



Child Care Resource & Referral Parent Provider Newsletter



Child Care Resource & Referral Newsletter

September 2013

Special Thank You To

LITTLE BLESSINGS
DIRECTORS, STAFF, FAMILY AND CHILDREN
THANK YOU FOR YOUR WONDERFUL
DONATION



September Holiday & Observances

Month

- All American Breakfast Month
- Baby Safety Month
- Backpack Safety America Month
- Children's Good Manners Month
- National Child Awareness Month
- National Childhood Obesity Awareness Month
- National Fruit & Veggies Month
- National Head Lice Month
- National Honey Month
- National Infant Mortality Awareness Month
- National Service Dog Month
- National Wilderness Month

Daily

- September 1- Labor Day
- September 2- V-J Day
- September 3- Skyscraper Day
- September 4- National Wildlife Day
- September 5- National Lazy Mom's Day
- September 6- Read a Book Day
- September 7- Grandparents Day
- September 8- Literacy Day
- September 9- Wonderful Weirdoes Day
- September 10- Swap Ideas Day
- September 11- Patriot Day
- September 12- Banana Day
- September 13- International Chocolate Day
- September 14- Hug Your Hound Day
- September 15- Make A Hat Day
- September 16- Mayflower Day
- September 17- School Backpack Awareness Day
- September 18- National Cheeseburger Day
- September 19- Talk Like A Pirate Day
- September 20- International Eat An Apple Day
- September 21- World Gratitude Day
- September 22- Family Day
- September 23- Checkers Day
- September 24- Cherry Jubilee Day
- September 25- Comic Book Day
- September 26- Johnny Appleseed Day
- September 27- Family Health & Fitness Day
- September 28- World Heart Day
- September 29- International Coffee Day
- September 30- National Hot Cider Day



Our Office Will Be
Closed On
September 2, 2014
In Observance of
Labor Day

School readiness begins at birth

What comes to mind when you think of school readiness?



Many would say that school readiness includes a child's ability to get along with others, and to recognize some numbers and some letters of the alphabet. These skills are important, but school readiness also includes the many skills that develop over time from a child's birth through school entrance age. School readiness includes the areas of social-emotional, cognitive, language and literacy, and physical development. Another important dimension of school readiness includes a child's ability to maintain focus on a task and show interest and curiosity in learning. Each of these important areas is influenced by a child's experiences with others, and his unique make up. The interactions children have with caring adults inside and outside of their families, each child's developmental history and each child's unique make up, all influence the development of school readiness skills.

School readiness: How to support children's development

Social and emotional development includes

- Developing self-regulation skills or self-control.
- Building problem-solving skills.
- Forming relationships with others.
- Identifying feelings in yourself and others.

Why it matters:

Building social-emotional skills is the foundation for all development. When children develop strong social-emotional skills, they are better able to form and maintain friendships and better able to focus attention on learning.

How to support development:

- Notice and talk with children to support building positive relationships.
- Help children make connections with one another to support developing friendships.
- Talk about feelings and identify feelings throughout the day.
- Model and support ways to help children calm down, identify a problem and talk about how to solve the problem calmly.

Cognitive development includes

- Building thinking skills.
- Building reasoning skills.
- Building problem-solving skills.
- Building memory skills.

Why it matters:

Building thinking, reasoning, problem-solving and memory skills forms a foundation for all learning.

How to support development:

- Play games with children that support memory: matching pictures, letters or number cards.
- Provide games and materials that require children to problem solve in a variety of ways: counting to figure out how many blocks may fit in the back of a toy truck, arranging items in a pattern during a game, or grouping items by shape, color or size.
- When children are playing, building and creating, ask children questions about why they think something happened, or what they think might happen.
- Allow time for discovery activities (science experiments, cooking activities). Talk with children about their predictions. For example, before mixing cornstarch and water, ask children what they think will happen when the ingredients are mixed.

Language and literacy development includes

- Building vocabulary skills.
- Building comprehension skills.
- Building phonological skills (the ability to manipulate sounds in spoken language). For example, identifying spoken rhymes and generating rhymes, or being able to put together or take apart sounds in spoken words.
- Building letter and letter-sound knowledge.

Why it matters:

Building strong language and literacy skills supports growth in cognitive and social emotional development, and is related to later school success.

How to support development:

- Read to children every day and have conversations with children about books, asking questions about what might happen next in the story, how the characters are feeling, and how something might relate to a child's own experience.
 - Have conversations with children throughout the day, for example, at mealtimes, playtimes, and during routine times. Any time of day is a great time to talk with children!
 - Play games that support letter identification, like "I spy a letter" or letter matching games. Provide alphabet puzzles, and card games that support letter knowledge. Point out letters in everyday life throughout the day. Offer children writing materials and support to explore writing throughout the day.
- Read rhyming poems and stories, sing rhyming songs and play rhyming games. For example, "I'm thinking of a word that rhymes with cat and begins with a "b" sound. What do you think it could be?"

Physical development includes

- Building large motor skills.
- Building fine motor skills.

Why it matters:

Building large motor skills is important for physical growth and development. Building fine motor skills is important for successful completion of small motor tasks.

How to support development:

- Allow children time for large motor activities. Provide toys and equipment that support large motor development like bikes, balls and swings.
- Provide opportunities for individual and group games.
- Play games with children that promote running, skipping, jumping and crawling.
- Provide opportunities and materials for fine motor skill development like cutting with scissors, painting, gluing, building, writing, stringing beads, tracing, and doing puzzles.

Source: <http://extension.psu.edu/youth/betterkidcare/news/2014/school-readiness-begins-at-birth>





Craven Smart Start/Child Care Resource & Referral attended 2 of many community National Night Out Events across the county.

New Bern Police Department enjoyed the music at the Kings Row National Night Out Neighborhood Event.

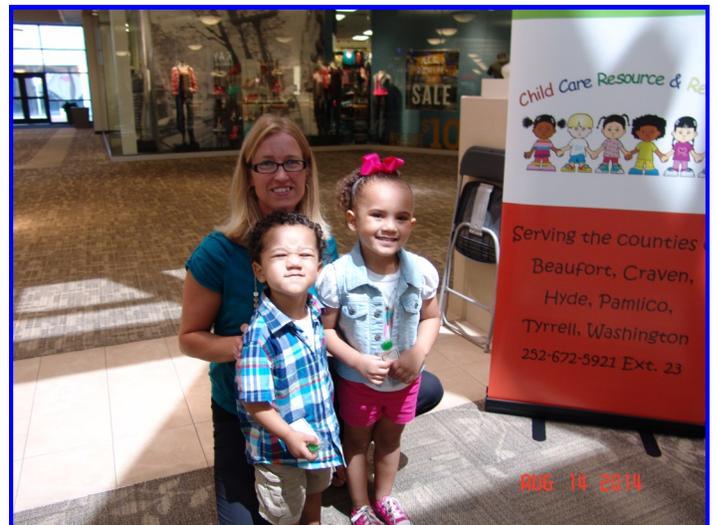


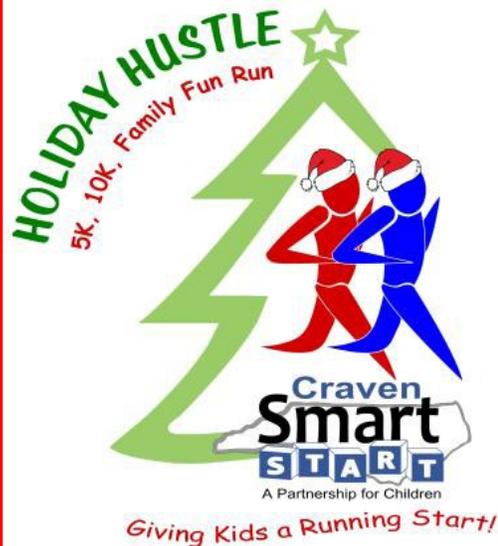
Children
are NOT a
distraction
from more
important work.
They are
THE MOST
important work.
-C.S. Lewis

Craven Smart Start/Child Care Resource & Referral Setup a table at the NC PRE-K Registration held in the New Bern Mall.



Child Care Resource & Referral attended the Greater New Bern Business Expo at the New Bern Convention Center held on August 21, 2014.





SAVE THE DATE

Presenting Sponsor Stubbs Perdue



Craven Smart Start Holiday Hustle

December 13, 2014 at 8 am

Union Point Park

Register Online At

<https://www.sportoften.com>

5 fun ways to

Get Your Heart Pumping – from A to Z

Aerobic activity is healthy for your heart, your weight and even your mind. Experts recommend getting at least 30 minutes on most days of the week – 60 minutes would be even better. What is aerobic activity? Anything that makes you sweat a little and gets your heart to beat faster. Make it fun and you'll be more likely to just do it!

1. Go easy on your body with low-impact aerobics.

Maybe you hate running and can't dance. Maybe you have problems with your knees, hips or ankles. Don't worry – you can still enjoy aerobic activity. Look for low or no impact classes, like water or chair aerobics. You may find them at a local college, the YMCA or community recreation program. These classes are just right for folks with arthritis or older joints.

2. Glide your way to fitness with ballroom dance.

Learn to dance with your local "stars"! Take a ballroom dancing class at your nearby recreation department or fitness center. Ballroom dance isn't just for weddings. It can be a wonderful way to get your heart pumping with your sweetheart. Give it a whirl. You'll probably use muscles you didn't know you had!

3. Take a step to better health with square dance.

Gather up some friends and give square dancing a do-si-do. While you twist and turn, you'll keep your heart healthy and your bones strong. Following the calls also keeps minds sharp, helping to fight age-related memory loss. To find a square dance club in North Carolina, go to www.ncfederation.org/.

4. Take a fun walk with music or friends.

Walking doesn't have to be boring. There are lots of ways to pick up the pace and make it part of a daily routine. Music is always nice. Podcasts or books on tape can provide mental stimulation along with the physical activity. Try a new route and bring a human friend along for a chat. Or, enjoy the quiet company of a furry friend.

5. Heat up your dance steps with Zumba®.

Increase your heart rate to the pulse of a Latin rhythm. Zumba® is so much fun that it is advertised as a party rather than a workout! You will dance to the joyful beat of music from around the world. The dance steps from salsa, merengue and reggae are easy to follow. Check it out on YouTube or pick up a DVD. Then try it at a local YMCA or dance studio.

National Nutrition Month®
- March 2011

Adapted by the Nutrition Services Branch from www.eatrightmontana.org
N.C. Department of Health and Human Services, Division of Public Health
www.ncdhhs.gov • www.nutritionnc.com

Child Care Resource & Referral



2111 F Neuse Blvd
New Bern, NC 28560

Phone: 252-672-5921

Fax: 252-672-5922

Website: www.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.



Play & Learn

September 17 at 10 am

September 18 at 10 am & 1 pm

Ages 2-5

Parent and Child activity

Space is limited.

Please call and save your spot today!

(252) 672-5921 ext. 21