

# CCR&R Parent/Provider Newsletter- August 2018



## Come out to the “National Night Out” Event Tuesday, August 7, 2018

Where: Walter B. Jones Park  
Havelock, NC  
4PM-7PM

### What is National Night Out?

The introduction of National Night Out, “America’s Night Out Against Crime”, in 1984 began an effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and send a message to criminals letting them know that neighborhoods are organized and fighting back. NATW’s National Night Out program culminates annually, on the first Tuesday of August (In Texas, the first Tuesday of October).

**Make sure to stop by Craven Smart Start’s table! We will have information available for parents as well as games and activities for children!**



### Join us at:

## Read-a-roo’s Block Party LIVE! in New Bern, NC

Time: 10 am - 2 pm  
Date: Saturday, August 25  
Location: New Bern Riverfront Convention Center

Read-a-roo is bringing her Block Party from the screen to the street once again — this time in New Bern, NC! Our favorite kangaroo will be celebrating her favorite hobby, READING, with this literacy-themed shindig, and her friends from WordGirl, Super WHY! and WordWorld will be celebrating along with her. Join us from 10 am to 2 pm on August 25 - put it on your calendar and come have a blast with us!

**Stop by Craven Smart Start’s table for information/resources!  
We will also have activities for children.**

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## How to Beat the Back-to-School Blues— An article from pbs.org

There he was, our son, as sweet as a cinnamon bun, marching confidently into a new chapter of his life: his first day of preschool. We felt like celebrating—or at least doling out a healthy round of fist bumps watching him move into “big boy” status last fall. Frankly, we were also relieved. Despite a small delay involving a slightly burnt piece of toast, we made it out of the house easily. No protests. No crying. No drama.

As we move toward kindergarten and grade school, I can only hope that heading back to school—after a summer of sun and fun—will always be so effortless. However, for many children, the start of the new school year means the end of fun and free time. If most kids had it their way, summer would last forever. But we already know that’s never going to happen, so instead, help them see that there’s a way to return to school buses, backpacks and books with a genuine smile—not a grimace—on their faces. Here are some helpful tips for beating the back-to-school blues.

### **Give them the 4-1-1.**

If your child is starting at a new school—moving to kindergarten from day care or middle school from elementary—they may feel anxious about all the newness. It’s important to give them as much information as possible in advance, says Dr. Rochelle Harris, a psychologist at Children’s Mercy Hospital and Clinics in Kansas City, Missouri. For example:

- “If you can, visit the school one week before, to help them learn the layout of the building,” she says.
- Get your kid’s class schedule ahead of time and walk through it with them. “You can decrease a lot of uncertainty and help them get familiar with all of the new components they’re facing.”
- Practice opening their lockers, especially if it’s a combination lock. “It can be a panicky thing for kids if their locker sticks and they can’t open it,” Dr. Harris says.
- Meet the teacher. “Make sure the teacher knows that your child is new to the school or the neighborhood,” she says. “Writing a letter to the teacher with basic tips and easy requests is a big help. “For instance, let the teacher know that you just moved there or that your child has never been to a school this size.”

### **Talk through anxieties.**

Kids might feel ambivalent or anxious about returning to school for a number reasons. “Whatever the issue, talk about it, but don’t dwell on it,” says Dr. Harris. Also, listen closely to the content, she says. Kids tend to globalize things: I never have fun. School is always boring. “It’s that ‘all or nothing’ thinking that can lead children to feel depressed,” Dr. Harris says. Get them refocused, and challenge that negativity. Remind them about the fun that awaits them at school and on the weekends too. “The key is to normalize it for them and keep a positive spin: ‘Oh, yeah, I hear you, but also remember how much fun you had with your classmates last year. I’m sure this time will be like that.’”

### **Create a plan of action.**

If your child has a legitimate issue that’s leaving them unenthusiastic about returning to school—maybe they struggled with a subject or were bullied—Dr. Harris strongly recommends creating a plan of action and explaining it to your child. “If your kid had trouble in math last year, tell him/her that you are going to start the process of getting them more support, and then follow through,” she says. Or in a bullying situation, let your child know that you will speak to the school and involve the necessary parties to ensure that it’s being looked into and handled.

### **Get reacquainted with old friends.**

With summer camps and family vacations, sometimes your kids don’t see their school friends until that first day back. Dr. Harris recommends reconnecting with buddies a week or so beforehand to get reacquainted. Play dates or, for older children, an easy end-of-summer BBQ in the backyard are great ways to do this. “Suggest that your child call up a friend and coordinate a preschool meetup. Maybe they can arrange to walk into school at the same time on the first day,” she says. A phone call to a friend three or four days ahead can help calm your child’s concerns about going back to school.

### **Make a special purchase.**

Sometimes getting your child excited about the new school year can be as simple as letting them pick out a special item when you’re doing back-to-school shopping. “If the latest backpack helps them feel included, and it works with your budget, just buy it,” Dr. Harris says. “It could make a world of difference.”

## Back-to-School Inspiration for Teachers

The new school year is almost here (or may have already begun for some of you). Start off the year on a positive note with these 10 inspirational tips from Never, Ever, Serve Sugary Snacks on Rainy Days. Best wishes for a wonderful school year!

**1. Creativity happens all day, not just during music and art classes.**

Encourage children to be creative in everything they do. So often, children's creativity begins to diminish as they get older, which ultimately affects their ability to problem solve and think outside of the box. Make it a priority to encourage and praise children's creativity this year.

**2. Music brings the class together, quiets the room, and steadies a teacher's nerves.**

Music can be a powerful tool in the classroom. From quieting the room and bringing the class together to helping children learn math and literacy concepts and work on their social development, music can benefit both teachers and students. Read "Using Music and Movement Activities to Help Children Learn and Grow" for more information about the importance of incorporating music and movement activities into your classroom.

**3. Make silly faces. Tell corny jokes. Waddle like a duck. Squawk like a hen. Remember where the fun begins.**

If you have fun in the classroom, children will too. Don't be afraid to show your inner child at times, especially if it can help you better relate to the children in your care.

**4. Look up to parents by seeing them through the eyes of their child.**

You're probably going to get frustrated with challenging family members at some point during the school year. However, it's important to remember that your perception of a child's parent or family member isn't likely how the child perceives them. The parent that misses a parent-teacher conference or likes to tell you how to do your job can also be the parent that reads their child bedtime stories every night and takes their child to the park.

**5. Keep a five-to-one ratio in conferences with parents. Say five wonderful statements about their child for every one concern you express.**

While you may have a couple concerns you want to discuss with a child's parent (s), it's important to emphasize what the child is doing well. Parents will be much more open to discussing any concerns you have if they know you also see the good things their child does.

**6. Ask parents to donate a book to the classroom library to celebrate their child's birthday.**

Trying to decide on how you want to celebrate students' birthdays this school year? Instead of a party, consider asking parents to donate a book that everyone can enjoy to celebrate their child's birthday. Read "Celebrating Birthdays in the Classroom" for additional birthday celebration ideas!

**7. Accidents happen.**

Accidents are going to happen. The best thing you can do is stay calm and handle whatever happens in an appropriate way.

**8. Learn to massage your feet. Wait until after school to practice.**

After a full day of teaching, your feet are going to be tired. Look up different pressure points you can massage on your feet and give yourself a foot massage (or treat yourself with a trip to the spa every now and then).

**9. Roses require sunlight. So do children.**

No one wants to stay inside all day, especially children. Try to take a class walk around the school each day and find different ways to take learning outdoors.

**10. Laugh a lot, smile a lot, cry a little. Teaching is like that.**

Teaching can bring great joy, but it isn't always easy. Embrace your role as an educator this school year as you encounter the highs and the lows of teaching.

<https://www.kaplanco.com/blog/post/2017/08/18/back-to-school-inspiration-for-teachers.aspx>

# What's Going On At Our Office

## Trainings in August

**\*NC Foundations for Early Learning and Development :** Thursday, August 2nd AND Thursday, August 9th 2018 6:30pm - 9:00pm CCR&R / Cost: \$20.00 for Library Members, \$25.00 for non-members / Credit: .5 CEU

**\*Emergency Preparedness and Response in Child Care:** Tuesday, August 7th AND Tuesday August 14th 2018 6:30pm - 9:00pm CCR&R / Cost: \$20.00 for Library Members, \$25.00 for non-members / Credit: .5 CEU

**\*Fire Safety:** Tuesday, August 21st, 2018 6:30pm - 8:00pm CCR&R / Cost: \$8.00 for Library Members, \$10.00 for non-members / Credit: 1.5 CHC

**\*The Ins and Outs of Good Circle Time:** Thursday, August 23rd, 2018 6:30pm-8:30pm CCR&R / Cost: 6:30pm - 8:30pm CCR&R / Credit: 2 CHC

**\*Causes of Misbehavior: Why do they act that way?:** Monday, August 27th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

**\*IT'S SIDS:** Tuesday, August 28th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

**\*Temperament of Infants and Toddlers: Understanding and Supporting Individual Differences:** Wednesday, August 29th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

### **Craven County Pre-Kindergarten & Head Start Late Registration for the 2018-2019 School Year**

**Friday, August 17th, 2018**

10:00 AM—12:00 PM

New Bern Mall

\*Children who will be 4 years old on or before August 31, 2018, are eligible to register.

\*Participants will be selected based on program criteria.

\*Please bring official birth certificate and proof of family income.

Proof of income includes two paystubs, 2017 W-2, or 2017 Tax return.

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> National Raspberry Cream Pie Day	<b>2</b> National Ice Cream Sandwich Day	<b>3</b> National Watermelon Day	<b>4</b> Coast Guard Day
<b>5</b>	<b>6</b> Wiggle Your Toes Day	<b>7</b> National Lighthouse Day	<b>8</b> Collector Car Appreciation Day	<b>9</b> Book Lovers' Day	<b>10</b> Lazy Day	<b>11</b> Play in the Sand Day
<b>12</b> National Vinyl Record Day	<b>13</b> Left Handers' Day	<b>14</b> National Creamsicle Day	<b>15</b> Relaxation Day	<b>16</b> National Roller Coaster Day	<b>17</b> National Thrift Shop Day	<b>18</b> Bad Poetry Day
<b>19</b> National Aviation Day	<b>20</b> National Radio Day	<b>21</b> National Self- Care Day	<b>22</b> Be An Angel Day	<b>23</b> Ride The Wind Day	<b>24</b> National Waffle Day	<b>25</b> Sand Castle Day
<b>26</b> National Dog Day	<b>27</b> Just Because Day	<b>28</b> National Bow Tie Day	<b>29</b> Tug-of-War Day	<b>30</b> Toasted Marshmallow Day	<b>31</b> National Trail Mix 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.**

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