

CCR&R Parent/Provider Newsletter- April 2018



12th Annual Building Brighter Futures Conference

A big thank you to everyone who came out and supported and participated in our 12th annual early childhood conference. We had a total of 163 people in attendance including staff members, board members and volunteers.

Please be on the lookout for our next conference in 2019.



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UPCOMING EVENT

Festival of Fun

When: April 21st, 2018

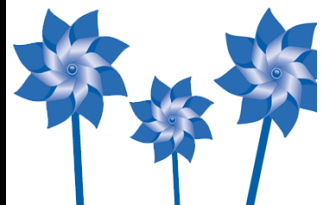
Where: Union Point Park

Time: 10AM-3PM

This event promises a fun-filled day of entertainment for children and their families from 10:00 AM until 3:00 PM at Union Point Park in downtown New Bern, courtesy of the city Department of Parks and Recreation. Amusement rides, games, clowns, hands-on educational activities, exhibits and pony rides are included in the list of family-friendly activities at Union Point Park on E. Front Street. For more information, call (252) 639-2902.

Make sure to stop by Craven Smart Start's table!

APRIL
National Child Abuse
Prevention Month



April is Child Abuse Prevention Month

Impact of Child Abuse and Neglect

New scientific research confirms what we have long suspected – that child abuse has a long-term impact on a child's life. This new research also shows us that the effects of child abuse impact the entire community, harming both quality of life and economic prosperity.

Toxic Stress

Children who experience abuse develop toxic levels of stress. Some stress – called positive stress – is good and helps a child grow. For example, moving to a new school is stressful but teaches a child how to make new friends and adapt to new situations. Consistent, high levels of stress become toxic to a child and actually damage the developing architecture of a child's brain.

Exposure to toxic stress changes the way a child's brain is built. The area that controls the fight-or-flight survival mechanism overdevelops, while areas that control emotion, cognitive thinking and an understanding of risk and consequence are stunted.

The changes to a child's brain caused by exposure to toxic stress can lead to significant behavioral changes: The overdeveloped fight-or-flight center seeks calm and pleasure through things like food, drugs and sex. The cognitive center is less prepared for academic success. The part that controls risk or consequence is not prepared to make appropriate decisions.

The ACE Study

In 2005, the Centers for Disease Control and Prevention and insurer Kaiser Permanente released the most comprehensive research to date on the impact of child abuse and neglect. This study, called the Adverse Childhood Experiences Study or ACE Study, surveyed 17,000 adults about their childhood experiences and compared them with their health histories. The research found that children who suffered severe adversity in childhood – violence, abject poverty, substance abuse in the home, child abuse and neglect – were far more likely to suffer long-term intellectual, behavioral, and physical and mental health problems.

Problems now concretely linked to child abuse and neglect include behavioral and achievement problems in school; heart, lung and liver disease; obesity and diabetes; depression, anxiety disorders, and increased suicide attempts; increased criminal behaviors, illicit drug use and alcohol abuse; increased risky sexual behavior and unintended pregnancies; and other problems.

The Community Impact

The ACE Study shows that the long-term impact of child abuse and neglect is not simply an impact on the individual victim. Problems linked to child abuse and neglect tax healthcare, education and criminal justice systems. Child abuse affects a community's quality of life and economic prosperity.

<https://www.preventchildabusenc.org/about-child-abuse/impact-of-child-abuse-and-neglect>

Words From Our New Behavior Specialist

Healthy Social Behaviors

I have been attending meetings and trainings across the state to be ready to assist child care center staff with helpful tools in classroom management. There are three general reasons children misbehave: 1) They may be trying to avoid or escape a situation or activity; 2) They may want to obtain an object or attention; or 3) They may feel a need to change their level of stimulation. There are techniques that I will demonstrate when I have an opportunity to meet with you. Also, books in the classroom that encourage healthy social and emotional development are always appropriate. If you need title suggestions, I am happy to supply some for you. Email is the best way to reach me.

School –Age

Programs with school-age care may benefit from the website Extended-notes.com. On that site, they regularly have new content with relevant resources and creative activities available to you by email. I encourage you to sign up for this. ExtendedED Notes is the new name for the company that began over thirty years ago as SchoolAge Notes, and emphasis continues to focus on quality school age care. Here is the link: <https://www.extendednotes.com/newsletter> Currently, only BSAC is being offered for school-age training. Please let me know if there are other topics you would like information on. I will do my best to obtain and deliver the information you desire. Email is the best way to reach me.

Mary Smaw

Behavior Specialist

Craven Smart Start/CCR&R

(252) 672– 5921

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What's Going On At Our Office

Trainings in April

***The Art & Science of Technical Assistance:** Monday, April 9th AND Thursday May 17th, 2018 9am - 4:30pm CCR&R / Cost: \$50.00 for Library Members, \$55.00 for non-members / Credit: 2 CEU's

MUST ATTEND BOTH SESSIONS. NO PARTIAL CREDIT WILL BE GIVEN

***Infant Toddler Zone: Creating a Secure Infant/Toddler Environment:** Thursday, April 10th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

***NC Foundations for Early Learning and Development:** Thursday, April 12th AND Thursday April 19th 2018 6:30pm - 9:00pm CCR&R / Cost: \$20.00 for Library Members, \$25.00 for non-members / Credit: .5 CEU's

MUST ATTEND BOTH SESSIONS. NO PARTIAL CREDIT WILL BE GIVEN

***Emergency Preparedness and Response in Child Care:** Tuesday, April 17th AND Tuesday, May 1st, 2018 6:30pm - 9:00pm CCR&R / Cost: \$20.00 for Library Members, \$25.00 for non-members / Credit: .5 CHC's

MUST ATTEND BOTH SESSIONS. NO PARTIAL CREDIT WILL BE GIVEN

***CPR/First Aid:** Saturday, April 21st, 2018 9:00am - 3:30pm CCR&R / Cost: \$55.00 for CCR&R Library Members, \$65.00 for non-members / Credit: .6 CEU's

***IT'S SIDS:** Tuesday, April 24th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 April Fools Day / Easter	2 International Children's Book Day	3 Share A Rainbow Day	4 National Walking Day	5 National Burrito Day	6 Army Day	7 No Housework Day
8 Draw A Bird Day	9 National Love Our Children Day	10 National Sibling Day	11 National Pet Day	12 Celebrate Teen Literature Day	13 Make Lunch Count Day	14 Dictionary Day
15 National Pecan Day	16 World Art Day	17 Find Something Blue	18 Adult Autism Day	19 Bicycle Day	20 Look Alike Day	21 Kindergarten Day
22 Earth Day	23 Movie Theatre Day	24 Pig In A Blanket Day	25 World Penguin Day	26 National Pretzel Day	27 National Prime Rib Day	28 National Dance Day
29 World Wish Day	30 National Honesty 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.**

Do you shop on Amazon?

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Just go to **<https://smile.amazon.com>** before you start
shopping!

