

NOVEMBER 2020

# CCR&R Parent/Provider Newsletter

-November 2020-

National  
**Family Literacy**  
Month<sup>®</sup>



# November is National Family Literacy Month

## Words from our Infant/Toddler Specialist Sandra Arasim

Early Literacy and all learning begins at birth. That means families are children's first teachers. Speaking with and to our youngest children, in any language, is the first step on the path to reading. Our brains are designed to learn from songs, finger plays and rhymes. Babies and toddlers are never too young for books. Children's experiences with books and storytelling feed their imagination. Allow children to hold, carry and explore books. They will skip pages, start from the back and look at pictures upside down. All of this experimentation helps them make sense of the alphabet and language order. So have fun and read with your kids! You can lie down if you're tired. They won't mind.



## THE PERFECT TIME IS...NOW

### It is not too early.

Babies begin learning at birth. You are your child's first and most important teacher.



### It is not too late.

As your child is growing, keep going! Even young readers (whether early or accomplished) benefit from being read aloud to.

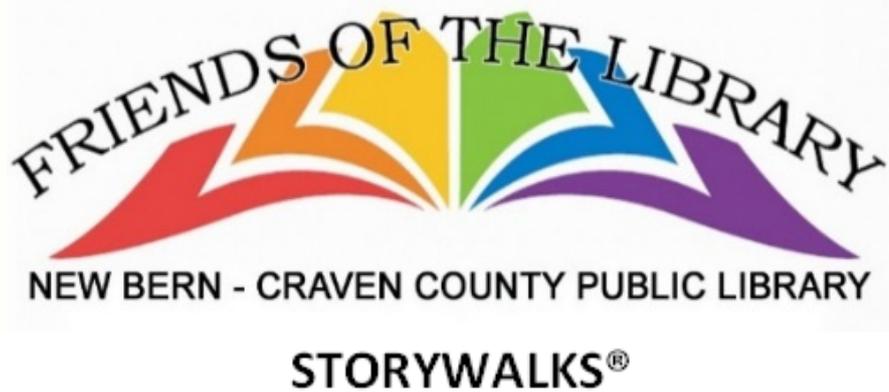
### Any place can be the right place.

Bedtime is a great time to read aloud. But so is before dinner, while the kids are splashing in the bath, during the afternoon lull or over pancakes in the morning.



Read Aloud  
**15 MINUTES**  
Every child. Every parent. Every day.

# Friends of The Library



The Friends of the New Bern-Craven County Library (FOTL) is a 51-year-old, 501(c)(3) organization. We provide funding to the New Bern-Craven County Library for programs (e.g., summer reading, speakers), licenses (e.g., movie), in addition to supplies/equipment. We also conduct community projects related to reading and lifelong learning.

**Project Description:** The Friends of the New Bern-Craven County Library (as lead organization) is collaborating with New Bern Parks & Recreation, Craven-Pamlico Regional Library as well as other Friends that support the libraries in Pamlico County (Bayboro) and Craven County (Cove City, Vanceboro and Havelock) to create sets of movable StoryWalks® using portable real estate signs. Funding for this project is provided in part by the FOTL and the Harold H. Bate Foundation. A StoryWalk® is a fun, educational activity that places a children's story (literally a book taken apart due to copyright law) along a popular walking route or at an event in a community. Each StoryWalk® panel has a literacy component and an exercise component. StoryWalks®:

- 1) encourage exercise thereby helping to reduce childhood obesity;
- 2) help improve reading scores upon entering grade three by providing a StoryWalk® with literacy tips for the parent/caregiver to use;
- 3) provide a fun outdoor family activity during the COVID-19 restrictions;
- 4) encourage family interactions; and
- 5) provide a fun activity tied to the book resulting in improved mental and physical health of all participants.

This project aligns with our Friends' purpose of developing and supporting a community of readers. Right is an example of a StoryWalk® panel and use at an event.



The FOTL does loan out the StoryWalk® sets to churches, schools, businesses, and organizations at no charge. Currently the following titles are available: Giraffes Can't Dance, Grumpy Monkey, and Big Pumpkin. We have two more in production: Bear Stays Up for Christmas and The True Story of the Three Little Pigs. Those will be ready soon. There are 20 panels per set and ideally there needs to be at least ten feet between panels. If you are interested in using these StoryWalk® sets contact:

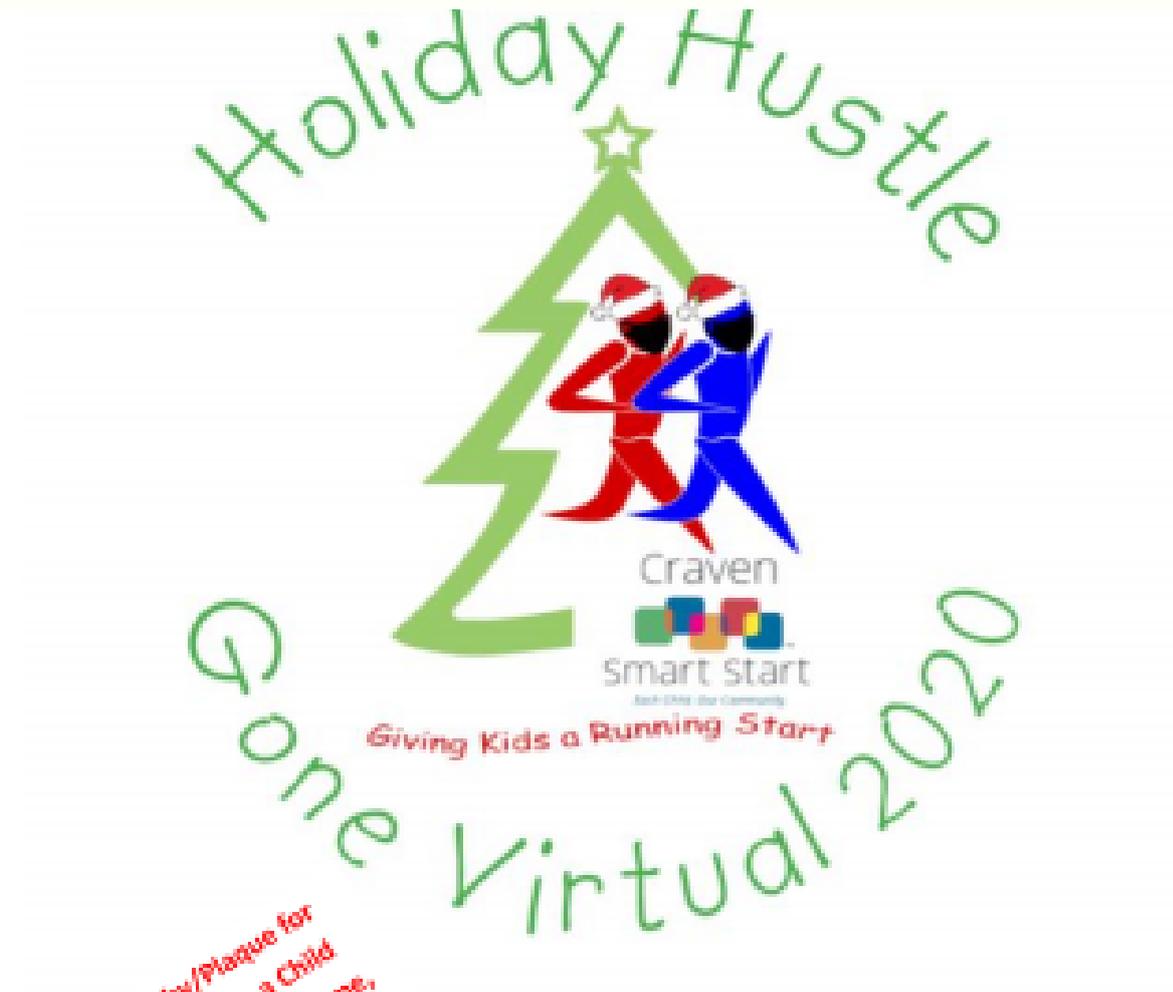
Judy Hills  
252.670.1913 (Cell)  
[jahnbc@gmail.com](mailto:jahnbc@gmail.com)

Joanne Straight  
252.259.3078 (cell)  
[jostraight@gmail.com](mailto:jostraight@gmail.com)

# Craven Smart Start Virtual Holiday Hustle

## **Gone Virtual 2020: December 1st –December 12th, 2020**

Due to the pandemic, Craven Smart Start has decided to make this year's Holiday Hustle totally virtual! Runners that register will have from December 1st - 12th, 2020 to complete their miles for whatever race they sign up for. You will be able to get those miles by running, walking, biking, swimming, etc. Those that register will use an app to log their miles.



*Traveling Trophy/Plaque for  
most participants in a Child  
Care Center, Child Care Home,  
Business or Community Team.*

**Jingle Bell Jog 5 k**

**Tinsel 10k**

**48.6 Mile 12 Days of Christmas Challenge**

**Anywhere, USA**

**December 1-12, 2020**

**To Register:**

**[www.cravensmartstart.org](http://www.cravensmartstart.org)**

# From the Desk of the Parent/Provider Specialist Bianca Salinas

## Thanksgiving and COVID-19

Thanksgiving is usually a time that we spend with our loved ones, but with COVID-19 still being a dangerous threat in our country, Thanksgiving might look and feel a little different this year. Here are some tips to help families have a happy, and safe, Thanksgiving.

- Instead of everyone gathering at one house, maybe try video chatting with family and friends. You could try Zoom, Facebook video chat, or video chatting from your cellphone
- Try to keep gatherings short; longer gathering times can put people more at risk for COVID-19
- If weather permits, try having family (or friend) gatherings outside instead of inside
- Have hand sanitizer close to the door for when people come inside, and also encourage frequent handwashing and wearing masks if staying for a long period of time



## Stress Reducing Activities

COVID-19 and the things that it has caused, including: schools closing, being encouraged to stay home, and the fear of you or a family member getting sick, can cause a lot of stress for you as a parent/guardian and also to children. Below are some relaxation activities that you can do with your children, as well as on your own, to help relieve stress.

- Flower and a candle
  - Pretend you have a nice smelling flower in one hand and a candle in the other. Practice smelling the flower (inhaling) and then blowing out the candle (exhaling).
- Lemon
  - Pretend you have a lemon in your hand. Squeeze your hand and pretend you are squeezing all the juice out of that lemon. Now open your hand like you are releasing the lemon. Then shake your hand to relax it.

These activities came from Save The Children at: <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources/easy-at-home-relaxation-activities-to-help-calm-kids>

\*For adults: For the flower & candle activity you can try meditating in a quiet area and breathe in and out slowly. For the lemon activity you can use a stress ball if you have one or you can even make one out of a balloon and some rice. Just fill the balloon with rice and tie a knot! (Bianca Salinas)

## Activity to Do with Family for Thanksgiving

A good activity to do with your family during the Thanksgiving holidays is to collect canned goods and non-perishable items and donate to local places that are collecting food. Two places in New Bern are RCS ([Religious Community Services](#)) and [Promise Place](#). Please click on the names to be directed to their website for address and other information.



# Director's Corner

## From Bonnie Gould, CCR&R Director



*Building relationships through coffee and conversations!*



Dates in November 2020!!

Center Directors: November 4th, 18th (7:00-8:00 PM)

FCCH Providers: November 5th, 9th (7:00-8:00 PM)

Coffee & Conversations is Free for all Center Directors and Family Child Care Home Providers!!

Early childhood conversations include:

- Behavior Issues in Young Children
- Transitions Back to School
- Advocating for Children Birth to Three
- COVID-19 Pandemic Updates
- Updates from the Division of Child Development
- Let's Talk About Enrollment!
- Training Opportunities and Higher Education
- Relaxation Activities for Administrators – Just Breathe!
- Relaxation Games and Activities for Children and Staff

***Coffee & Conversation ... Spending Quality Time Together!***

Bonnie Gould  
CCR&R Director  
Craven Smart Start  
[bonnie@cravensmartstart.org](mailto:bonnie@cravensmartstart.org)



# Training Information Craven Smart Start

## Office Information & Training's

Due to the ongoing COVID-19 Pandemic, face to face trainings will no longer be held until further notice. This is for the safety of our providers and our training staff. Our on-going trainings are now offered online through Zoom. Our new online training calendar has been sent out and there is no cost for these trainings during the COVID-19 crisis. Please check out our Craven Smart Start website for additional information. Please remember that Craven Smart Start staff are still teleworking!! If you need anything or have any questions regarding our current trainings, please email us, or feel free to call our office and leave us a message. We are checking voicemails daily.



**THANK YOU, CHILD CARE PROVIDERS, FOR ALL YOU DO!**

## Online Zoom Training's in October

\*Causes of Misbehavior: Why do they act that way? with Sonia Sumner

Tuesday November 10th, 2020

6:30PM-8:30PM

\*Connection Matters with Courtney Cartwright

Thursday November 12th, 2020

6:00PM-9:00PM

\*Helping Children Cope with Crisis & Helping Caregivers Recover: Self-Care with Kelly Shaw & Tammy Cullom

Saturday November 14th, 2020

8:00AM-1:00PM

\*Social/Emotional Milestones-Birth to 36 Months: Building Blocks for Future Learning with Sandra Arasim

Tuesday November 17th, 2020

6:30PM-8:30PM

\*It's SIDS with Sandra Arasim

Saturday November 21st, 2020

10:00AM-12:00PM

**To register for a training, please RSVP to [venus@cravensmartstart.onmicrosoft.com](mailto:venus@cravensmartstart.onmicrosoft.com) and more information will be sent regarding the online training.**



# Child Care Resource & Referral

2111 Neuse Blvd.  
Suite F.  
New Bern, NC 28560

Phone: 252- 672-5921  
Fax: 252-672-5922  
Email: bianca@cravensmartstart.onmicrosoft.com



**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

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.