

FEBRUARY 2021

# CCR&R Parent/Provider Newsletter

-February 2021-



**SAVE THE DATE!!!**

**15th Annual Building Brighter Futures Conference**  
**Gone Virtual**

**Saturday, March 20th 8:30AM-3:30PM**



**JOIN US FOR OUR 15<sup>TH</sup>  
ANNUAL BUILDING  
BRIGHTER FUTURES  
CONFERENCE**

**SATURDAY, MARCH 20<sup>TH</sup> FROM 8:30-3:30**

**RESILIENCY AND BEYOND**

**Featuring Our Keynote Presenter: Tanya Dennis**

All registration forms need to be submitted to Venus Miller at [Venus@cravensmartstart.org](mailto:Venus@cravensmartstart.org). Registration ends on March 12, 2021.

All giveaway items and raffles will need to be picked up at Craven Smart Start at 2111-F Neuse Blvd. New Bern, NC 28560. All items will need to be signed for by the participant. Items can be picked up on Friday, March 26th from 4:00- 8:00 p.m. or Saturday, March 27th from 10:00 a.m. - 6:00 p.m. Please plan accordingly.

**This year's  
conference is  
FREE!**

**Raffles and  
Giveaways**

**Fun, Invigorating  
and Entertaining**

**.5 CEU Credit  
Hours**

**Only 200 Spaces  
Available**

**GRAVEN SMART START:  
CHILD CARE RESOURCE  
& REFERRAL**

2111-F Neuse Blvd.  
New Bern, NC 28560

252-636-3198

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

# From the Desk of the Parent/Provider Specialist

## Bianca Salinas

### February is National Children's Dental Health Month

The 2021 slogan for National Children's Dental Health Month, which is celebrated every February, is "Water: Nature's Drink."

**\*Quick Fact\***: According to the Office of the Surgeon General, more than 51 million school hours are lost each year to dental-related conditions.

## QUALITY CONNECTIONS

### Dental Health

#### Did You Know?

- ◆ By age 2 most children will have 20 primary (baby) teeth. They will have 10 in the upper jaw and 10 in the lower jaw. Children start losing their baby teeth sometime between ages 5 and 7. The first teeth that will usually fall out are the front teeth on the bottom. Children will not lose all of their baby teeth until they are 12 to 14 years old.
- ◆ Fluoride was first discovered in water. It is the 13th most common ingredient in the earth's crust.
- ◆ Fluoride fights cavities in two ways:
  - When children drink water with fluoride, it becomes part of the adult teeth that are growing in their jaws. This makes teeth strong.
  - When children brush with toothpaste with fluoride or have fluoride put on their teeth at a dental office, the fluoride soaks into the outer layers of teeth. This makes the outer layers of the teeth strong. It also makes it hard for the germs that cause tooth decay to make acids that break down tooth surfaces.
- ◆ Tooth decay is the most common chronic childhood disease. It hurts and affects a child's ability to talk, eat, learn, play, sleep, and smile. Fortunately, tooth decay in children is also preventable. Stopping tooth decay is as easy as 1, 2, 3!
  1. Brush children's teeth with fluoride toothpaste twice a day.
  2. Take children to the dentist for a check-up by their first birthday.
  3. Don't give very young children juice and other sugary drinks.
- ◆ According to Dr. Frank Courts, DDS, PhD, a pediatric dentist in Rocky Mount, NC, a dental visit by age one is vital not only for a child's healthy smile, but also for hitting important developmental and growth milestones. "Healthy baby teeth are the first and most important step to a healthy adult mouth! Dental cavities that start before the age of two have the potential to cause:
  - Acute Pain
  - Chronic Discomfort
  - Poor Nutrition
  - Reduced Learning & School Performance
  - Life-threatening infections."Early access to oral health care has shown to dramatically increase oral health in 4 to 5 year olds as well as reduce the need for extractions and fillings. Finding oral health services for your child by age one will go a long way toward having a healthy and happy child with a beautiful smile.



#### Dental Health Children's Books

- Brush, Brush, Brush  
by: Alicia Padron
- Brushing Teeth  
by: Mari Schuh
- The Tooth Book  
by: Dr. Seuss
- Let's Meet a Dentist  
by: Bridget Heos
- Bear's Loose Tooth  
by: Karma Wilson
- Just Going to the Dentist  
by: Mercer Mayer
- Brush, Floss, & Rinse  
by: Amanda Doering  
Tourville
- Ready, Set, Brush!  
by: Che Rudko &  
Sesame Street
- Brush Your Teeth Please  
by: Jean Pidgeon
- The Tooth Book: A Guide to Healthy  
Teeth & Gums by: Edward  
Miller



#### FOR MORE INFORMATION

For more information on healthy oral care, check out the Tooth Talk website at:

[www.toothtalk.org](http://www.toothtalk.org)

# Things Going On in February

## February 14th- Valentine's Day

Valentine's Day is a day to show love to those you care about. When talking to children about Valentine's Day a good way to explain it is that love comes in many forms, not just the kind shared between parents. Love between friends, love between family members, even love towards your pets!

Here are some Valentine activities that are perfect to do at home, together!

- Valentine's Day Card



- Bee Mine Heart Craft



- Heart Wreath



\*Supplies Needed: Colored Paper, Scissors, Marker or Crayon(s) and a paper plate (if doing the wreath activity)

\*Please remember that ages \_\_\_\_ will need assistance with scissors.



## Other Special Days in February

- February 4th: National Sweater Day  
Wear your favorite sweater (even if you are just staying at home!)
- February 5th: Wear Red Day  
National Wear Red Day is a day in February when many people wear red to show their support for the awareness of heart disease. Wear something that is the color red. It could be a shirt, a pair of shoes, maybe even a hat!
- February 6th: National Play Outside Day  
If weather permits, go outside and play your favorite outside game! Or even just take a walk around your neighborhood or go for a jog.
- February 9th: National Pizza Day  
Have a pizza delivered to your house, go and pick one up through a drive through, or even make one at home. Customize it to your liking! Pepperoni, beef, chicken, extra cheese, yummy!  
Visit <https://www.thursdaynightpizza.com/how-to-make-pizza-with-kids/> to see how to make a customizable pizza at home with your family!
- February 16th: International Pancake Day  
Order some pancakes to go from a local restaurant, or even try making some at home. Add blueberries, chocolate chips, whatever your heart desires!

## From the Desk of the CCR&R Director Virtual Training Reminders and Coffee & Conversation Dates

Please read through the Craven Smart Start Training Policies attached to the Training Calendar you receive each month. This document will help guide you as you register for trainings. Remember that our training registration closes 48 business hours prior to the training event, so please register early to ensure your space.

Trainings are still FREE during this time. If you have registered and are unable to attend the training, you will need to notify Venus Miller. We will be unable to substitute participants.

Please login to the training 5-10 minutes prior to the start of the training.

If you are more than 15 minutes late, you will be unable to attend the training and must register for the class the next time it is offered.

Please do not share a computer/ phone screen with other participants.

**Please remember that zoom links may not be shared with anyone.** Participants will be unable to receive their certificate if the training zoom link had been shared with anyone prior to the training event.

Each participant must register through **Venus@cravensmartstart.org** and must complete all the paperwork prior to the training event.

Please email me at **bonnie@cravensmartstart.org** should you have any questions.

Bonnie Gould  
CCR&R Director



***Building relationships through coffee  
and conversations!***



Coffee and Conversation

February 18, 2021

Child Care Center Directors 1:00-2:00 PM

Family Child Care Providers 7:00 - 8:00 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 February

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

Monday, February 1, 2021

6:30PM-8:30PM

\*What Every Baby Needs with Sandra Arasim

Monday, February 8, 2021

6:30PM-8:30PM

\*Beyond Band-aids with Courtney Cartwright

Tuesday, February 9, 2021

6:30PM-8:30PM

\*NC Foundations for Early Learning and Development with Tammy Cullom

Monday, February 22 AND Monday, March 1, 2021

6:30PM-9:00PM

**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.**

# 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 a parent who provides necessary services to, or cares for, members of our communities and your child care has fallen through or is unavailable because of COVID-19 closures, call 1-888-600-1685 to be connected with the right fit for you and your child. At this time, representatives are available to assist you on weekdays between 8 a.m. – 5 p.m. EST.

- Care options are for parents whose typical child care arrangements are unavailable due to school or child care closings and who cannot access other care.
- Options are available for infants up to children age 12.

Si usted es un padre que brinda los servicios necesarios a los miembros de nuestras comunidades o se preocupa por ellos, y su cuidado de niños no se cumplió o no está disponible debido al cierre de COVID-19, llame al 1-888-600-1685 para comunicarse con el apto para usted y su hijo. En este momento, los representantes están disponibles para ayudarlo entre semana de 8 a.m. a 5 p.m. EST.

- Hay opciones para bebés hasta los niños de 12 años

# 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.



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES



North Carolina Department of  
**PUBLIC INSTRUCTION**



# 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**
- 

## **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.