

CCR&R Parent/Provider Newsletter- September 2017



Toddler Tips from Mrs. Babe E. Lovin'

Bonnie Gould, Infant Toddler Specialist

During the first few years of life, Infants and Toddlers will grow and develop new skills and reach new milestones daily as they become ready for new experiences and challenges. The same is true for us as adults. I share this to say that while I thoroughly love and enjoy working with Infants, Toddlers and Two year old programs, I will be transitioning to a new position within Craven Smart Start here in New Bern. I am excited to share with you that I have accepted the position of the CCRR Director. I am excited about my new journey with our staff and our community. I look forward to working with all of you in my new position. Please contact me should you have any questions, or if I can assist you in any way. I am excited to continue working with Smart Start in my new position, and with all of you in our community.

Sincerely,

Bonnie Gould, Craven Smart Start, CCR&R Director

Welcome our newest staff member!

**Kelly Shaw—Quality Enhancement/Professional
Development Coordinator**

I was born and raised in Frederick, Md. After my son was born, I relocated to New Bern. We have lived here four years in November. I have been working in Child Care for the past eleven years and recently graduated from the University of Mount Olive. I am very excited to be a part of the Child Care Resource and Referral family and to get to know all of the wonderful providers and families in the community. My role here is to be the Quality Enhancement/ Professional Development Coordinator. I also will be spending some time focusing on school-age programs in our region. When not at work, I love reading, going to the beach, and spending time with my son. We like to travel and go on "adventures" as he would say. I feel blessed to be part of this team and look forward to getting to know our providers and families better.



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Articles on pages 2 and 3 are from *Growing Together*— a newsletter for parents of pre-school children.

Grandma Says: Problem Solving 101

Someone told me of a college dean who passes out a card to parents during freshmen orientation. On it these words are printed: “How are you going to deal with that problem?” He advises parents to keep it beside the phone, and read it exactly as emphasized, in response to the frantic phone calls from their college students complaining about the horrible professor, the difficult roommate, the exams all coming at once. Important and good advice from the dean, and unfortunately difficult for this generation of parents who have specialized in removing all bumps from the path for their children during their growing up years. When a childhood has been engineered so that problems are miraculously solved by parents, children are ill prepared to go through their own problem solving process. They will be shocked and paralyzed when concerning issues are thrown back to them. So to avoid such stunning moments when they leave home, parents need to help them to develop problem solving skills during their childhood. Guiding children through a problem solving process requires that parents maintain a supportive but distant attitude, recognizing that the problem belongs to the child. Parents are helpful when they assist the child to identify the problem and understand its relative importance, and then move on to figuring out what they can do about it. To do so, they ask a series of open-ended questions, designed so that children talk, and therefore think, their own way through a dilemma. It might sound something like this (any of the options could be appropriate, depending on the child’s age or experience.): Parent: “What seems to be the problem?” or “What’s going on?” or “What’s bothering you?” With the child’s response, more questions may be needed, to get the issue fully described. Remember, as the child talks, they are also reflecting on the situation, a necessary step to choosing appropriate actions. Next, the parent helps the child consider all perspectives of the situation: “Why is this a problem for you?” or “Why do you suppose she did that?” or “How could this have been different?” Once the state of affairs has been fully described, it is time to point the child towards considering possible courses of action: “What could you say to him about that?” or “What could you do that would fix the problem?” or “Is there something you think could help with that problem?” More and more questions and reflective responses may help the child consider all possibilities and their ramifications: “What do you think he would do if you said that?” or “What else might you try?” or “Suppose that doesn’t work? Do you have some other ideas?” One of the purposes of this entire dialog is to help children see that constructive responses require thinking actions through, not just blindly reacting. Another is to build the realization that “there is more than one way to skin a cat”—most problems have multiple solutions, and that some responses may be more productive than others. Enough experience with this kind of problem solving in childhood and adolescence will mean you can get rid of that card by the phone.

Parenting: Your Self-Confidence As a Parent

At one time or another, almost all parents question their self-confidence. Parents want to be able to act decisively and confidently but the influence of neighbors and relatives and what they may think can be very unsettling. Here's an idea that may help. Most decisions revolve around two categories —needs and wants — and it is important to determine which is which. Needs must be responded to in the interest of children's development. Children need good nutrition, for example. Wants may be considered but they may also be rejected in the interest of health, safety or family priorities. So, while children need food, they may want only ice cream. Parents who feel obliged to satisfy all the wants of their child may find they are harboring a little tyrant in their home. Many parents are afraid of losing their child's love if they deny him all he wants — children can become frustrated

and often angry when thwarted. Yet it is impossible to satisfy 100 percent without parents becoming irritated and indignant. A compromise is, first, to recognize the difference between needs and wants. Then, if you can feel secure in your love for your child, you can accept the consequences of your decisions — without fearing your child's rejection or criticism from neighbors or relatives.



Language: Questions, Questions!

Does your child continually ask you questions? This is only just the beginning. There are three kinds of interrogative behavior:

1. The question-and-answer game. It's a device for making conversation with an adult. For example, she asks, "What's that?" If you reply, "What do you think it is," she replies, "Orange juice."
2. She asks questions as a way of checking on the accuracy of what she believes. It is really a primitive form of testing a hypothesis: "Is that a hat?"
3. She asks questions in order to seek information she does not know. It isn't always possible to separate these kinds of questions, but what does it matter?

It is practice in learning the question form, making a verbal exchange with someone, gaining knowledge and eventually associating the fact that specific types of questions bring forth specific types of responses. For example, she will discover that questions that begin with "what" supply names; "where" brings information about location; "who" and "why" deliver information about a source or the purpose for an action. Your child hears others use words that begin with "wh" when they ask questions. As she listens, she learns that "wh" words can be expected to elicit an audience and a response.



What's Going On At Our Office

Trainings in September

***IT'S SIDS:** Monday, September 7th, 2017 6:30pm - 8:30pm CCR&R / Cost: \$8.00 for Library Members, \$10.00 for non-members / Credit: 2 CHC's

***Beyond Band-Aids:** Tuesday, September 12th, 2017 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Introduction to Cultural Competence- Awareness:** Wednesday, September 20th, 2017 6:30pm - 9:00pm CCR&R AND Wednesday, September 27th, 2017 6:30pm—9:00pm CCR&R / Cost: \$20.00 for CCR&R Library Members, \$25.00 for non-members / Credit: .5 CEU's

MINIMUM OF 12 PARTICIPANTS

***Self-Management: Please Teach Me What To Do:** Thursday, September 21st, 2017 6:30 pm - 8:30 pm CCR&R / Cost: \$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Language and Communication:** Tuesday, September 26th, 2017 6:30 pm - 8:30 pm CCR&R / Cost: \$6.00 for CCR&R Library Members, \$8.00 for non-members/ Credit: 2 CHC's

Faith In Action Vision Clinic
Free Eye Exams and Glasses

Saturday, September 16, 2017
8:00AM-5:00PM

Garber United Methodist Church
Ministry Center
4202 Country Club Rd, New Bern NC

Qualified patients must not have vision insurance, must not have used a VSP voucher in the past 2 years, must meet specific household income requirements, and must have a valid Social Security number

Questions? Call 637-4022

****Our office will be closed on Monday September 4th, 2017 in observance of Labor Day.****

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Bring Your Manners to Work Day	2 Bacon Day
3 Bowling League Day	4 Labor Day	5 International Day of Charity	6 National Read A Book Day	7 Salami Day	8 International Literacy Day	9 Opposite Day
10 World Suicide Prevention Day	11 Patriot Day and National Day of Service and Remembrance	12 National Day of Encourage- ment	13 International Chocolate Day	14 National Kreme Filled Donut Day	15 National Online Learning Day	16 National Eat an Apple Day
17 National Gymnastics	18 National Respect Day	19 Talk Like A Pirate Day	20 National String Cheese Day	21 World Alzheimer's Day	22 Ice Cream Cone Day	23 International Rabbit Day
24 National Museum Day	25 Family Day	26 National Pancake Day	27 Ancestor Appreciation Day	28 National Good Neighbor Day	29 National Coffee Day	30 Family Health and Fitness Day USA

Child Care Resource & Referral

2111 Suite F
Neuse Blvd.
New Bern, NC 28560
Phone: 252-672-5921 Ext. 23
Fax: 252-672-5922
E-mail: bianca@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*

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.**



Save the Date!!!

Craven Smart Start Holiday Hustle
Saturday, December 9th, 2017
Union Point Park
Register at:
<https://runsignup.com/>
Search for:

Craven Smart Start Holiday Hustle