

JANUARY 2021

CCR&R Parent/Provider Newsletter

-January 2021-



From the Desk of the Parent/Provider Specialist

Bianca Salinas

January is International Creativity Month

Creativity play plays a big part in a child's growth and development. This is something that can help them learn and develop new skills that they will use throughout their lifetime. Encouraging creativity and creative play in your young children can help them throughout their development. Here are some ideas to help encourage and stimulate children's creativity:

- **Get The Right Toys:** Buy toys that they can be creative with or do crafts with is a great way to encourage creativity
- **Encourage Invented Scenarios:** this type of play allows your child to try different roles and characters, which allow them to learn verbal and social skills
- **Do Arts And Crafts:** Allowing your child to create anything they want allows their creative juices to flow
- **Explore Nature:** Nature causes children to think and explore, which can help boost their creative thinking
- **Let Them Be:** Allowing your child to simply be a child is a great way to allow for creativity



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<https://www.growingkids.com/child-care-plymouth/why-creativity-is-important-for-children/>



Making New Year Resolutions with Your Children

Children can benefit from making resolutions in many ways. They can learn self-discipline and the value of making goals. Here are some ways to help children benefit from making resolutions.

- Make It a Family Activity
 - Sit down each December and reflect on the past year, discussing your accomplishments and goals, as individuals and as a family
- Different Resolutions for Different Ages
 - For preschool-aged children, the American Academy of Pediatrics (AAP) recommends resolutions that focus on cleaning up toys, brushing teeth and washing hands and being kind to pets
- Serve as a Role Model
 - No matter what age your child is, he or she is more likely to understand the value of goal setting if you take the lead
- Rewards Are Long Lasting
 - Children also enjoy that feeling of accomplishment, especially when their parents are acknowledging it

<https://www.pbs.org/parents/thrive/making-new-years-resolutions-with-your-child#:~:text=Whether%20it's%20our%20diet%2C%20exercise,the%20value%20of%20making%20goals.>

Quality Connections–Music Activities to Do At Home From Our Quality Enhancement Team

QUALITY CONNECTIONS

Preschool Musical Learning Games

Listening to music and playing music games helps children to use the various parts of their brains simultaneously. Music also stimulates a child's frontal lobes, which are important to both language and motor development. Music and movement activities develop the innate understanding of music in children, which enables them to tap into this aspect of music later on in life. Including music in the classroom and at home actually helps with multiple areas of brain development. Knowing this, here are some fun and easy music activities:



EAR TRAINING*: The Echo Game - Sing 3 pitches (you can use whatever words you want to) - "I love you!" works great! and have your kiddo echo you. Increase the range and number of pitches to make this more difficult.



To teach LOCALIZING SOUND: Find the Phone Game - Hit the "page" (or "find") button on your cordless phone before hiding it. Have your kiddo find it based only on where its sound is coming from.

To teach INHIBITORY CONTROL*: Freeze Dance - Play favorite dance tunes and have your kiddo "freeze" every time the music is paused! Take this one step further by making them isolate certain body parts to move and freeze (i.e. in the car they must only shake their heads when music is playing and then stop on cue, etc...)



To teach BEATFULNESS*: Find the Beat - Play music (or beat a drum, pot, etc...) at different speeds and have your kiddo march, clap (in the car) or jog to match those different speeds.

To teach LISTENING FOR COMPREHENSION*: What did you Hear? - Play music and ask your kiddo what they heard. Be specific! "Did you hear something that sounded like an animal?" "Did it sound like a lion or a bird?" "Why?" Don't be afraid to use your favorite music for examples! (Parent preference is the #1 factor that influences childrens' musical tastes.) A great, easy, classical example that is perfect for this game is Carnival of the Animals by Camille Saent-Saens. An extension of this is to teach musical opposites such as high and low and fast and slow. Simply find music that fits the bill and assign a specific movement to each type of music (i.e. reach up high when the music sounds high and roll on the floor when it sounds low...).



To teach CREATIVE THINKING SKILLS : Draw what you Hear- Choose two or three musical excerpts that differ drastically in mood (i.e. dark - In the Hall of the Mountain King by Peer Gynt and cheery - Morning also by Peer Gynt). Have your kiddo draw or scribble whatever the mood of the music evokes. Discuss and display when done. The possibilities for this activity are endless and make for wonderful conversations!

REMEMBER: Involving your child in music making is a wonderful, FUN way to enhance your child's development and brain growth, and enrich their lives forever!!

Director's Corner

From Bonnie Gould, CCR&R Director



Building relationships through coffee and conversations!

Our sessions help Early Childhood Administrators build relationships, share ideas, and receive updated DCDEE information. Our Craven Smart Start TA Specialists will present topics related to Early Childhood, COVID-19, Environmental Rating Scales and be available to answer any questions you may have during all sessions. Please join us for an hour of coffee & conversation!!

The zoom link for the Child Care Center Directors and Family Child Care Home Providers will be included in the email sent to you prior to each meeting!

Email me at bonnie@cravensmartstart.org if you have any questions or call me at 252-447-0825.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader"

—John Quincy Adams



Conversations with Child Care Center Directors & Family Child Care Home Providers !

*We will be holding only one session per- month beginning January 2021

January 2021 Dates:

CENTER DIRECTORS:
Thursday January 21st
6:00 -7:00 PM

FAMILY CHILD CARE HOME PROVIDERS:
Thursday January 21st
7:15 -8:15 PM

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 January

*It's SIDS with Sandra Arasim

Monday January 11th, 2021

6:30PM-8:30PM

*Sanitation and Disease Prevention with Courtney Cartwright

Tuesday January 12th, 2021

6:30PM-8:30PM

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

Saturday January 16th, 2021

8:00AM-1:00PM

*Playground Safety with Kelly Shaw

Tuesday January 19th, 2021

6:30PM-8:00PM

*Getting Started Improving Quality with the ITERS-R with Sandra Arasim

Monday January 25th, 2021

6:30PM-8:30PM

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

Tuesday January 26th, 2021

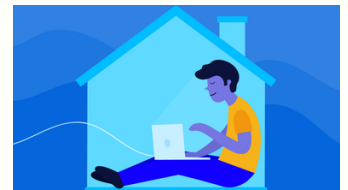
6:30PM-8:30PM

*Grief and Loss in Young Children: Helping Young Children Cope with Sonia Sumner

Thursday January 28th, 2021

6:30PM-8:30PM

To register for a training, please RSVP to venus@cravensmartstart.onmicrosoft.com and more information will be sent regarding the online training.



Reminders from Craven Smart Start

Supplies Drive for Our Child Care Providers

Craven Smart Start is still a drop off site for items that our local childcare community needs. We are still collecting items such as masks, gloves, bleach, hand sanitizer, toilet paper, diapers, baby wipes, paper towels, and cleaning/sanitizing products. If you are a childcare provider in need of any of these items, or would like to donate any items to our providers, please contact our Executive Director, Patricia Morrow at 252-626-5412



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.

COVID-19 Updates

Here are some COVID-19 updates:

- Indoor mass gathering limit has been lowered to 10.
- Executive Order 181 goes into effect on Friday, December 11, 2020 and runs through Friday, January 8, 2021
 - The order implements a modified stay at home order and requires nighttime closure for certain businesses and activities for all North Carolinians during overnight hours (10PM-5AM)
- Updated COVID-19 Guidance for Child Care Programs (Dec. 10th, 2020):
 - <https://files.nc.gov/covid/documents/childcare/NC-Interim-Guidance-for-Child-Care-Settings.pdf>
 - Revised requirement for face coverings for ALL children ages 5 or older, unless an exception applies (Pages 7 and 12)

If you leave home, know your Ws!



Important Reminder for Child Care Facilities

~Wearing A Mask~

- Who are **Required** to wear a mask?
 - All workers, all adults, and school-aged children five years or older (kindergarten and up) on site wear a face covering when they are or may be within six feet of another person.
- What kind of mask is acceptable?
 - In child care settings Face Cloth Coverings can be used. These are not surgical masks, respirators (N-95), or other medical personal protective equipment.
- How should Face Cloth Coverings be worn?



- Children's books available to use to teach about wearing a mask.
 - Lucy's Mask by Lisa Sirkis Thompson
 - A Little Spot Wears a Mask by Diane Aber
- We Wear Masks – A Social Story about the coronavirus
 - https://www.youtube.com/watch?v=lnP-uMn6q_U

For more information or other Health and Safety guidance please contact Courtney Cartwright at courtney@cravensmartstart.org



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.