

CCR&R Parent/Provider Newsletter

August 2019



**Come out to the “National Night Out” Event
Tuesday, August 6, 2019
4PM-7PM**

National Night Out



The Havelock Police Department, City of Havelock and MCAS Cherry Point present
National Night Out on Tuesday, August 6,
from 4PM to 7PM at Walter B Jones Park.

- There will be free Pizza, Kona Ice, Hot Dogs, Soda and Water while supplies last.
- The Tim Clark Band, will be performing on stage from 6 PM to 7 PM. (Dance, Shag, Rock)
- Information from local organizations that include
 - USMC Drug Reduction Program
 - Coastal Women’s Shelter
 - Boy Scouts of America / Girl Scouts of America
 - Promise Place
 - Craven County Smart Start
 - DSS Hope Family Center
 - Mother’s Against Drunk Driving (MADD) and several more!
- Identikid fingerprinting kits, balloon animals, bouncy houses
- Military K-9 demonstrations
- 400 gift bags of free basic school supplies for Elementary and Middle school age children only. Supplies are very limited, so Elementary and Middle school age children only.
- Free booklets and pamphlet’s discussing drug reduction, crime prevention, and other community awareness programs

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!

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August is National Breastfeeding Month

Benefits of Breastfeeding for Mom

Breastfeeding is a wonderful gift for you as well as your baby.

Release of Good Hormones

Many mothers feel fulfillment and joy from the physical and emotional communion they experience with their child while nursing. These feelings are augmented by the release of hormones, such as:

- **Prolactin:** Produces a peaceful, nurturing sensation that allows you to relax and focus on your child.
- **Oxytocin:** Promotes a strong sense of love and attachment between the two of you.

These pleasant feelings may be one of the reasons so many women who have breastfed their first child choose to breastfeed the children who follow.

Health Benefits

Breastfeeding provides health benefits for mothers beyond emotional satisfaction.

- Mothers who breastfeed recover from childbirth more quickly and easily. The hormone oxytocin, released during breastfeeding, acts to return the uterus to its regular size more quickly and can reduce postpartum bleeding.
- Studies show that women who have breastfed experience reduced rates of breast and ovarian cancer later in life.
- Some studies have found that breastfeeding may reduce the risk of developing type 2 diabetes, rheumatoid arthritis, and cardiovascular disease, including high blood pressure and high cholesterol.
- Exclusive breastfeeding delays the return of the mother's menstrual period, which can help extend the time between pregnancies. (*Note: Exclusive breastfeeding can provide a natural form of contraception if the mother's menses have not returned, the baby is breastfeeding day and night, and the baby is less than six months old.*)

Practical Added Bonuses

There are quite a few practical advantages to breastfeeding as well— bonuses the entire family can appreciate.

- Human milk is much less expensive than formula. During nursing you will need, at most, an extra 400 to 500 calories daily to produce sufficient milk for your baby, while formula can cost between \$4 and \$10 per day, depending upon the brand, type (powdered versus liquid), and amount consumed.
- At night, putting a baby to your breast is much simpler and faster than getting up to prepare or warm a bottle of formula. (Your partner can make night feedings even easier by changing the baby and bringing her to you for nursing.)
- It's wonderful, too, to be able to pick up the baby and go out—whether around town or on longer trips—without having to carry a bag full of feeding equipment.
- Breastfeeding is also good for the environment, since there are no bottles to wash or formula cans to throw away.

<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Benefits-of->

Get-to-Know-Me Caterpillar: A Cute Back-to-School Craft

Get-to-Know-Me Questions:

What is your favorite _____? (Examples: animal, sport, book, movie, color, food, season, song, day of the week, relative, holiday, pet, superhero, ice cream flavor)

What do you want to be when you grow up?

How old are you? How can you represent that number?

Materials:

9" x 12" Green Construction Paper

9" x 12" White Construction Paper or Card Stock

9" x 12" Yellow Construction Paper (can also use 12" x 18")

Free Circles Printable

Crayons or Colored Pencils

Markers

Scissors

Glue Sticks

Wiggly Eyes

Wonderfoam®



Sheets (optional)

Ways to Adapt the Craft for Different Age Groups:

Infants & Toddlers – Use the Get-to-Know-Me Caterpillar craft as a way to engage with families. Create the school-age or preschool version of the caterpillar craft for each of the infants and toddlers in your care. For this family engagement activity, keep in mind that the get-to-know-you questions you ask families may need to be more about the infant's birth and how he/she has grown.

Preschoolers – Children may not have the fine motor skills needed to trace and cut out the flaps. You can create a version without the flaps (shown below) or you can already have some the craft done.

Kindergarteners – Whether you do the school-age or preschool version of the craft in your kindergarten classroom will depend on your students' fine motor skills. If many of your students attended preschool, they likely have the fine motor skills needed to do the school-age version. If a student seems to be struggling with the tracing or cutting, help them make the appropriate traces and



needed to do the school-age version. If a student seems to be struggling with tracing, help them make the appropriate traces and

What's Going On At Our Office

Trainings in August

***Funding Effective School Age Programs:** Wednesday, August 7th, 2019 / 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 13th, 2019 / 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Emergency Preparedness & Response:** Thursday, August 15th, 2019 / 6:30pm - 9:00pm CCR&R / Cost: \$7.00 for Library Members, \$9.00 for non-members / Credit: 2.5 CHC's

***Sanitation and Disease Prevention:** Tuesday, August 20th, 2019 / 6:30pm - 8:30pm CCR&R / Cost: \$6.00 for Library Members, \$8.00 for non-members / Credit: 2 CHC's

***Playground Safety:** Saturday, August 31st, 2019 / 8:00am - 12:00pm CCR&R / Cost: \$12.00 for Library Members, \$16.00 for non-members / Credit: 4 CHC's

Do you shop on Amazon?

You can now support Craven Smart Start with every purchase!

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



August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 US Air Force Day	2 National Coloring Book Day	3 Watermelon Day
4 Friendship Day	5 National Doll Day	6 National Night Out	7 Lighthouse Day	8 International Cat Day	9 Look for something yellow	10 National Bowling Day
11 Watch Your Favorite Movie	12 International Youth Day	13 Left-handers Day	14 Listen to Your Favorite Song	15 Best Friends Day	16 National Roller Coaster Day	17 National Honey Bee Day
18 Eat Your Favorite Ice Cream	19 Cupcake Day	20 National Radio Day	21 Poet's Day	22 Wear red shoes	23 Read Your Favorite Book	24 Wear Your Favorite T-Shirt
25 Look for Something Blue	26 Women's Equality Day	27 Go Outside and Find A Cloud	28 National Bow Tie Day	29 Individual Rights Day	30 National Toasted marshmallow Day	31 National Cowgirl 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.**