



Congratulations Providers



Increasing Stars
Increased to 4 Stars
Betty Sanders Home
Day Care



Increasing Stars
Increased to 5 Stars
Little Blessings
Childcare



Save The Date!!!

Annual Resource Fair

Where? Rhems Fire & Rescue– Hwy 17 New Bern

When? Saturday November 4th, 2017 11AM-3PM

This resource fair provides the chance to become informed of all the great resources here in Craven County for individuals with disabilities.

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What's the Latest With the Flu? A Message for Caregivers & Teachers

It's time to prepare for the 2017-2018 influenza (flu) season, as the flu is often more serious than the common cold in children. Each year, millions of children get sick with the flu, which can result in hospitalization or death. The 2016-2017 flu season resulted in the hospitalization of thousands of children and the reported deaths of 106 children. One death from influenza is one death too many. In past seasons, between 80% and 85% of flu-related deaths were in children who had not gotten a flu vaccine that season. Take steps now to prevent the flu! Get your influenza vaccination by the end of October, if possible. It's critically important for everyone to get vaccinated against influenza every year, including children, parents, and child care staff. Influenza immunization is the single best way to reduce flu illness. For the second season in a row, the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) do not recommend that the nasal spray flu vaccine (live attenuated influenza vaccine or LAIV4) be used at all this flu season because of its poor effectiveness the past few years. Therefore, people should only receive a flu shot this season.

Why Vaccination is Important

Annual influenza vaccine is recommended for all people 6 months of age and older. Children younger than 5, but especially children younger than 2 years old, are at an increased risk of hospitalization and complications due to influenza. Since infants younger than 6 months are too young to get their own flu shot, the best way to protect these very young children is for all family members and caregivers to get the flu vaccine. This is called "cocooning", and it is especially important for adults who care for infants younger than 6 months. Children who have chronic medical conditions, such as asthma, diabetes or neurologic conditions, are also at higher risk for serious complications due to influenza; parents and caregivers can help protect more vulnerable children by vaccinating both the children and themselves. By getting a flu shot during pregnancy, a mother can pass on protection against flu to her newborn baby that will last through the first several months of life. In addition, pregnant women are at high risk of severe illness from influenza, as changes in the immune system, heart, and lungs during pregnancy make pregnant women (and women up to two weeks postpartum) more prone to severe illness and even hospitalization from flu. Flu shots may be given to pregnant women at any time during pregnancy. The vaccine is a safe way to protect the mother and her developing baby from serious illness and complications from flu.

Child care providers can support influenza vaccination in their program by:

Checking influenza vaccination records regularly to ensure each child in their care is up to date on their vaccinations, educating staff and ensuring that all staff receive their flu vaccine each season and educating parents in their program and helping connect them to credible resources.

Take Steps TODAY to Help Your Program Prepare

Get your flu vaccine by the end of October, if possible, and encourage all staff, children, and parents to get the flu vaccine. Everyone needs a flu vaccine each year! Examine and revise your program's written plan for seasonal flu. Invite a pediatrician or child care health consultant to provide influenza prevention education to your staff. Use CDC posters and handouts to educate caregivers and staff about proper hand hygiene and cough/sneeze etiquette. Update family contact information and child records, so parents can be reached quickly if they need to pick up their sick child.

Plan Ahead to Prevent the Spread of Germs

Once flu season starts, it can be challenging to keep germs from spreading. While you can catch the flu any time of the year, in the United States the virus is most common in the fall and winter usually peaking between in January, February, and March. But don't forget that flu activity may start as early as November and as late as May. It can be difficult to tell the difference between flu and the common cold based on symptoms alone. The flu is often worse than the common cold. Some people, however, can be infected with the flu virus and have no symptoms, but still spread the virus to others. Policies in your child care center can limit the spread of the influenza and should focus on encouraging vaccination and implementation of everyday preventive actions like good respiratory etiquette, hand washing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who have respiratory symptoms (cough, runny nose, or sore throat) and fever. The child can return to the center when the fever has resolved (without the use of fever-reducing medicine), the child is able to participate in normal activities, and staff can care for the child without compromising their ability to care for the other children in the group.

7 Benefits of Yoga for Young Kids

Yoga is not just for adults! In fact, it can give children very important life skills that can help them succeed in the world. Here is a more detailed explanation of how teaching yoga to kids and using yoga in the classroom can have a positive impact on children's well-being:

1. **Yoga helps children manage their anxiety.** The breathing exercises and relaxation techniques learned from practicing yoga can help children with stress management. Teaching children how to reduce stress in a healthy way is an important life skill that will help them as children and as adults.
2. **Yoga improves children's emotional regulation.** Another benefit of yoga for children is that it helps children learn to be in the present moment while relaxing and gaining a peaceful state of mind, which ultimately improves their emotional regulation.
3. **Yoga boosts children's self-esteem.** Yoga for kids can do wonders for their self-esteem. Perfecting a pose or improving their balance and flexibility can give young children a sense of personal empowerment.
4. **Yoga increases children's body awareness and mindfulness.** Going through a variety of yoga poses helps children learn about their bodies and the movements they're capable of doing.
5. **Yoga enhances children's concentration and memory.** One of the top benefits of kids' yoga is that the different types of moves requires children to focus and work on their memorization skills—both of which can translate over into their academic performance.
6. **Yoga develops children's strength and flexibility.** Yoga helps strengthen children's growing bodies and helps them improve their flexibility, which can reduce their chance of injury.

Yoga teaches discipline and reduces impulsivity. Yoga can reduce challenging behaviors in the classroom by providing a physical outlet for children to express themselves. It also teaches children about discipline as they work on clearing their minds and perfecting their poses.

<https://www.kaplanco.com/blog/post/2017/09/20/7-benefits-of-yoga-for-young-kids.aspx>

FIRE SAFETY TRAINING ANNOUNCEMENT

This is a reminder that fire safety training is being held November 14th. You can see the time and location on page 4 (the next page). This training is held once a quarter and will not be available again until February 2018. Keep in mind that the fire department is not available to do fire safety at other times. If you call the fire department, you will be referred back to CCR&R.

Thank you for your cooperation.

What's Going On At Our Office

Trainings in November

***Online Navigation with Providers in Mind:** Thursday, November 2nd, 2017 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Choosing and Using an Approved Curriculum with Formative Assessment Strategies:** Tuesday, November 7th, 2017 6:30pm - 9:00pm CCR&R AND Tuesday, November 14th 6:30pm– 9:00pm/ Cost: \$20.00 for CCR&R Library Members, \$25.00 for non-members / Credit: .5 CEU's

***Fire Safety:** Tuesday, November 14th, 2017 6:30pm - 8:00pm **New Bern Fire Department 1401 Neuse Blvd. New Bern, NC 28560** / Cost: \$8.00 for CCR&R Library Members, \$10.00 for non-members / Credit: 1.5 CHC's
Maximum of 40 participants. Next class will not be offered until February 2018.

***More Than Just Routine-Turn Everyday Infant Toddler Moments Into Extraordinary!:** Thursday, November 16th, 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

***BSAC (Basic School Age Care):** Saturday, November 18th, 2017 8:00am - 2:00pm CCR&R / Cost: \$20.00 for CCR&R Library Members, \$25.00 for non-members / Credit: 5 CEU's

***Behavior Guidance for School-Agers:** Thursday, November 30th, 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



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

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 National Family Literacy Day	2 Cookie Monster Birthday	3 Sandwich Day	4 National Candy Day
5 Daylight Savings Time Ends	6 National Nachos Day	7 Election Day	8 National S.T.E.M Day	9 What color is the sky today?	10 Marine Corps Birthday	11 Veteran's Day
12 National Chicken Soup for the Soul Day	13 World Kindness Day	14 National Young Readers Day	15 I Love to Write Day	16 National Button Day	17 Homemade Bread Day	18 Family Volunteer Day
19 Mother Goose Day	20 Universal Children's Day	21 World Hello Day	22 Talk about something you're thankful for	23 Thanksgiving Day	24 Black Friday	25 World Day of Giving
26 National Cake Day	27 Cyber Monday	28 Giving Tuesday	29 Draw a picture of someone who lives at your house	30 Make a cape to wear and be a superhero		

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.**

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shopping!

