

CCR&R Parent/Provider Newsletter September 2019



Save the Date!!!

Craven Smart Start Holiday Hustle
Saturday, December 14th, 2019

Union Point Park

Register at:

<https://runsignup.com/>

Search for:

Craven Smart Start Holiday Hustle

Faith in Action Vision Clinic

Free Eye Exams for Children and Adults

Saturday, September 21st, 2019
8AM-5PM

Garber United Methodist Church Ministry Center
4201 Country Club Rd, New Bern NC

Save The Date!

Havelock Chili Festival
Saturday October 19, 2019
10AM-5PM

Walter B. Jones Park– Havelock, NC

There will be a variety of different vendors, food and games throughout the day. Craven Smart Start will have a table there so be sure to stop by and check us out!

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Articles from *Growing Together* Newsletter

Health & Safety: Healthy Hand Washing

If you have not done so already, now is a good time to help your child develop healthy hand washing habits. Proper hand washing can prevent the spread of many communicable diseases. Water alone, however, won't kill germs. Soap is needed, too. Drying the hands with a disposable paper towel will help stop the spread of germs.

Here are some appropriate occasions for your child to practice hand washing:

- When she comes into the house after playing outdoors.
- After using the toilet.
- After petting an animal.
- Before eating food.

Good habits—learned early—can last a lifetime. So, help your child develop the good habit of washing her hands.

Developmental: The Importance of Make-Believe

Matthew grabs a big cardboard box and decides to go to the “store.” He pushes the box around the living room, looking for the “groceries” his family needs—a plastic cup, a newspaper, a toy—and drops them into the box. He pretends to pay for his purchases and then proudly tells his parent, “I bought our food!” Make-believe is a necessary facet of a child's play.

Pretending gives children the chance to:

- Imitate adults to help him understand his environment;
- Re-enact familiar situations, both good and bad, as a way of dealing with emotions;
- Develop his imagination by creating fantasies
- Learn about himself as an individual and how he fits into society.

When your child pretends, they are not receiving outside commands or controls—they are IN control! So, they can take their every-day, routine world and turn it into a magic place. Your child will start by imitating you around the house, and will progress through the years to more “dramatic acting”—possibly even becoming the commander of a vital space mission to Mars!

****These articles came from the *Growing Together* Newsletter (A Newsletter for Parents of Preschool Children)****

Fall Activities from Kaplan Co. Blog

10 Fall Activities for Infants and Toddlers

- ◆ Leaf Pile Crunch Gather crisp, fallen leaves into a pile in a safe outdoor area or bring them indoors on a large tray. Have children stomp or jump on the leaves and listen to them crunch.
- ◆ Fall Sensory Tub Create a fall sensory tub for exploration of textures and aromas. Include mini pumpkins, dried ears of corn, twigs, apples, acorns, pinecones, leaves, etc.
- ◆ Classroom Scarecrow Use an old outfit consisting of pants, shirt, socks, hat, etc. and stuff with hay or straw to create a classroom scarecrow. Explain what a scarecrow's purpose is to children.
- ◆ Fall Colors Scavenger Hunt Have a fall colors scavenger hunt. Look for things that are red, orange, yellow, and brown.
- ◆ Fall Flower Bulbs Plant fall flower bulbs in an outdoor area and watch them bloom in the spring.
- ◆ Bird Migration Explain that many birds fly south for the winter so that they can stay warm outside. Encourage children to pretend they are a bird flying south for the winter by moving and flapping their "wings".
- ◆ Fall Tree Art Activity Use a large poster board to draw a tree trunk. Make multiple painted footprints and handprints of all the children in fall colors. Once dried, have them glue the "leaves" onto the tree.
- ◆ Apple Sorting Have apples available in a variety of colors (yellow, green, and red). Sort apples by color and count how many are in each group.
- ◆ Animal Hibernation Explain that bears and other animals hibernate, meaning they slow activity to conserve energy, during the cold winter months. Have children move slowly, pretending they are hibernating like bears.
- ◆ Pumpkin Exploration Put a protective layer on a child-sized table. Cut large pumpkins in half and invite children to explore the inside.



7 Fall Activities for Preschoolers

- ◆ The Apple Tree : Away up high in an apple tree. (Point up.) Two red apples smiled at me. (Form circles with fingers.) I shook that tree as hard as I could. (Pretend to shake a tree.) Down came those apples. And mmmmmmm, were they good! (Rub tummy.)
- ◆ Leaf Graph: Graph leaves that children collect outdoors by color and/or type. Each child collects one leaf to graph. Leaves from a single tree can also be graphed when the leaves are changing from green to another color. Some children might collect green leaves, some might collect red, and others might collect leaves that are two-toned.
- ◆ Leaf Drawing Go on a leaf hunt around the school grounds to collect leaves. Children study the leaves with magnifying glasses, and draw pictures of different leaves with a fine-point black ink pen. Choose one leaf drawing from each child, scan it, enlarge it on the computer, and print them out on white art paper. The children decorate the leaf copies with different materials: watercolor paints, tempera paints, fine point colored pens, markers, and colored pencils.
- ◆ Leaf Patterns: Use a leaf craft puncher to cut out leaves from construction paper. Children glue the cutouts on a paper pattern strip. You can do AB, AABB, ABC, ABB, AAB, etc.
- ◆ Nature Walk: Go on a nature walk to find things such as sticks, leaves, acorns, pebbles, bird eggs, etc. Children mark a checklist when they find each item. The children are also given a small zip lock bag to collect the small items they find.
- ◆ 3-D Trees: Children make trees with paper towel rolls and red, yellow, green, brown, and orange construction paper.
- ◆ Fingerprint Fall Trees: A child dips a finger into brown paint. Have her press her finger repeatedly onto the paper, making a tree trunk line. She can make the trunk as thick or as thin as she likes. Repeat step two for the branches, making thinner lines coming out of the trunk. Add leaves by asking children to choose fall-inspired leaf colors. Have them dip a finger into the colors one at a time, and then press the finger onto the paper (on the branches). Try creating patterns with the colors on the branches.

What's Going On At Our Office

Trainings in September

***Ready, Set Go! Transportation Safety:** Thursday, September 5th, 2019 / 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:** Tuesday, September 10th AND Tuesday, September 24, 2019 / 6:30pm - 9:00pm CCR&R / Cost: \$20.00 for Library Members, \$25.00 for non-members / Credit: 0.5 CEU's

***It's SIDS:** Thursday, September 26th, 2019 / 6:30pm - 9:00pm CCR&R / Cost: \$7.00 for Library Members, \$9.00 for non-members / Credit: 2 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!



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 World Letter Writing Day	2 Labor Day	3 Hum Your Favorite Song	4 Do A Puzzle With Someone	5 Draw A Rainbow	6 National Food Bank Day	7 Find Something Pink.
8 Grandparents Day	9 Opposite Day	10 Make Faces In The Mirror	11 National Day of Service and Remembrance	12 National Day of Encouragement	13 International Chocolate Day	14 Banana Day
15 Sit Outside and Read A Book	16 Play-doh Day	17 Constitution Day	18 National Respect Day	19 Eat Your Favorite Snack	20 Go Outside and Look at the Clouds	21 International Day of Peace
22 Ice Cream Cone Day	23 Family Day	24 Play Your Favorite Board Game	25 Math Story Telling Day	26 Remember Me Thursday	27 Draw Your Favorite Animal	28 Walk Outside and Pick Flowers
29 World Heart Day	30 National Love People 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.**