

OCTOBER 2020

# CCR&R Parent/Provider Newsletter

-October 2020-



# Craven Smart Start News

## **From the Desk of Dr. Sandra Plata-Potter: Craven Smart Start Former Board President**

One day in the fall of 2012, new to New Bern and while reading the Sun Journal, I came across an article written about Craven Smart Start. I did not know what Craven Smart Start was, but the name caught my attention. After reading the article, I contacted Craven Smart Start and told them I was interested in becoming a partner in the important work of the agency, in whatever capacity available. You see, I have a Ph.D. in child development, and I am interested in anything that supports young children. It was during this conversation I was invited to consider serving on the Craven Smart Start Board of Directors. That was the start of a commitment that remained stable until COVID 19 made its entrance and caused the need to make changes in my life, making it difficult to continue with the level of commitment I had given over the past few years. In August of 2020, I submitted my resignation as Craven Smart Start Board President, a position I had held since January 2013. One thing I have come to realize is that there are many people in this community who still do not understand or know Craven Smart Start.

Those of us who have been a part of Craven Smart Start have seen the amazing positive impact it has on the children, families, and early childhood programs in Craven County. Whether it is the resource libraries (e.g., New Bern, to include satellite sites in Cove City and Havelock), the training provided to early childhood educators, providing a regional conference for early childhood educators, serving as a resource for parents, engaging with community organizations that, in some way, have connections to early childhood, the amazing help provided to early childhood programs who lost so much during the hurricane, literacy projects such as Dolly Parton's Imagination Library, and Reach Out & Read, etc.; etc. I can go on and on. Much of this would not be possible without the commitment and caring of the personnel who work for Craven Smart Start. In all the years that I have been a part of Craven Smart Start I have had the pleasure of witnessing a team dedicated to the mission of the program..."Building Brighter Futures for Young Children."

Thank you Craven Smart Start for all you have done and continue to do.

Dr. Sandra Plata-Potter



## **Craven Smart Start is Pleased to Welcome. . . Jean Kenefick as New Board President**

Jean Kenefick was voted new Board President for Craven Smart Start on August 26, 2020 and has served as an active board member since 2012. She also serves on two other non-profit boards as well. She recently retired after a 40 year career working primarily in Leadership roles for Non-Profit Organizations. Jean grew up in Connecticut and began her career with the State of Connecticut's Department of Children & Youth Services When Jean moved to NC she continued working for Non-profit organizations and has imparted valuable experience and expertise to those serving young children and families in Craven County. During this time, she served on several county, state and national committees supporting, advocating, and lobbying for children and their families. In Retirement Jean is enjoying Golf, Pickleball, Traveling (hopefully soon) and volunteering in the community. On behalf of Craven Smart Start staff and Board of Directors we would like to congratulate Jean in her new role as Board President.

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

## Halloween and COVID-19

Halloween is a big holiday during the month of October. With the COVID-19 pandemic still an obstacle for participating in various activities, Halloween will look a lot different this year. Here are some things to think about when planning for Halloween activities:

- Will traditional trick-or-treating be held in your community?
- Are you comfortable with going to people's houses and are you comfortable with people coming up to your house?
- Is it safe to get candy from a candy bowl that is outside a house?
- Should you and your children wear gloves and/or face masks when going out?



At the end of the day, you have the final say about how you and your family would like to celebrate Halloween. If you are not comfortable going out for Halloween, you can always have a Halloween party with just your family. You and your children can still dress up in costumes and eat candy at home!

## Are you looking for Child Care? We can help!

If you are still looking for child care, the "Find Child Care NC" call center is still available to help! Specialists (including myself) are available to assist you on weekdays between 8 a.m. – 5 p.m. EST.

Call 1-888-600-1685 to connect with the childcare facility fit for you and your child.

CALL  
1-888-600-1685

Under the direction of Governor Cooper, the NC Department of Health and Human Services, the NC Department of Public Instruction, the North Carolina Child Care Resource and Referral Network and our partners across the state are working together provide these vital child care options.



## Fall Activities

Fall is a season that everyone enjoys. From looking at the leaves change colors, to feeling the cool breeze in the evening. There are many activities for you to do at home with your children. Here are two activities that are perfect for fall:

- Sticky Leaf Tree
- Leaf Rubbings

For instructions on these activities and more please visit <https://teachingmama.org/8-leaf-activities-for-preschoolers/>



# Director's Corner

## From Bonnie Gould, CCR&R Director



*Building relationships through coffee and conversations!*



Dates in October 2020!!

Center Directors: October 7th, 21st (7:00-8:00 PM)

FCCH Providers: October 8th, 22nd (7:00-8:00 PM)

### Consultants Begin to Resume Visits!

Effective September 2020, DCDEE will resume conducting all monitoring visits to child care facilities. By the end of 2020, DCDEE will ensure all child care programs receive an annual visit to monitor compliance with child care requirements. Please know DCDEE is working to limit the time its staff are in your child care programs, including a limited monitoring plan. To accomplish this, you may be asked to send information to your child care consultant in advance of or after the visit to reduce the time the consultant is in your program.

Please reach out to me if you have any questions or need guidance regarding your monitoring visits. As a former childcare center director, I understand how overwhelming it can be especially during the COVID-19 pandemic. I can be reached at (252) 447-0825 (Cell#). Please leave your name and phone number in case I miss your call. I can also be reached at [bonnie@cravensmartstart.org](mailto:bonnie@cravensmartstart.org).

Sincerely,

Bonnie Gould  
CCR&R Director



# October is Eat Better, Eat Together Month

## Eating Better During COVID-19

It is hard to cope with being quarantined and not reach for your favorite salty, crunchy snack out of boredom or feeling on edge. A few pretzels or chips are okay, but many people may not be able to step away from eating the entire bag once it is open. If you were already feeling blue the quick fix of cookies or cake will ultimately make you feel worse. Processed foods and shelf-stable items like baked goods contain a lot of simple carbohydrates that create a yo-yo effect on our blood sugar, which can drive anxiety and worsen mood.

How then can we mindfully make good food choices?

- Make a schedule or a daily meal plan. A schedule is more predictable for you and for everyone in your household.
- Plan for groceries. Try to buy fewer processed, high-salt, or high-sugar snacks.
- Load up on fruits, vegetables, whole grains, healthy fats, and lean proteins.
- Save money. Skip the high-sugar soda and juices, instead flavor water with edible citrus or berries.
- Plan and enjoy an occasional comfort food for a weekly treat – pick a day and enjoy whatever you want, just not all your favorites on the same day!
- Manage your environment. If candy is simply not in the cupboard, then you cannot eat it.

For more information, visit - <https://www.health.harvard.edu/blog/eating-during-covid-19-improve-your-mood-and-lower-stress-2020040719409>

Being at home all the time due to COVID is hard. I know it has been for me! One thing that works for me is making sure I do not buy so many snacks and candies. A good thing to remember is that your plate should be half full of yummy vegetables (Bianca Salinas).



## Eating Together

Over the last two decades, study after study has shown that simply taking a few minutes each day to turn off screens and genuinely connect with each other over food can improve the physical and mental health of all family members involved. Here are some of the benefits of eating together as a family:

- It teaches your kids better eating habits
- It can prevent serious psychosocial issue (issues with eating disorders, alcohol and substance use, violent behavior, depression)
- It can improve children's self-esteem
- It improves communication skills
- It can help kids bounce back from cyberbullying
- It can be used to supplement family therapy

For more information on the benefits of families eating together, visit - <https://www.parents.com/recipes/tips/unexpected-benefits-of-eating-together-as-a-family-according-to-science/>

A good idea for trying to cut down using cell phones at the table would be to ask everyone to put their phones in a basket and put it in the other room until dinner is over (Bianca Salinas).



# New Online Training Platform!

We are very excited to announce our new online training platform. With this platform, you will be able to take trainings at your own pace! We hope you all take advantage of this awesome opportunity! Please feel free to call or email us with any questions or comments.



# COME LEARN: VIRTUAL SELF-PACED TRAINING IS LIVE ON OCTOBER 1st!



**Anytime, Any Place  
Self-Paced at Your Convenience!**

Join our new platform, Thinkific, with new trainings at your fingertips.  
Experience another great way to receive training credits!  
All of our trainings are currently FREE! You do not want to miss this opportunity!  
Please reach out with any questions. We are still available to assist you!

Learning is one click away at: <https://cravensmartstart.thinkific.com/>

# 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

\*Trauma in Early Childhood: A Teacher's Toolkit with Tammy Cullom

Thursday October 1st, 2020

6:30PM-8:30PM

\*IT'S SIDS with Sandra Arasim

Tuesday October 6th, 2020

6:30PM-8:30PM

\*Toxic Stress and Its Impact on Children with Sonia Sumner

Tuesday October 13th, 2020

6:30PM-9:30PM

\*The Art & Science of Technical Assistance with Kelly Shaw

Wednesday October 14th & Wednesday October 28th, 2020

9:30AM-4:30PM

\*Beyond Band-Aids with Courtney Cartwright

Thursday October 15th, 2020

6:30PM-8:30PM

\*Language Development and Communication in Infants and Toddlers: What Are They Talking About? with Sandra Arasim

Tuesday October 20th, 2020

6:30PM-8:30PM

**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



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**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**
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## 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.