



Parent/Provider Newsletter



Child Care Resource & Referral Newsletter

July 2014

Attention CCR&R Lending Library Members:

*As of **July 1st** Late Fees will be in effect.*

The fee is **\$.10 per day** for **each** overdue item (excluding Saturday, Sunday, and holidays that we are closed). Any item that is not returned in the same condition in which it was borrowed is subject to a damage fee equal to a replacement cost. Any outstanding fees will be attached to your account. Items may **not** be checked-out until your balance is paid in full.

This policy is an effort to better serve you by keeping track of items and preserving the condition of items for you to enjoy.

As always, thank you for your involvement and support of the Craven County Child Care Resource & Referral Lending Library!

-CCR&R Staff

Monthly

National Blueberry Month
National Hot Dog Month
National Ice Cream Month
National Baked Bean Month
National Parks & Recreation Month
National Make A Difference Month
Eggplant n Lettuce Month
Family Golf Month
Mango & Melon Month

Source:

[http://www.butlerwebs.com/holidays/july.htm#MONTHLY OBSERVANCES:](http://www.butlerwebs.com/holidays/july.htm#MONTHLY_OBSERVANCES)

I Love My Flag

I love my flag, my country's flag, the red and white and blue.

It has broad stripes and fifty stars.

And stands for freedom too.



ATTENTION PROVIDERS

Our new fiscal year has begun for 2014- 2015. Please remember that Data Sheets have gone out and will need to be filled out and returned back to our office so we can continue to serve you.

If a Data Sheet is not returned to CCR & R for your facility you will no longer receive referrals or technical assistance from our staff!



One, Two, Three Follow Me to Kindergarten



Summer has just begun, but before you know it, school bells will be ringing! Have you registered your child for Kindergarten? Children that will be five years old on or before August 31st are eligible to register for K. Pre-registration for K is very important because it helps the school and the K teacher prepare a welcoming environment prior to the first day of school. Pre-registration also provides the K child and their family up to date information to transition smoothly into a "big school" routine. Craven Smart Start / Child Care Resource and Referral has a DVD series titled *Ready, Set, Go!* which explains the stages of transition to school and helps children and families prepare for a successful school experience. This series is available in both English and Spanish and can be checked out through the Craven Smart Start/ CCR&R Lending Library. To pre-register for K, you may call the elementary school your child will be attending or call the Craven County School Board at 252-514-6300 to inquire about the elementary school serving your residential district. The first day of school on the 2014 -2015 calendar is August 25, 2014.

For more information call 252-672-5921 to contact Letha Ricks (ext. 30) or Liz Tuttle (ext. 22), Quality Enhancement Coordinators.

Listen Attentively

Pay attention to what children say. Sometimes we're able to stop what we're doing in order to listen or listen while we're doing a chore like folding laundry. Young children usually want only 30 seconds or so to share their thoughts, their discoveries, and their enthusiasm. If you're really busy- and all adults have busy times- tell children, "I'm busy now, but let's talk about that later." **Don't** pretend you're listening when you aren't. And do be sure to follow through on the invitation to talk later.

USE "YOU-MESSAGES" TO REFLECT CHILDREN'S IDEAS AND FEELINGS

"You-messages" describe children's feelings and encourage them to express their problems.

Examples:

You're sad because your dog died.

You're upset because you didn't win the game.

You're mad because Mary wouldn't let you play with her new toy.

When children are allowed to express bad feelings freely, the feelings seem to disappear like magic. On the other hand, hiding bad feelings can be self-destructive. These feelings don't go away. Instead, they can lead to headaches, ulcers, self-hate, and violence.



Source: Winning Ways to talk with Young children



DIY It: Air Fresheners

Air fresheners are marketed as an easy way to bring fresh, natural smells into our homes, with names such as "clean breeze" and "simply spring." But the main ingredients in commercial air fresheners are not actually close to nature; instead they tend to be industrial chemicals, some of which are listed as chemical hazards by the Centers for Disease Control and Prevention. Don't want these nasty chemicals all over your house (and your family's respiratory tract)? We don't blame you! Below, is a recipe to make your own.

Homemade Natural Air Freshener

1 cup baking soda

6 to 8 drops essential oil (choose your favorite)

1. Fill an attractive vessel of some sort (an old mason jar works well) about 1/4 full of baking soda
2. Add essential oil to baking soda.
3. Leave the jar open for maximum scent dispersal (but keep out of reach of pets and children)
4. Shake the jar gently every few days to revive the scent, and add more oil as needed

Source: Mother Earth Living May/June 2014

ABC Stretch with Me!

Stretching is good for children's bodies and it feels great! It improves their flexibility and increases their range of motion. In this activity, children stretch in a variety of ways to form letters of the alphabet.

Movement Skills:

- Marching, bending, stretching, twisting, reaching

Materials

- Fill a box or container with cards, each with a different letter written on it. (For younger children, you may begin with upper-case letters that are easier to form, such as A, C, H, I, L, M, O, T, V, and W.)

How to play

- Start with a short warm-up together. For instance, tell children, "Let's **march** in place by raising our knees high up in the air." You can sing the ABC song as you march!
- After the song is over, let children know that it's time for "ABC Stretch with Me!" Explain that stretching is good for their whole bodies. It helps their muscles and joints stay flexible so they can move their bodies easily.
- Take turns picking a letter from the box. You may want to draw the chosen letter on a board or a piece of paper for younger children to look at. In addition, it may be helpful for you to model how to make the letter with your own body. Tell children to **bend, stretch, twist, and reach** to form that letter. Let children know that they do not need to look exactly like the letter. The important thing is that they feel their bodies stretching.

POSSIBLE Variations

- After children form letters, arrange them in different ways so that they spell out words with their bodies
- Lead this as a quiet, relaxing activity with slow movements to soothing music.

Source: http://www.sesamestreet.org/cms_services/services?action=download&uid=46841dfe-a76c-4df7-8e40-d165417d9be5



Water, Water Everywhere...So Put Safety First!

Safe Kids North Carolina offers tips to reduce child drownings in all bodies of water.

Safe Kids North Carolina, a statewide program housed within the North Carolina Department of Insurance Office of State Fire Marshal, is reminding parents and caregivers about important safety tips in an effort to reduce child drownings, near-drownings and entrapments in swimming pools, spas and other bodies of water.

"With the approach of the holiday weekend and the natural beauty of North Carolina, many families will be drawn to activities near water," said Insurance Commissioner Wayne Goodwin, chair of Safe Kids North Carolina. "We want parents and caregivers to be particularly cautious and take steps to avoid any potential tragedies."

According to the N.C. Division of Public Health, 138 children under the age of 18 died as the result of unintentional drowning in North Carolina between 2008 and 2012. Drowning is the leading cause of accidental death for children under age 5 nationally, with rates even surpassing those of traffic accident fatalities in recent years. Many of the children treated in hospital emergency rooms for submersion injuries were being supervised by one or both parents at the time of the accident.*

Safe Kids North Carolina reminds parents and caregivers to take the following precautions:

LOCK - Homeowners should put up a fence that is at least 4-feet high around all sides of a pool or spa with a locking gate that closes and latches by itself. Homeowners should cover and lock pools and spas when they are not using them, and also remove or lock ladders to above-ground pools and spas when not in use.

LOOK - Adults and caregivers must always watch children – whether the children know how to swim or not – when kids are in or near water without being distracted by phone calls, text messages, reading or talking to others. If a child is missing, look in the water first.

LEARN - Children and adults should know how to swim. Adults should learn how to use rescue equipment and correctly choose and use U.S. Coast Guard-approved life jackets. Caregivers should learn adult and infant CPR and teach children to never swim alone or swim near pool or spa drains.

For more detailed information about the water safety, go to <http://www.safekids.org/water-safety>.

Safe Kids North Carolina reaches out to parents, caregivers and children in 71 counties served by 41 coalitions in 71 counties across the state. For more safety tips and information about Safe Kids North Carolina, visit www.ncsafekids.org.

According to a study by the Consumer Product Safety Commission

Source: <http://www.ncdoi.com/media/news2/year/2014/052314d.asp>



Warm Welcome to New Faces on the Block

Schoolage Specialist

My name is Steven Branch, I am originally from New Jersey and traveled to North Carolina in 1997 to begin my journey at East Carolina University. As a Pirate, I studied Child Development & Family and Community Service. I also had a focus/concentration in Exercise Sport Science.

During my schooling, I took on many volunteer and job opportunities to help children throughout the community. I became involved with summer camp programs, facilitating birthday parties, life guard work, children's activity classes and physical fitness classes.

Upon graduation, I was offered a job to work as one of the first More @ four teachers in Beaufort County at Care-O-World Enrichment Center. In my 3 years there, I also took on the afterschool program coordinator position. My next stop on the education journey was at the Oakwood School in Greenville, NC. Here I became a 2nd grade assistant teacher, physical education teacher, health teacher and a coach for many boys and girls sports. During my 9 years at the Oakwood School, I was able to establish a positive fitness program and develop active children programs for pre-k thru 12th grade. Now, I have been given the chance to be the Region 2 School-Age Specialist.

As a School-Age Specialist, my services include:

- Basic School-Age Care (BSAC) and School-Age Care Environmental Rating Scale (SACERS) training.
- On-Site Technical Assistance (room arrangement, scheduling, planning, health and safety indicators).
- Provide other Professional Development trainings.
- Share Educational Resources.



Steven Pictured with Rachel Ward CCR&R Director.

My goal is to help increase the availability of great quality school-age care in our area. I look forward to working with you.

Steven Branch
Steven@cravensmarstart.org
Work Number: 252-617-1602

Infant/Toddler Specialist

My name is Bonnie Gould. I am the new Infant Toddler Specialist for Region 2. I have been working in the Child Development field for 35 years as of August this year. I have taught ages 0-12 for 10 years. I have four years' experience as an Assistant Director and 21 years' experience as a Director here in Craven County.

As the Infant Toddler Specialist, I will support the Infant and Toddler teachers in our schools, by giving them technical assistance when needed, or requested, and helping prepare them for the Environmental Rating Scales. I look forward to meeting each of the Infant Toddler teachers in our region in person, and I'm excited to begin our new journey together.

Sincerely,

Bonnie Gould

Infant Toddler Specialist



Bonnie Gould
Bonnie@cravensmarstart.org
Work Number: 252-675-7452

I LIKE bugs
BLACK BUGS. GREEN BUGS.
BAD BUGS. MEAN BUGS.
ANY KIND OF BUG.
I LIKE BUGS.

A BUG ON THE SIDEWALK.
A BUG IN THE GRASS.
A BUG IN THE RUG.
A BUG IN THE GLASS.
I LIKE BUGS.

ROUND BUGS. SHINY BUGS.
FAT BUGS. BUGGY BUGS.
BIG BUGS. LADY BUGS.
I LIKE BUGS.

Child Care Resource & Referral



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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.



Play & Learn Group

Parent and Child activity

Thursday July 17, 2014 @ 10 am & 1 pm

Space is limited.

Please call and save your spot today!

(252) 672-5921 ext. 21

A Flag for me and you

Sung to: "Three Blind Mice"

Red, white and blue,
Red, white and blue,
A flag for me,
A flag for you.

It is the flag of our great nation,
It's honored by each generation.
Join me now in a celebration,
Red, white and blue.

Source: <http://www.preschooleducation.com/sfourth.shtml>

