

CCR&R Parent/Provider Newsletter-July 2015



Grandma Says The Baby Tree by Sophie Blackall

If it hasn't happened yet, you can be sure it soon will, all you parents of preschoolers-the day THE QUESTION is raised.

The question to which I refer is: "Where do babies come from?" Your kids, curious about everything in this world, will want to get to the bottom of that most human mystery.

This comical book may help you sort out the answers that you will give. The child in the book comes up with the question because his parents have just told him that a new baby is coming, but don't think that yours won't come up with the same question without motivation!

He proceeds to ask everyone in his life where babies come from, and from each person he gets a different answer-from the teenaged babysitter, he hears that planting a seed creates a Baby Tree; from his Kindergarten teacher, he hears, from the hospital; from Grandpa, he hears, from a stork who leaves a bundle on your doorstep; and from the mailman, he hears they come from an egg. (The illustrations are adorable.)

Finally he asks Mom and Dad, who give him the real scoop, and he realizes that all the answers were a bit right..."But Grandpa...I'm going to have to tell Grandpa where babies really come from!"

For those of you who are nervous about the answers you will give when the question does come, there are some appropriately simple answers offered for parents in the back of the book. Remember that the important part is your attitude that indicates acceptance of the child's curiosity and right to know, and the unemotional and factual response.

The answers to the questions will be given over and over again, so you don't have to worry about getting in all your information the first time around.

What should concern you is being truthful and factual-Grandpa's approach is definitely not helpful, and in fact is detrimental, in evidently trying to use old stories to change the subject.

Every answer that you give to young children should contain accurate information, which can be built upon later, rather than fiction that will have to be discarded.

So, "Babies grow in a special place inside their mother's body," may be enough the first time the question arises. Later, information about how the baby starts to grow can be added.

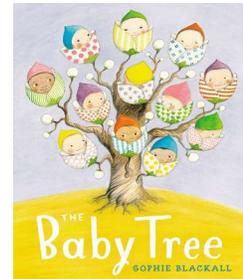
Changing the subject (Go ask your father) or a refusal to answer (We'll talk about that when you're older) are both tip-offs to the child that this is a taboo topic, and this is certainly not the attitude that fosters either healthy self-image or approach to sexuality.

Remember, when a child asks a question, they are ready for an answer, whether you think so or not.

And what about those kids who get to four or five years old and have not raised the topic? That certainly does not mean they haven't wondered about it, but something in the atmosphere may have discouraged them from verbalizing it.

For them, this book may be just the right way to raise the topic, or to continue the discussion with those who have already initiated it.

In any case, you and your kids will both enjoy it.

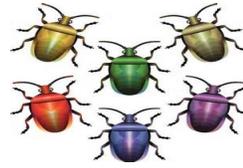


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Articles found on
pages 1-3 are courtesy
of "Growing
Together"- newsletter
for parents of
preschool children.

Science & Nature Let's Do Science!



When you learn science, you build on what you already know.

Children need to start learning early, at home, so that they have a firm base of knowledge to build on when they get to school.

As parents, what's important is that we share the knowledge we have with our children. Science is in everyday activities: cooking, folding clothes and growing plants.

So, look around the house and out the windows and you'll see that science is everywhere. Here are some things you can do:

*Ask your children questions: How do you think the clock works? Why

does a bird make a nest and what is the nest made of? How does electricity help us everyday?

*Have children look at what's happening around them and have them tell you or write down what they see.

*Have your children make predictions about the weather or how fast a plant will grow or how high a piece of paper will fly with the wind.

Have your children then test to see if their hunches are correct.

*Remind your child that it may take many tries before you get an answer. Keep trying.

*Have your children collect shells, rocks, or bugs so that they can see similarities and patterns.

*Have your child look at how things are different. He or she can look around the neighborhood to see and compare the different animals that live and grow there.

*Help your child look at what causes things to change. What happens when a plant doesn't have water or sunlight? What things move when the wind blows?

These are just suggestions. By looking at the world around you, you can come up with activities suitable for younger or older children.

Games & Activities: Count 'Em Up



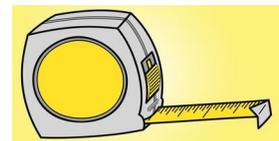
On a rainy day-or any other day when there's nothing to do—put together a list of questions that kids can answer with a number. For instance:

- ◆ How many windows are there in our home?
- ◆ How many shoes are there in your closet?

- ◆ How many pillows are there in our home?
- ◆ How many hats or caps are there in our home?
- ◆ How far is it-in feet-from the front door to the refrigerator door?

Make up your own questions and adjust the difficulty to fit your

audience. Provide a tape measure-or other appropriate tool-when needed.



Developmental: The Importance of Make-Believe

Matthew grabs a big cardboard box and decides to go to the "store."

He pushes the box around the living room, looking for the "groceries" his family needs—a plastic cup, a newspaper, a toy—and drops them into the box.

He pretends to pay for his purchases and then proudly tells his parents, "I bought our food!"

Make believe is a necessary facet of a child's play. Pretending gives him

the chance to:

- *Imitate adults which helps him understand his environment;
- *Re-enact familiar situations, both good and bad, as a way of dealing with emotions;
- *Develop his imagination by creating fantasies, and
- *Learn about himself as an individual and how he fits into society.

When your child pretends, he isn't receiving outside commands or controls—*he's in control!* So he can take his everyday, routine world and turn it into a magic place.

Your child will start by imitating you around the house, and will progress through the years to more "dramatic acting"—possibly even becoming the commander of a vital space mission to Mars!



When Children Cry

Few things are more distressing than seeing (and/or hearing) a child cry.

The natural response for parents and other adults is to hug the child and say: "Hush. Don't cry. Everything will be all right."

Yet this can be exactly the wrong response because these words don't allow children to possess their own emotions.

The message they hear is: "Stop crying. There is nothing to cry about."

One mom suggested a better reaction in such a situation. Parents and other adults can respond to a crying child by saying, "It's okay to cry. I know it hurts (or that you feel badly). Cry until it stops hurting."

She said she found this reply worked better. When her children were given "permission" to cry, it was often all that was needed to stop the flow of tears.

And even if it didn't, the children felt they had a right to their own emotions, the freedom to release

them, and they were consoled.

In helping a child deal with a hurt or hurt feelings, the importance of having a right to his or her own feelings cannot be overstressed.

Even the youngest children pick up unspoken ideas from parents and other adults.

When they sense that what they are feeling needs to be suppressed, the message is also given that these emotions are unacceptable and unimportant.

Phrases from the past, such as "crying is for babies" and "be a big boy/girl!" are, unfortunately sometimes still used.

Not only does this show little empathy for the child's problem, it also does nothing to encourage his or her self-esteem.

If children are to grow up seeing themselves as worthwhile people, they need to know at an early age that feelings are neither good or bad, they just *are*, as a result of

something that's happened.

What's necessary is to express them and deal with them.

So, when your little one is crying whether it's because she fell as she was learning to walk or wasn't chosen to play in a game, stop for a moment before you begin to offer comfort.

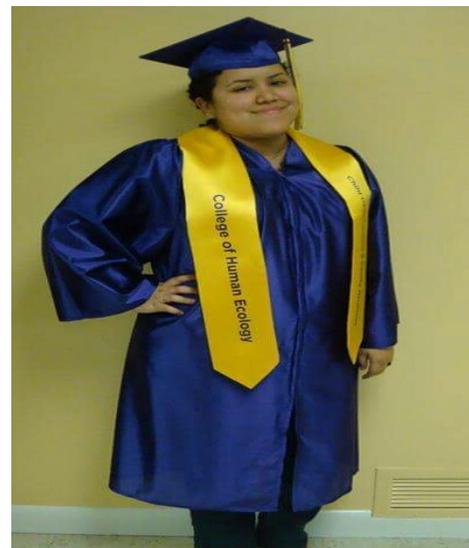
Then remember that the best way we can help these children handle their emotions is to surround them with love and acceptance and to tell them, "It's okay to cry until it stops hurting."



Congratulations Bianca

Bianca Chacon, our Program Assistant graduated from East Carolina University on May 8, 2015. She earned her Bachelor's degree in Family and Community Services with a concentration in Family Studies. Congratulations Bianca!!!

CLASS OF 2015



Flapjack Fundraiser Photos



Many thanks to Applebee's of New Bern and their staff for our successful Flapjack Fundraiser! We raised a grand total of \$1,377.42



Race to the Top-Congratulations!!!

These five NC Pre-K classes increased their ratings from temporary to five stars and received a Race to the Top Grant. Each had to work with our staff at Craven Smart Start/CCR&R to increase their stars. Congratulations on your success!



Ben D. Quinn



Graham A. Barden



James W. Smith

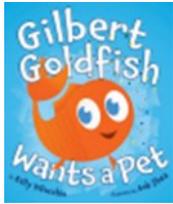


J.T. Barber



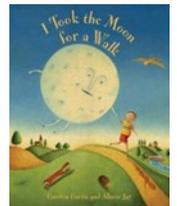
Vanceboro Farm Life

Books We Love-Preschool Summer Reading Picks



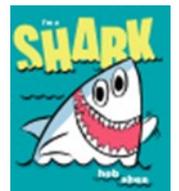
Gilbert Goldfish Wants a Pet by Kelly DiPucchio, illustrated by Bob Shea. Even though he's got a swanky fish bowl and magic food flakes that fall from the sky, Gilbert Goldfish dreams of what he can not have. He dreams of a pet. Kids will giggle as a dog, a mouse, and a fly all team up for a temporary pet rotation...and bring trouble. This book has just the right mix of winks for the picture book crowd, and enough humor to keep parents engaged too. And when the perfect pal arrives with a fish-tastic ending, preschoolers sitting at the edge of their seats can breathe a sigh of delighted relief.

I Took the Moon for a Walk, byCarolym Curtis and Alison Jay. The perfect blend of evocative poetry and dreamy art strikes just the right notes for a bedtime wind down. But don't be surprised if your preschooler pulls it out all day long. Fantastical images like a moon hooked on a church spire, or a crew of dogs assembled for "a train-whistle choir" balance whimsy with beauty. A welcome change to the saccharine chords of many preschool rhyming books.



Bear with Me, by Max Kornell. Owen is king of his parents' world...until they unexpectedly bring home a surprise addition, without even asking. There's a new cub in town, and life at Owen's house is never going to be the same. Suddenly he has to share. Gary the bear makes it hard to sleep and forgets to cap the magic markers. But soon he starts to grow on Owen and both get a few lessons in sharing. A wonderful way to broach the topic of a new baby or younger sibling, without getting grumbles. A fun read for anyone-brotherless or not.

I'm a Shark, by Bob Shea. Fans of Kate and Jum McMullan's sassy "I Stink" will gravitate towards the brass and bluster of this new offering from Bob Shea, with a title character who declares, "Aren't I awesome?" But even a shark who can watch scary movies without closing his eyes is secretly scared of something...A fun way to tackle a fear of the dark, or anything else that's keeping kids up at night.



My Granny Went to Market, by Stella Blackstone and Christopher Corr. From the moment Granny first goes to market to the final roundup of all her international purchases, you'll get swept away in this colorful counting jaunt around the world. A bit reminiscent of the holiday favorite "On the First Day of Christmas," this book follows Granny as she plucks up a sea of gifts—from one flying carpet (in Istanbul) to ten black llamas (in Peru) . The vibrant illustrations of fluttering kites, buzzing boomerangs, and Russian nesting dolls precariously balanced on her beautiful Turkish carpet, bring foreign cultures front and center, and may bite kids with the travel bug, even before they learn to read solo.



where great stories begin™

REACH OUT AND READ'S SUMMER READING LIST



BOARD BOOKS

- 0-2 YEARS**
- Baby Loves Summer!** by Karen Katz
 - Beach Socks** by Michael J. Daley
 - At the Beach** by Elizabeth Spurr
 - Mouse's First Summer** by Lauren Thompson
 - Penguin on Vacation** by Salina Yoon



PICTURE BOOKS

- 3-5 YEARS**
- My Garden** by Kevin Henkes
 - Picnic** by Emily Arnold McCully
 - Hippos Can't Swim** by Laura Lyn DiSiena
 - The Sun: Our Nearest Star** by Franklyn M. Branley
 - We're Going on a Picnic!** by Pat Hutchins



TIPS TO ENCOURAGE YOUNG READERS

Subscribe to children's magazines to inspire reading. Bring the magazines to the beach or park to enjoy while relaxing.

Visit a local farmer's market or grocery store and choose some new seasonal fruits and vegetables to try. Pair your snack with some books on healthy eating and nutrition.

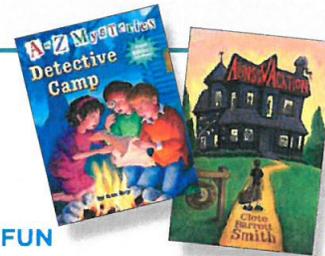
Read a travel guide together with your child to help plan an actual (or dream) vacation.

Join your local library. Many local libraries sponsor summer reading programs.

Get out and explore! Go for a hike, visit a museum, walk in the city, or pick your own flowers. Have your child write about all of your summer adventures in a journal.

BEGINNING READER SERIES

- 5-8 YEARS**
- Arthur's Family Vacation** by Marc Brown
 - How I Spent My Summer Vacation** by Mark Teague
 - Biscuit's First Beach Day** by Alyssa Satin Capucilli
 - At the Beach** by Huy Voun Lee
 - Our Stars** by Anne Rockwell



CHAPTER BOOK SERIES

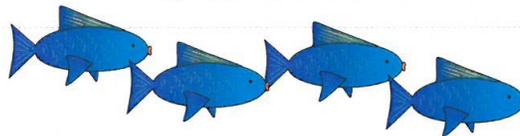
- 7-10 YEARS**
- The Vampire's Vacation** by Ron Roy
 - The Best Vacation Ever** by Stuart J. Murphy
 - The Mount Rushmore Calamity** by Jeff Brown
 - Detective Camp** by Ron Roy
 - The Stinky Cheese Vacation** by Geronimo Stilton

BOOKS FOR FUN

- 8-12 YEARS**
- Holes** by Louis Sachar
 - The Vacation** by Polly Horvath
 - Aliens on Vacation** by Clele Barrett Smith
 - The Summer of the Swans** by Betsy Byars
 - Whatever After - Sink or Swim** by Sarah Mlynowski

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July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>BLUEBERRY MONTH HOT DOG MONTH ICE CREAM MONTH</p>						
<p>5 Read a book in a rocking chair or outside under a tree.</p> 	<p>6 Sweep the sidewalk.</p> 	<p>7 Chocolate Day</p> 	<p>8 Act like a chicken.</p> 	<p>9 Draw a face on a paper bag. Cut a hole for the mouth. See how many cotton balls you can throw into the bag.</p> 	<p>10 Teddy Bear Picnic Day</p> 	<p>11 Go swimming or play in a small pool-with adult supervision.</p> 
<p>12 Pecan Pie Day</p> 	<p>13 How many doors are there in your entire house?</p> 	<p>14 Go to the library and look for a book that shows you how to make something simple.</p>	<p>15 Cow Appreciation Day</p> 	<p>16 What do you want to eat today?</p> 	<p>17 Peach Ice Cream Day</p> 	<p>18 Invite a friend over for a picnic.</p> 
<p>19 Nat'l Ice Cream Day</p> 	<p>20 Nat'l Lollipop Day</p> 	<p>21 Go through your closet, select clothing you no longer wear and donate it to a charity.</p>	<p>22 Hammock Day</p> 	<p>23 Hot Dog Day</p> 	<p>24 Cousins Day I ♥ MY COUSINS</p>	<p>25 Is your home child-proofed for safety?</p>
<p>26 Parents' Day</p> 	<p>27 At your house: Who gets up first? Who gets up next? Who gets up last? When do you get up?</p>	<p>28 Nat'l Milk Chocolate Day</p> 	<p>29 Nat'l Lasagna Day</p> 	<p>30 Nat'l Cheesecake Day</p> 	<p>31 Look for the color pink in your home.</p>	

Child Care Resource & Referral

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Fax: 252-672-5922
E-mail: sheila@cravensmartstart.org

*For training calendars &
special events, check out our
website or Facebook!*



*Child Care Resource and Referral is here
for you. FREE referrals to fit your child
care needs with a licensed, regulated, or
legally exempt childcare program.*

Looking for:

**Full-Time/Part-Time Care*

**Before/After School Care*

**Part-Time Preschool*

**Weekend Care*

**Drop-In Care*

**Hourly Care*

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Increasing Stars

Increased to 4 Stars
Precious Moments FCCH

