp.org).
- Foster Parent Associations (FPAs) offer a wide range of support and assistance to members. The easiest way to find the FPA for your area is to contact your local Child Care Services office.
- The Partners Task Force for Gay & Lesbian Couples offers information on parenting options, partners' interviews, and resources and newsgroups. Write to Partners Task Force for Gay &
- Lesbian Couples, Box 9685, Seattle, WA 98109-0685, call 206-935-1206, or use [www.buddybuddy.com](http://www.buddybuddy.com).

[http://childcareaware.org/sites/childcareaware.org/files/news\\_room/naccrra\\_in\\_the\\_news/2012/volume\\_13.pdf](http://childcareaware.org/sites/childcareaware.org/files/news_room/naccrra_in_the_news/2012/volume_13.pdf)

## Child Care Resource & Referral

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New Bern, NC 28560

Phone: 252-672-5921

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



Visit us on the web

[www.cravensmartstart.org](http://www.cravensmartstart.org) or  
find us on 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.

# January

## Are You Needing Help Finding Quality Child Care?

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*

Phone: 252-672-5921 ext. 23

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