

CCR&R Parent/Provider Newsletter- June 2017



Grandma Says: Necessary Losses

It happened again this week—a new child started in the two-year old room. Poor little soul. For brief seconds he would allow himself to be distracted, and then return relentlessly to the question, “Where’d my mommy go?” With quivering lips and overflowing eyes, he tugged at the heartstrings of every adult he encountered. One of the earliest pains in our lives is learning to separate from our loved ones. When you consider the strength of the mutual attachment bonds that develop during the first two years of life, it is not surprising that the first steps away from each other are hard for both child and parents. The task has two parts: learning to trust one’s ability to function without the presence of the other, and learning to trust that the relationship can be picked up again when they are back in each other’s presence. Let’s focus on the little ones at this point. What can we do to help them learn to trust that they can survive without their parents, and what can we do to build trust that they have not lost the relationship? From the beginning, allow little ones to do as much as they can for themselves. This builds self-confidence that will help them without the familiar support of parental presence. Prepare them to ease in to separation. Provide brief opportunities for others to care for them in parental absence, so that experience gradually builds the idea that they will be okay, and mom or dad will return. Play out the new experience, over and over, before it actually happens. Pretend you are going to school together, then say good-bye with a kiss, and go out the door, returning a minute later, then a few

minutes, and so on. Describe what will happen as best as you can at the new place, pointing out the exciting and fun aspects. Talk about it casually, without anxiety. Have the child meet the new adults, if possible at your home, where the child is most comfortable. Many preschools arrange brief home visits. Arrange a brief visit to the new place, with parent staying throughout the visit, so that the child has the security of your presence while observing the new place. When the first departure occurs, tell the child exactly when you will be back, kiss, smile, and walk out. If you hear heart-rending cries, keep walking. And save your own tears for outdoors. Portray confidence that this is a great place, your child can handle it, and you have every faith in the teacher. Above all, return exactly when you say you will, calmly, and assuming the child has been well cared for and comforted when distressed. If possible, leave the child for a shorter than usual time in the first days, when time must seem eternal to a child who has never been far from your presence. If your child has been upset, calmly reassure him/her that s/he will be having fun at school soon, and it’s okay to be sad and miss you, because you miss her too, but you will always come back and you will have a good time together later. Accept any and all feelings of sadness without an attempt to turn off their expression, or to bribe/shame them into stifling the feelings. Life is sometimes hard and we all learn to do difficult things. Such necessary losses bring your child strength and life coping skills. And before long, you’ll have adjusted as well.

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Articles found on pages 1 and 2 are courtesy of “Growing Together”-newsletter for parents of preschool children.

Science & Nature– Environmental Pick-Up

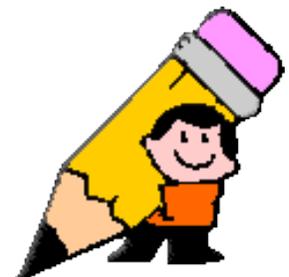
The next time your family is ready to take a walk, take along a few litterbags (plastic bags from store, etc.). As your stroll along, keep an eye out for litter and trash and pick it up. (It's a good idea to wear some gloves for safety.) This gives you a good opportunity to talk about our planet and what we can do as individuals to help preserve nature's resources. Talk about the positive examples you see as you walk, such as containers for trash or recycling, as well as problems that need to be addressed such as litter and pollution. Children who grow up aware and respectful of their world are in a much better position to help in its preservation.



Academics– Encourage Writing

A parent's positive approach to writing as a pleasurable activity can have rewarding results. Just as you began talking to an infant who could not repeat anything recognizable back to you, you provide the similar exposure to the art of writing. Build on children's natural curiosity and encourage them to explore the world of writing—encourage writing play anywhere including:

- Write in the snow, in the sand, in the mud with sticks
- Write in the icing on the pan of brownies
- Write on the sidewalks and driveway
- Write in the car, the stroller, the grocery cart too. Safe, fat crayons keep children occupied
- Write in restaurants. Markers and tablets are essential diaper bag items, although placemats make wonderful impromptu paper. Some restaurants provide paper puzzles and crayons.
- When you're writing down a grocery list, a thank you card or a birthday greeting at home, give the kids a piece of paper too and let them write along with you. Children always want to do what their parents are doing.



[Encourage Summer Reading for Kids](#)

Reading is an important life skill children need to develop, but that shouldn't prevent children from learning to enjoy reading as well. There are a variety of booklists and resources available online to help children enjoy and stay interested in reading, so be sure to take advantage of the ones listed under our Free Resources tab. Here are a few basic summer reading tips we've come up with to help parents, educators, and caregivers encourage children to keep reading during the summer months.

6 Summer Reading Tips for Parents, Teachers, and Caregivers

1. Change How Students Perceive Summer Reading

Many schools and teachers require some form of summer reading and often hand out a specific list of books for children to read. This can make students dislike reading instead of enjoying it, which can ultimately cause children to become disinterested in reading altogether. Instead of handing out a required summer reading list, educators should allow students to choose their own books or try handing out a booklist that includes both academic and leisure titles. Changing the name of a required booklist to a more fun and relaxed title can also help keep children engaged in reading during the summer.

If children do end up with a required summer reading list, parents should try to find ways to make reading more fun. One idea is to read the same book as your children and then discuss the book with them or try to find a way to tie in a fun activity that relates to the book in some way. If children are required to read *Treasure Island*, for example, they could watch a film adaption of the book or participate in their own treasure hunt. As an educator, make sure children who have required summer reading also have access to books they can read for fun!

2. Offer a Variety of Reading Materials

One of the best ways to help children continue reading during the summer months is to encourage them to engage with a variety of reading materials. Magazines, board games, music lyrics, comic books, recipes, graphic novels, audiobooks, web articles, and eBooks are all great alternatives to reading traditional books. Poetry is also important for children to read during the summer months, because it can help teach young children the sounds and rhythms of language and can help older children learn how thoughts, ideas, and emotions can be shared with a few select words.

3. Be a Good Reading Role Model

If kids don't see their parents, teachers, and other people important in their lives reading for fun, they most likely won't place much importance on the value of reading. Teachers can talk to kids about some of their favorite books and make an effort to read their own book during class reading time. Parents can also make an effort to read in front of their kids when the TV is turned off or while they are waiting somewhere. Having a fun discussion about a book with other adults in front of children can also show kids that reading can be something they discuss with others.

4. Encourage Children to Participate in Summer Reading Programs

In today's world of digital downloads and online bookstores, many people forget that public and school libraries are a great resource. Most public libraries offer a summer reading program during the summer. Teachers should send out a reminder to parents to join one of the local reading programs, and parents should try to sign their kids up and attend any program events. Many of these programs have fun activities for kids to participate in with other participants. Contact your local library to see if they offer any summer programs, and be sure to check out some books while you're there!

School libraries can also be a great resource during the summer months. Some schools have special library days during the summer for kids to come check out books. One idea is for teachers to attend a few of those library days to meet with past or new students. This is also a good opportunity for kids to get used to a new school or meet their new teacher. Be sure to let parents know of any school library days during the summer or of any other special summer programs being offered.

5. Make Reading More Social

Showing kids that reading can be a social activity is another great way to encourage kids to read. Encourage kids to read books and talk about them with their friends or have them invite their friends along on special trips to the library or bookstore. Teachers can also set up a closed-group Facebook page for older students to share their thoughts about the books they read, and younger children will enjoy interacting with peers at summer reading programs. Book clubs for kids and teens are another great way to show kids that reading can help them be more social.

6. Schedule Time for Reading

If teachers schedule in 15 minutes a day for kids to read in class, students may be more likely to read 15 minutes at home during the summer months. This is especially true if parents also schedule 15 minutes of reading time at home each day. Parents should also encourage kids to try using different reading spots, such as in the park or on a porch swing, during the summer. Having a favorite reading spot and scheduled reading time can encourage children to keep reading and learning!

This article came from—<https://www.kaplanco.com/ii/summer-reading>

What’s Going On At Our Office

Trainings in June

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

***Ray & The Sunbeatables: A Sun Safety Curriculum For Preschoolers:** Tuesday, June 6th, 2017 6:30 pm - 8:30 pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC’s **For FCCH Only**

***Preventing Power Struggles with Preschoolers :** Thursday, June 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

***Playground Safety:** Saturday, June 10th, 2017 8:00 am - 12:00 pm CCR&R / Cost: \$12.00 for CCR&R Library Members, \$16.00 for non-members / Credit: 4 CHC’s

***Introduction to Cultural Competence: Awareness :** Monday, June 12th, 2017 6:30 pm - 9:00 pm CCR&R & Wednesday, June 14th, 2017 CCR&R / Cost: \$20.00 for CCR&R Library Members \$25.00 for non-members/ Credit: .5 CEU’s

Craven County Pre-Kindergarten & Head Start Registration for the 2017-2018 School Year

Tuesday, June 13th, 2017

10:00 AM—12:00 PM

Graham A. Barden Elementary School
Havelock, NC

*Children who will be **4 years old on or before August 31, 2017** are eligible to register

*Participants will be selected based on program criteria

*Please bring **OFFICIAL birth certificate and PROOF OF FAMILY INCOME**

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Global Day of Parents	2 Donut Day	3 Drawing Day
4 National Cancer Survivor's Day	5 World Environment Day	6 National Eyewear Day	7 National Running Day	8 World Oceans Day	9 Toy Industry Day	10 Iced Tea Day
11 Corn On The Cob Day	12 National Jerky Day	13 World Pet Memorial Day	14 Flag Day	15 Worldwide Day of Giving	16 Fudge Day	17 Eat Your Vegetables Day
18 <i>Father's Day</i>	19 <i>Garfield The Cat Day</i>	20 American Eagle Day	21 World Music Day / First Day of Summer	22 National Onion Rings Day	23 National Hydration Day	24 Great American Backyard Campout
25 National Catfish Day	26 National Chocolate Pudding Day	27 National Sunglasses Day	28 National Insurance Awareness Day	29 National Handshake Day	30 Social Media 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.**