

CCR&R Parent/Provider Newsletter- February 2017



Reading Fun Day! Saturday, February 4, 2017

This literacy outreach event is for children birth to 12 and their families. There will be a free book for each child while supplies last as well as themed activity areas, bookmark making and costume characters.

Where: New Bern Mall

Time: 10 AM—2 PM



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Mark Your Calendars!

**11th Annual Building
Brighter Futures
Early Childhood
Conference**

**Saturday, March 25th,
2017**



Valentine's Day Crafts

Handprint Heart

You will need:

Pink and purple paint
Paper

Instructions:

Keeping fingers together, print a handprint of purple paint on the center of the paper. With the other hand add a handprint of pink paint overlapping the fingers with the purple handprint.



Valentine Fan Craft

You will need:

Cardstock paper
Decorative bits and pieces (stickers, pens etc)
Craft stick
Glue

Instructions:

Cut a large heart from the card. Decorate however you like. Glue a craft stick to the back. Done!



Come out and join our Play & Learn Group!

What is Play & Learn?

Children and their parents are invited to participate in Play & Learn groups led by Craven Smart Start/CCR&R!

We'll have fun while learning with music, art activities, and snacks.

Where? Craven Smart Start/CCR&R

When? Every Monday

What time? 9:30 AM-10:30 AM

Who should attend? Children who have not started school and their parent/caregiver



February is National Children’s Dental Health Month!



What to choose?

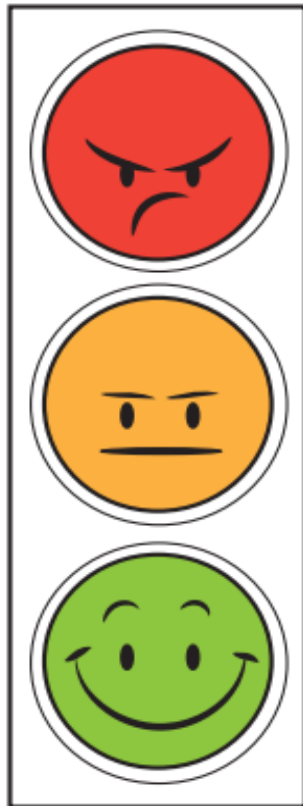
Buck is very thirsty after his soccer game. Can you help him select the best choices to satisfy his thirst?

HINT:

Drinks loaded with added sugar are not healthy choices and should be avoided! Draw a line connecting those drinks to the **RED LIGHT**.

Drinks with some added sugars and sweeteners should only be chosen occasionally. Draw a line connecting those drinks to the **YELLOW LIGHT**.

The healthiest beverages have no added sugar or artificial sweeteners. Draw a line from the healthiest drinks to the **GREEN LIGHT**.



BONUS! Can you guess how many teaspoons of added sugar are in a 12 oz. serving of each of these drinks?

- | | | |
|--------------------------------|----------------------|------------------------------|
| TAP WATER _____ | FLAVORED MILK _____ | SWEETENED COFFEE DRINK _____ |
| MILK _____ | FRUIT SMOOTHIE _____ | SWEETENED ICE TEA _____ |
| UNSWEETENED SOY 'MILK' _____ | REGULAR SODA _____ | FRUIT PUNCH _____ |
| LOW-CALORIE SPORTS DRINK _____ | ENERGY DRINK _____ | LEMONADE _____ |
| | SPORTS DRINK _____ | |

ANSWERS: Tap Water, 0; Milk, 0; Unsweetened soy 'milk', 0; Low-calorie sports drink, 1.5; Flavored low fat or skim milk, 4; Fruit smoothie, 1; Regular soda, 10; Energy drink, 12; Sports drink, 7; Sweetened coffee drink, 14; Sweetened ice tea, 8; Fruit punch, 11; Lemonade, 10

What's Going On At Our Office

Trainings in February

***Family Child Care Home (FCCH) Pre-Licensing Workshop:** Thursday, February 2nd, 2017 9:00am-3:00pm CCR&R / Cost: \$20.00 for CCR&R Library Members, \$25.00 for non-members / Credit: .5 CEU's

***Introduction to CLASS:** Thursday, February 2nd, 2017 6:30pm-8:30pm CCR&R / Cost:\$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

***The Art & Science of Technical Assistance:** Friday, February 3rd, 2017 9:00am-4:30pm CCR&R AND Friday, February 17, 2017 9:00am-4:30pm CCR&R / Cost:\$50.00 for CCR&R Library Members, \$55.00 for non-members / Credit: 2 CEU's **Must attend both sessions! No partial credit will be given. This training is ONLY open to Technical Assistance Providers**

***Fire Safety:** Tuesday, February 7th, 2017 6:30pm-8:00pm CCR&R / Cost: \$8.00 for CCR&R Library Members, \$10.00 for non-members / Credit: 1.5 CHC's

***Transitions: Change is Hard! But it Doesn't Have to Hurt:** Wednesday, February 8th, 2017 6:30pm-8:30pm CCR&R / Cost:\$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Be Active Kids:** Thursday, February 9th, 2017 6:00pm-9:00pm CCR&R / Cost:\$9.00 for CCR&R Library Members, \$12.00 for non-members / Credit: 3 CHC's

***IT'S SIDS:** Monday, February 13th, 2017 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

***NC Foundations for Early Learning and Development:** Thursday, February 16th, 2017 6:30pm-9:00pm CCR&R AND Thursday, February 23rd, 2017 6:30pm-9:00pm CCR&R / Cost: \$20.00 for CCR&R Library Members, \$25.00 for non-members / Credit: .5 CEU's
Must attend both sessions! No partial credit will be given.

***CPR/First Aid:** Saturday, February 18th, 2017 9:00am-3:30pm CCR&R / Cost: \$55.00 for CCR&R Library Members, \$65.00 for non-members / Credit: .6 CEU's

***Foundations of Inclusion:** Monday, February 20th, 2017 6:30pm-8:30pm CCR&R / Cost: \$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Emergency Preparedness & Response in Child Care:** Tuesday February 21st, 2017 6:30pm-8:30pm CCR&R AND Tuesday, February 28th, 2017 6:30pm-8:30pm CCR&R / Cost: \$20.00 for CCR&R Library Members, \$25.00 for non-members / Credit: .5 CEU's
Must attend both sessions! No partial credit will be given.

***Creating Outdoor Learning Environments for Infants and Toddlers: It's Not Called a "Playground" Anymore:** Monday, February 27th, 2017 6:30pm-8:30pm CCR&R / Cost: \$6.00 for CCR&R Library Members, \$8.00 for non-members / Credit: 2 CHC's

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Candy Making Day	2 Groundhog Day	3 Bubble Gum Day	4 Take Your Child To The Library Day
5 Weatherman's Day	6 Girl Scout Cookie Day	7 Ballet Day	8 Opera Day	9 National Stop Bullying Day	10 Umbrella Day	11 White T-Shirt Day
12 Autism Sunday	13 Get A Different Name Day	14 Valentine's Day	15 Random Acts Of Kindness	16 National Almond Day	17 Bean Day	18 Pluto Day
19 Best Friends Day	20 President's Day	21 Travel Africa Day	22 World Thinking Day	23 National Chili Day	24 Forget Me Not Day	25 National Chocolate Covered Nut Day
26 National Bacon Day	27 International Polar Bear Day	28 International Pancake Day				

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.