



# CCR&R Parent/Provider Newsletter



Child Care Resource & Referral Newsletter

October 2014

## Our Play & Learn Group

The theme for September's Play & Learn was ABC Music & Me: Colors and Shapes Down on the Farm. We held a total of 5 sessions that took place at the CCR&R Lending Library, W. J. Gurganus Elementary School, and Bridgeton Elementary School. Thanks to all of our friends who joined us!

Our Play & Learn group is on the move and is coming to a school near you. Please check our Facebook and website for our next locations and dates.



## Play & Learn

October 15 -10 am & 1 pm @ CCR & R Lending Library

October 20 - 9 am @ Arthur Edwards Elementary

October 21-9 am James W. Smith

**Ages 2-5**

**\*Parent and Child activity\***

Space is limited.

Please call and save your spot today!

(252) 672-5921 ext. 21

## October Holidays & Observance

- 1- World Vegetarian Day
- 2- World Farm Animal Day
- 3- World Smile Day
- 4-National Taco Day
- 5-World Teacher Day
- 6-Child Health Day
- 7-Check Smoke Detectors
- 8-Stop Bullying Day
- 9-Fire Prevention Day
- 10-World Egg Day
- 11-Memorial Day
- 12-Columbus Day
- 13-Native American Day
- 14- Spider Man Day
- 15-National Fossil Day
- 16-Boss's Day
- 17-Naional Pasta Day
- 18-National Chocolate Cupcake Day
- 19-World Toy Camera Day
- 20-Read A Book
- 21-Reptile Awareness Day
- 22-Smart Is Cool Day
- 23-National Mole Day
- 24-Wear It Pink Day
- 25-National Forgiveness Day
- 26-Bullying Prevention
- 27-National Music Day
- 28-National Chocolate Day
- 29-Work and Family Day
- 30-National Candy Corn Day
- 31-Halloween



Source:

<http://www.brownielocks.com/october.html>

Pictured Left to right: Christen Fries Region 2 Parent Provider Specialist, Pinkie Moore, Community Outreach Coordinator and Terri Walls, Health Consultant attend the Carolina East Foundation Employee Giving Campaign, the "Blessing of the Fleet". The event was held in the hospital cafeteria.



#### ON THE TRICK-OR-TREAT TRAIL SAFETY TIPS:

- ◊ A parent or responsible adult should always accompany young children on their neighborhood rounds.
- ◊ If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- ◊ Only go to homes with a porch light on and never enter a home or car for a treat.
- ◊ Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters to be cautious.
- ◊ Stay in a group and communicate where they will be going.
- ◊ Remember reflective tape for costumes and trick-or-treat bags.
- ◊ Carry a cellphone for quick communication.
- ◊ Remain on well-lit streets and always use the sidewalk.
- ◊ If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- ◊ Never cut across yards or use alleys.
- ◊ Only cross the street as a group in established crosswalks (as recognized by local custom). Never cross between parked cars.
- ◊ Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
- ◊ Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.



#### HEALTHY HALLOWEEN:

- ◊ A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
  - STAY SAFE! Halloween Safety Tips**
    - ◊ Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
    - ◊ Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
    - ◊ Try to ration treats for the days following Halloween.
- See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Halloween-Safety-Tips.aspx#sthash.PBoWwSIP.dpuf>



Pictured above is the poster Craven Smart Start entered into the Carolina East Foundation "The Big Give Flotilla" Poster Contest.

## October is Fire Safety Month. Is Your Family Prepared?

### ESCAPE PLANNING

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

### SAFETY TIPS

- MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- PRACTICE using different ways out.
- TEACH children how to escape on their own in case you can't help them.
- CLOSE doors behind you as you leave.

### IF THE ALARM SOUNDS...



- If the smoke alarm sounds, get out and stay out. Never go back inside for people or pets.
- If you have to escape through smoke, get low and go under the smoke to your way out.
- Call the fire department from outside your home.

Source: <http://www.nfpa.org/safety-information/for-consumers/escape-planning>

## Preschool Parade

This annual October parade is for preschool age children and their parents or teachers.  
Children dress in their Halloween costumes and  
parade down Middle Street and into Union Point Park.

Parade Location: Begins at the corner of Broad and Middle Street, downtown New Bern.

Date: October 31, 2013 @ 9:30 am till 11:30 am

\*In the case of inclement weather, we will parade at the  
West New Bern Recreation Center at 1225 Pine Tree Drive.

**Craven Smart Start/Child Care Resource and Referral will be walking in the parade.  
If you would like to walk with our group please call**

**Christen**

**252-672-5921 ext. 23**



## **Get Active**

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

If this sounds like a lot, consider that eight to 18 year old adolescents spend an average of 7.5 hours a day using entertainment media including TV, computers, video games, cell phones and movies in a typical day, and only one-third of high school students get the recommended levels of physical activity. To increase physical activity, today's children need safe routes to walk and bike ride to school, parks, playgrounds and community centers where they can play after school, and activities like sports, dance or fitness programs that are exciting and challenging enough to keep them engaged.

*Let's Move!* aims to increase opportunities for kids to be physically active, both in and out of school and to create new opportunities for families to move together.

- Active Families: Engage in physical activity each day : a total of 60 minutes for children, 30 minutes for adults.
- Active Schools: A variety of opportunities are available for schools to add more physical activity into the school day, including additional physical education classes, before-and afterschool programs, recess, and opening school facilities for student and family recreation in the late afternoon and evening.
- Active Communities: Mayors and community leaders can promote physical fitness by working to increase safe routes for kids to walk and ride to school; by revitalizing parks, playgrounds, and community centers; and by providing fun and affordable sports and fitness programs.

*Let's Move!* supports the Presidential Active Lifestyle Award (PALA+) challenge, which helps individuals commit to regular physical activity and healthy eating -- and rewards them for it. The challenge is for anyone, from students to seniors, but it's geared toward people who want to set themselves on the road to a healthier life through positive changes to physical activity and eating behaviors.

- **For kids and teens (that's anyone between 6 and 17 years), your goals are:**
- **Physical activity:** You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).
- **Healthy eating:** Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

**For adults (that's anyone aged 18 and older), your goals are:**

- **Physical activity:** You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).
- **Healthy eating:** Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

Source: <http://www.letsmove.gov/get-active>

# Craven Smart Start's

2nd Annual Holiday Hustle

Sponsored By

*Stubbs Perdue*

Sign Up Today For:

Tinsel 10K,

Jingle Bell Jog 5K

1 mile Santa's Family Fun Run

You can come into our office

2111 F Neuse Blvd

New Bern, NC 28560

Or

Register online at

[www.sportoften.com](http://www.sportoften.com)

Event will be held at

Union Point Park, New Bern

**Saturday, December 13, 2014, at 8:00 am**



## *Child Care Resource & Referral*



2111 F Neuse Blvd  
New Bern, NC 28560

Phone: 252-672-5921  
Fax: 252-672-5922

Website: [www.cravensmartstart.org](http://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.



**Child Care Resource & Referral is here for you!**

**FREE referrals to fit your child care needs with 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

**Call Christen at 252-672-5921 ext. 23**

**FREE ONLINE REFERRALS**

**[www.cravensmartstart.org](http://www.cravensmartstart.org)**