

# CCR&R Parent/Provider Newsletter- July 2018



## Parent Tips: Summer Reading

### **At Home**

#### Make time for reading

During the busy summer months, it can be hard for you and your child to find a chance to read. Set aside a quiet time each day for reading, and remember to include "reading time" when planning summer activities. (RIF)

#### Keep different kinds of reading materials at home

To stimulate reading at home, keep reading materials throughout the house, including newspapers, magazines, and brochures. Keep some fun things on hand too, like word games, puzzles, or the kids' section of the newspaper. This will increase your child's access to books and printed material, providing more opportunities to practice reading. (RIF, LCA / FNSB Public Library)

#### Beat boredom with books

Help your child find books that she finds interesting — especially on rainy days! These might include non-fiction books, fun fact books, arts and crafts books, hands-on activity and project books, or cookbooks with kid-friendly recipes. (RIF)

#### Read aloud every day

Try to find time each day to read aloud to your children — even the older ones. Reading aloud benefits children and teens, particularly those who are

struggling readers. Read aloud in different places, from the porch to the park. And don't be afraid to use silly voices and act out the story! (CCLD, Scholastic Inc., RIF)

#### Encourage your child to learn new words

Introduce your child to new words every day. Talk about what these words mean and how they are used. (LCA / FNSB Public Library)

#### Write away

Keep writing materials handy such as pencils, paper, and crayons so that your child can practice writing. Encourage her to write letters or post cards to friends and relatives over the summer, to keep a journal, make a summer scrapbook, or to write stories and poems. Ask your child to help you when making shopping lists or copying a recipe. (LCA / FNSB Public Library, CCLD)

<http://www.colorincolorado.org/article/parent-tips-summer-reading>

Craven Smart Start is implementing the Dolly Parton Imagination Library! Dolly Parton's Imagination Library is available to children ages birth to age 5 to Craven County!

You can register online by visiting our website or stop by our office and sign up in person!



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## July is National Picnic Month!

### Keep Food Safe During Summer Picnics

Although mosquitoes and flies can be annoying pests at picnics, the "bugs" you can't see, such as harmful bacteria, are a bigger problem. Use these tips to beat bacteria at your summer picnic.

Bacteria love the warm, humid days of summer and multiply faster than at any other time of the year. The number of people who get sick from something they ate increases during the sizzling summer months.

#### Keep it Clean!

- Find out if your picnic destination has a source of safe drinking water. If not, bring water or moist towelettes for cleaning hands and surfaces.
- Always wash your hands with warm, soapy water for 20 seconds before and after handling food. Unwashed hands are a major cause of foodborne illness. Use moist towelettes if hand-washing facilities are not available.
- Be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating other foods in the cooler.
- Pack enough clean utensils for both eating and serving food. Don't use the same utensil or platter for raw and cooked meat and poultry. Disposable plates and utensils help prevent cross-contamination.
- Keep foods covered to prevent insects from enjoying your lunch!

#### Keep Cold Foods Cold!

- Keep perishable foods cool by transporting them in an insulated cooler with plenty of ice or frozen gel packs. Perishable foods include meat, poultry, seafood, eggs, dairy products, pasta, rice, cooked vegetables and fresh, peeled and cut fruits and vegetables.
- Pack the cooler just before leaving home. Foods chilling in your refrigerator should be placed directly in your cooler with ice or frozen gel packs.
- Avoid frequently opening coolers containing perishable food. It's a good idea to store beverages and perishable foods in separate coolers.
- Keep the cooler in an air-conditioned vehicle during travel and in the shade at the picnic site. Avoid transporting the cooler in your vehicle's trunk.

#### Keep Hot Foods Hot!

- Food should not be left out of the cooler or off the grill more than two hours (one hour when the outside temperature is above 90 degrees). Holding food at an unsafe temperature is another major cause of foodborne illness.
- Raw meat and poultry may contain bacteria that cause foodborne illness. These foods must be cooked and held at temperatures either too hot or too cold for bacteria to survive and grow. Bacteria multiply readily between 40 F and 140 F.
- Remember to pack a food thermometer to check the doneness of meat. For example, burgers should reach an internal temperature of 160 F and chicken breasts, 165 F. Clean your thermometer with warm, soapy water after every use.
- When reheating food at a picnic, make sure it reaches 165 F.

#### Consider Nonperishable Picnic Alternatives

- Baked potato chips instead of potato salad.
- Washed whole fruit (apples, oranges, bananas, etc.) instead of cut-up fruit salad.
- Cookies or brownies instead of perishable cream or fruit-filled pies.

*\*This material is based upon work supported by the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, under Agreement No. 2002-51110-01512.*

<https://www.ag.ndsu.edu/publications/food-nutrition/keep-food-safe-during-summer-picnics-1>

## New Parent Support Program for Military Families

New Parent Support Program is a free program available for military families. Below is a description of the program.

*“Our licensed, professional staff provide home visits and teach classes. We help families cope with stress, isolation, deployment/post-deployment issues as well as the normal developmental challenges every family experiences.*

*New Parent Support offers expectant parents, parents of newborns, and of young children the opportunity to learn new parental skills and improve old ones. Even if you have been raising your family for a few years, new ages and stages bring different challenges.*

*The New Parent Support Program offers you the opportunity to express your concerns and ask questions either in the privacy of your home or in the classroom.”*

Some classes they offer include:

-Belly Basics: What to expect when you are expecting! See how your baby grows, month by month; learn about nutrition, weight gain, and pregnancy discomforts. Have your questions answered and meet other expectant moms.

-Baby Boot Camp: Having a baby is a new experience and they do not come with instruction manuals! This two day workshop focuses on the basics of newborn care. Expectant parents will learn diapering, bathing, infant nutrition, how to soothe a crying infant, when to call the doctor, safe sleeping practices, and how to enjoy becoming a parent and growing as a couple/family.

-Childbirth Experience: Designed to decrease anxieties and answer your questions about labor and delivery.

Below is location and contact information.

***New Parent Support Program (for Military Families)***  
***Cherry Point***  
***Building 232***  
***(252) 466-3651***

# What's Going On At Our Office

## Trainings in July

**\*Ready, Set, Go! Transportation Safety:** Thursday, July 5th 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:** Wednesday, July 11th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

**\*Preventing Challenging Behaviors: An ounce of prevention is worth a pound of cure!:** Monday, July 23rd, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

**\*Infant and Toddler Zone– Part 1: Creating a Secure Infant-Toddler Environment:** Tuesday, July 24th, 2018 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

**\*Building Relationships with Children and Youth that Challenge Us:** Thursday, July 26th, 2018 6:30pm-8:00pm CCR&R / Cost: Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

**\*Online Navigation with Providers in Mind:** Tuesday, July 31st, 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.

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> International Joke Day	<b>2</b> World UFO Day	<b>3</b> Superman Day	<b>4</b> Independence Day	<b>5</b> Workaholics Day	<b>6</b> Fried Chicken Day	<b>7</b> National Macaroni Day
<b>8</b> Math 2.0 Day	<b>9</b> National Sugar Cookie Day	<b>10</b> Don't Step on A Bee Day	<b>11</b> Cheer Up The Lonely Day	<b>12</b> Pecan Pie Day	<b>13</b> Embrace Your Geekness Day	<b>14</b> National Mac and Cheese Day
<b>15</b> Give Something Away Day	<b>16</b> Fresh Spinach Day	<b>17</b> World Emoji Day	<b>18</b> National Sour Candy Day	<b>19</b> National Raspberry Cake Day	<b>20</b> Moon Day	<b>21</b> National Junk Food Day
<b>22</b> Hammock Day	<b>23</b> Vanilla Ice Cream Day	<b>24</b> National Drive Through Day	<b>25</b> National Merry-Go- Round Day	<b>26</b> All or Nothing Day	<b>27</b> Take Your Pants for A Walk Day	<b>28</b> National Milk Chocolate Day
<b>29</b> National Lipstick Day	<b>30</b> Father-in-Law Day	<b>31</b> National Avocado 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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