

CRAVEN SMART START NEWS

Craven Smart Start Newsletter

Fall Issue 2017

Early Learning...Making the Investment?

Craven Smart Start has worked hard over its 19 years of operation to keep up-to-date about research findings in the early childhood field. We have also worked to keep parents, stakeholders and the public informed about the importance of the early years of life and the need for investing in high quality programs and learning opportunities for our youngest citizens.

Consider these findings: Child development is a dynamic, interactive process that is not pre-determined. It occurs in the context of relationships, experiences and environments. Research has shown that about 70% of the brain is developed by age one, and 90 percent is developed by age three. It is during these years that genes interact with experience, providing a foundation—weak or strong—for all future learning, behavior and health.

The early years are important in shaping the long-term health and success of our children and our communities. So, we were very pleased to learn that the North Carolina Association of County Commissioners is taking “a strong interest in early learning”. At their recent annual meeting in Durham, one of their workshops engaged commissioners in the importance of early learning and included examples of how communities are and can supplement existing funding to expand investment in young children. This is encouraging news for local Smart Start partnerships across the state. As for Craven Smart Start, we welcome the opportunity to meet with the Craven County Commissioners, which includes our Board Member, Commissioner Theron McCabe, to talk about our services and the unmet needs of young children and their families in Craven County.

Mission of Craven Smart Start: To ensure that every child, birth to five, in Craven County receives the education, health and family support necessary to arrive at school healthy and ready to succeed.



Young children learn as they play in our Craven Smart Start Resource Lending Library.

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Bonnie Gould, CCR&R Director, works with child care providers who participate in "It's SIDS" training which is offered monthly at Craven Smart Start .

Safe to Sleep® Campaign in October

Fewer than half of U.S. infants always sleep on their backs, the position doctors recommend to avoid sleep-related injuries and deaths, a study suggests. More than three of four mothers said they usually placed their infants on their backs to sleep. However, the data from the survey showed that just 44% of mothers actually did this every time. "Intention does not always match practice," according to lead author Dr. Eve Colson of the Yale School of Medicine. Overall, 77% of the women said they usually put babies to sleep on their back, while about 14% said they typically put babies to sleep on their sides and roughly 8% put babies down on their stomachs.

In the early 1990's the SIDS rate was more than double what it is today. After examining research that showed that babies who slept on their backs were less likely to die of SIDS, pediatric experts began recommending that babies always be placed to sleep on their back to reduce the risk of SIDS. In 1992, the American Academy of Pediatrics (AAP) announced that babies should always be placed on their backs to sleep.

Despite a dramatic decrease in occurrence, SIDS still remains a leading cause of infant mortality. Nationwide, SIDS kills about four babies out of every 10,000 live births. Despite these decreases, the current numbers still represent tragic losses for families who lose a child.

October is SIDS Awareness Month and Craven Smart Start will be conducting a Safe to Sleep® campaign to educate parents, grandparents, babysitters and the public about ways to reduce the risk of SIDS and other sleep-related causes of infant death. Craven Smart Start holds monthly training sessions on SIDS prevention for child care providers. The training is also appropriate for parents, expectant parents, grandparents who want or have need to learn more about SIDS prevention. In October, the 2 hour-session will be offered on October 19th from 6:30 pm—8:30 pm. If you would like more information or need brochures to share with others, please call Bonnie Gould at (252) 672-5921.

Facts about Sudden Infant Death Syndrome (SIDS)

- SIDS is the leading cause of death among infants one month of age to one year of age.
- Most SIDS deaths happen between one month of age and four months of age.
- Each year, 4,000 infants die unexpectedly during sleep time from SIDS, accidental suffocation or unknown causes.
- SIDS is not a risk for babies one year or older.

Back to SleepTummy to Play

To prevent SIDS, along with putting young infants to sleep on their backs, the American Academy of Pediatrics also encourages breastfeeding, pacifier use and firm crib mattresses while advising against blankets, pillows and bed sharing.

Tummy time is for babies who are awake and being watched. Babies need tummy time to develop strong muscles. Tummy time prepares babies for the time when they will be able to slide on the bellies and crawl.



To prevent SIDS, infants should always be put to sleep on their backs .

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Jewel Smith, Children's Librarian for the Cove City Library and Kelly Shaw with Craven Smart Start hold items and display books donated to the library by Craven Smart Start .

Expanding Early Literacy through Local Libraries

Expanding early literacy has long been a major focus area of Craven Smart Start. We have operated a resource lending library since the very early days of our partnership. Remember CCR&R at the old Pinnix Drug Store? We have also funded the evidenced-based program, Raising A Reader, first through Bryant Chapel AME Zion Church in Cove City and more recently as an in-house activity with the coordination of Nadia Lowe. Both programs have been very successful in expanding early literacy. But many folks do not realize that in 2013 Craven Smart Start began working with the Havelock and Cove City Public Libraries to develop a lending library in each of their Children's Department. We were able to do this through the generosity of the Harold H. Bate Foundation. This summer we were able to use remaining Bate grant funds to supplement their lending libraries with new materials. In August, Kelly Shaw and Pinkie Moore delivered items they requested. We are very fortunate to have such wonderful literacy resources in our county. Be sure to visit them.

Did you know .that reading aloud to children is the single most important activity leading to the development of literacy acquisition, print knowledge, and oral language development? (Bardige, 2009)

SAVE the Date for the Holiday Hustle!

Craven Smart Start will host the 5th Annual Holiday Hustle race fundraiser on December 9th. This charitable event will feature a 10K run and a 5K run/walk that takes runners on a course through downtown New Bern, as well as a Santa Family Fun Run around Union Point Park. The Holiday Hustle starts and ends in Union Point Park, with the 10K beginning at 8:15 a.m.

To register for the Holiday Hustle, visit www.cravensmartstart.org and click on the Holiday Hustle race logo. Runners for the 5K and 10K races must register by November 20th to get the early bird registration price and to guarantee a T-shirt. Registration for the Santa Family Fun Run will increase from \$15.00 to \$20.00 on race day. Races will be timed with disposable chips and awards will be given for 1st, 2nd, 3rd place by age and gender. Registration forms can also be obtained from Craven Smart Start, located at 2111-F Neuse Boulevard in New Bern. Register for the Holiday Hustle by November 3rd to be entered in a drawing for a special runner's goody bag that contains gift cards and lots more!

For information about sponsorship and volunteer opportunities, contact Maryjo MacLaren at (252) 636-3198 or e-mail her at maryjo@cravensmartstart.org.

Craven Smart Start is a 501(c)3. Donations are tax-deductible.

Contact Us

Give us a call for more information or questions about our services and programs.

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Visit us on the web at
www.cravensmartstart.org

Up-dates about Craven Smart Start with Photos on Page 5

Photos on Top Left: and Right and Photos in Center

- Nadia Lowe, Raising a Reader Coordinator, selected eight classrooms to participate in Raising A Reader for 2017-2018. RAR will be imbedded in classrooms at Excel VII, Child Care Network #77, F.R. Danyus Child Development Center and Godette Child Development Center. In August, Nadia and Pinkie Moore visited each selected center to share the good news. Directors for these centers proudly hold their certificate. In September, center directors and teachers who will implement RAR participated in Raising A Reader training at Craven Smart Start. The mission of the program is to engage parents in a routine of daily cuddling with their children who are birth to five to foster parent-child bonding and early literacy skills critical for school success. RAR works on a weekly book bag rotation system with children bringing home a sturdy red book bag filled with award-winning children's books for parents to read to them. Each week thereafter, the children return the books to their center and four new books are placed in the bag to take home.
- Bottom Right: Rachel Ward, CCR&R Director for the last 7 years, retired in August. Rachel is seen here with some of the CCR&R staff at a staff meeting breakfast. Thank you, Rachel, for your many years of service and your dedication to Craven County children.
- More about our collaborative lending library in Havelock....Margie Garrison and staff of the Havelock Public Library with Kelly Shaw look through items donated by Craven Smart Start for their lending library in the Children's Section.

