

CCR&R Parent/Provider Newsletter -December 2021-



Holiday Hustle! Saturday, December 11, 2021

This year Craven Smart Starts Holiday Hustle will be held both in-person and virtually! We are excited to host this event in person, at Union Point Park in New Bern. Registration is open, and you can register [here](#), and find more information on how to run the races virtually! We hope to see you there!



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Dolly Parton's Imagination Library

During this gift-giving season, why not give a gift that will last a lifetime? Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth to age five. Studies indicate that developing good reading skills and habits at an early age can translate directly into achieving greater success in life. Reading every day to your child can have significant benefits for them; they will read better, think better, imagine more richly, and become a passionate and lifelong reader. Even if only for 15 minutes a day, your child will definitely enjoy it. Click the picture below to register for Dolly Parton's Imagination Library or to find out more information.



"The single most significant factor influencing a child's early educational success is an introduction to books and being read to at home prior to beginning school."

-National Commission on Reading

A Big Welcome to our second Healthy Social Behavior Specialist!

Dr. J. Joshua Byrd, Ph.D.

Hi! I am Dr. J. Joshua Byrd, Ph.D. and I am excited to join the CCR&R team at Craven Smart Start as a Healthy Social Behavioral Specialist. My education experiences from the University of Mount Olive and the University of Nebraska-Lincoln are in Early Childhood Education (B.S.), Child, Youth, and Family Studies (M.S.) and Human Sciences with a specialization in child development (Ph.D.). I have extensive experience in working with children, families, and teachers through research, program evaluation, and holding a Master Teacher position in an ECE program. My family and I are originally from Newport and are happy to be home in Eastern NC.



From the Desk of the Parent/Provider Specialist Bianca Salinas



Toys for Tots

Reminder: there is still time to donate toys for our Toys for Tots drive! We are collecting toys until December 14th! Feel free to drop off your new and unwrapped toys at our office. We are open Monday-Friday 8 AM-5 PM.



Canned Food Drive Update

We are happy to say that we have collected several boxes of canned and non-perishable goods to donate to the Religious Community Services (RCS). We delivered all donations on November 23rd. A big thank you to all who donated.



Activities to do with Your Children

*National Play Outside Day- December 4th

- If weather permits, play outside! Hide & seek, soccer, tag; there are so many different games to play

*National Cupcake Day- December 15th

- Eat your favorite kind of cupcake together. Maybe even try baking and decorating some cupcakes together

*Christmas Eve- December 24th

- You and your child(ren) could make a Holiday themed placemat together

*Christmas Day- December 25th

- Read a favorite Holiday book together



Craven Smart Start Office Updates



CCR&R Director- Bonnie Gould

Paying It Forward

Have you ever been the recipient of someone's generosity? It may be that someone paid for the items you're holding while waiting in line at the grocery store, or perhaps, your fast-food meal was paid for by the person in the car in front of you. Generosity doesn't just stop there. People all over Craven County can be fed by the generosity of others willing to organize a can-food drive and donate what they collect to the local food kitchen. During the Christmas Season, many families will struggle to purchase toys and books for their children. Through the help of generous people like you in our community, these families won't have to struggle. We will be a Toys for Tots Donation location starting December 1st and will be collecting toys until December 14th. We ask that you stop by and donate a new, unwrapped toy, truck, doll, or any item a child would enjoy! I believe that together we can pay it forward to the families in our community and make a difference in the lives of young children.

May you and your family find peace, joy, and happiness during this Christmas Season.

Blessings,

Bonnie Gould
CCR&R Director



Office Reminders

Craven Smart Start office will be closed December 23-24th, December 27th, and December 31st for the Holidays.



Looking for Child Care? We Can Help!

*If you are looking for child care, our Parent/Provider Specialist can help! Please feel free to call Bianca Salinas at 252-672-5921 (Craven Smart Start office) or 1-888-600-1685 (Find Child Care NC Hotline). The specialist is available Monday- Friday from 8 AM-5 PM and speaks Spanish and is available to help Spanish-speaking families in need of child care.



TA Quick Quality Tips From Craven Smart Start/CCR&R Staff

**Quality Enhancement Specialist & School Age Specialist- Tammy Cullom
(252-635-8242)**



Are You a Lawnmower Parent?

You may have heard about a Helicopter Parent who is always hovering and getting involved in their child's "business". A Lawnmower parent moves things around so there is nothing in their child's way. For example, if a young child forgets to bring his show and tell or an older child forgets her clarinet, a Lawnmower Parent would drop everything and take the item to school. In that case, the parent does not want to child to miss out, so the parent solves the problem.

Lawnmower Parents love their children and their actions are meant as expressions of love but think about it this way. By moving everything out of your child's way, you are not allowing your child to experience the consequences of his actions. If you told your child to remember his show and tell, he will have to deal with the consequences of not being able to share it that day. He can share the next day or wait until his next turn.

Neither of the consequences the child faced for leaving the item at home is a serious repercussion. As adults, we deal with consequences all the time. One major goal of parenting is to help your child grow into an independent adult. The only way a child can learn is by experiencing consequences and figuring out what he will do as a result of the situation. Allowing that to happen is tough but necessary and a real display of love.

Source: NBC News

Quality Enhancement Specialist - Courtney Cartwright

Cleaning and Sanitizing



As we enter into the cold and flu season the importance of cleaning and sanitizing high traffic areas becomes even more important. Sometimes in child care, we use the terms "cleaning", "sanitizing", and "disinfecting" interchangeably; however, they mean very different things. We should all be aware of these differences and how to apply the appropriate techniques for the individual circumstances.

Cleaning - Cleaning involves scrubbing, washing, and rinsing to remove invisible soil and debris. The cleaning solution used is made up of detergent and water.

Sanitizing - Sanitizing is covering the cleaned area with a sanitizing solution such as bleach and water. The best practice is to leave the sanitizing solution on the surface for a minimum of 2 minutes before wiping it dry. You can also leave the area to air dry. The guideline for creating a sanitizing solution is 2 1/2 tablespoons of bleach per gallon of water or 1/2 a tablespoon of bleach per quart of water. The recommended label is Sanitizer.

Disinfecting - Disinfecting is covering an already clean area with a disinfecting agent that is non-toxic for children, such as a stronger bleach and water solution. The best practice is to leave the disinfecting solution on the surface for a minimum of 2 minutes for wiping it dry. You can also leave the area to air dry. The guideline for creating a disinfecting solution is 3 1/2 tablespoons per gallon of water or 2 1/2 tablespoons of bleach per quart of water. The recommended label is Disinfectant.

Areas should be disinfected if being used for diapering/toileting or if the area has come in contact with bodily fluids.

Cleaning, Sanitizing, and Disinfecting cannot be done at the same time. Clean, Rinse, then Sanitize or Disinfect to reduce the spread of germs.

The ratios mentioned above for mixing bleach and water are for bleaches that are 6.00% sodium hypochlorite

TA Quick Quality Tips From Craven Smart Start/CCR&R Staff

Program Assistant- Venus Miller

Great Books for Reading this Holiday Season



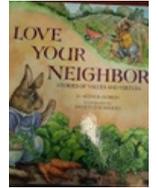
The Wild Toggan Ride

The last toboggan ride of the day becomes an adventure through town for Nicki, Grandpa Dan, and some very surprised passengers.



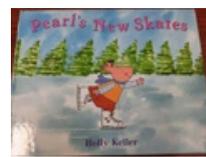
Love Your Neighbor

Stories of values and virtues, featuring animal characters and lessons about life.



Pearls' New Skates

Pearl's birthday skates have a single blade and learning to use them is harder than she expects. Pearl has new skates. They are real skates (not double runners), and she can't wait to try them. Pearl inches out onto the frozen pond. But instead of twirling, she topples. Instead of spinning, she falls -- splaaat! Pearl has new skates. They are shiny white with red tassels, and she loves them. Will Pearl ever skate in real life the way she skates in her dreams?



Infant-Toddler Specialist- Sandra Arasim (914-589-1886)



With the traditional "Holiday Season" coming up, we as early childhood educators can take this opportunity to develop our own Anti-bias Holiday Policies. Through thoughtful reflection with each other and the families we serve, we can strive to embrace diversity of every kind; and build holiday policies that enrich learning and acceptance, starting with our very youngest children.

The question is not "Can we celebrate Christmas?" The questions we need to ask ourselves are: How can we recognize Christmas, or any other policy, and provide learning opportunities for our children? Are we displaying symbols that might be offensive to some of our families? Are we missing opportunities to recognize important holidays and traditions that any of our children celebrate? Even children that celebrate the same holiday, may have rich and differing family traditions. Are we providing avenues for our families to share experiences?

These questions require thoughtful and respectful conversations with our families. The most important question about holidays and any educational goal is "How does this make our children feel?" If we recognize holidays with inclusive eyes and objective reasoning, we should be able to include any celebration we choose. The tricky part is being sure we are not expecting children to celebrate a holiday that they otherwise would not.

Holiday celebrations should occur year-round. We must work with our families and research opportunities to teach our children about the world in age-appropriate ways. We can also include celebrations that are specifically designed to be shared by our programs and/or our classrooms. For example, the 100th day of school, the first snowfall of the year, the first day we spot a caterpillar on the playground.

For today, let's focus on thoughtful holiday policies; and promoting social-emotional development for the children in our care. One approach to avoid alienating individuals and families is the "No Holiday Policy." To that we say, BAH HUMBUG!!! There are thousands of human conditions to celebrate! We simply need to be mindful in our approach. Rather than having fewer celebrations, let's look for reasons to celebrate every day. Let's teach our children joy, love, and acceptance. That would be something to celebrate indeed!

TA Quick Quality Tips From Craven Smart Start/CCR&R Staff



Healthy Social Behavior Specialist– Sonia Sumner (252–876–1645)

Reconnecting with Families

We tend to see bullying more in the bigger schools because it's brought to our attention more often but there is bullying in preschool as well. It may be harder to recognize because it can look like teasing or the children may lack the communication skills to speak up for themselves when they are being bullied. A bully is defined as a person who constantly looks to harm or intimidate those they think are vulnerable. This is different from teasing because teasing is when a person provokes or makes fun of someone in a playful way. Bullying is meant to be an aggressive action that is regularly targeted at a certain person.

What it looks like:

- A toddler biting only the same child every time.
- Preschoolers who tell another child that no one will play with them or be their friend if they don't do what they say. This is considered being a verbal bully.

What you can do to address it:

- Create a "School Family" vibe for your classroom that is welcoming and allows children to feel safe is key. There are a lot of resources that can help you teach them about respect, empathy, and how to embrace diversity. A couple of examples are a Kindness Recorder or Mediator as classroom jobs.
- Teaching children about how to self-regulate their emotions will help bullies learn how to calm their angry feels but also give the child who is being bullied the social-emotional skill to stand up for themselves in a positive way.

If you would like to know more on how to create a school family, contact your local HSB Specialist.

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Quality Enhancement Specialist/Professional Development Coordinator – Kelly Shaw



Stuck Indoors? Children can Exercise More!

When the weather outside is not cooperating with outdoor play, it is possible to bring the outdoor play inside! There are hundreds of activities that can be completed indoors to help children get all of those wiggles out.

Do you know what is even better? Many of these activities can be created with basic household items! Do you have extra socks in a sock drawer? An empty laundry basket? Maybe you have a roll of tape...

All of these items can help create a fun, safe, and active indoor environment. Here are some ideas:

- Play basketball with socks into the laundry basket.
- Use tape to make patterns on the floor and practice balance.
- Use a broom and chairs to create a limbo game.

There are many ways to create fun, active indoor activities. Go to <http://www.beactivekids.org/resources/handouts> for more ideas!

Training Information Craven Smart Start

Training Reminders

*Remember that our Thinkific platform is available for you to do online trainings at your own pace. To access our Thinkific platform, you can go to www.cravensmartstart.org and click on the e-learning tab; or, you can access the platform at <https://cravensmartstart.thinkific.com/>. Please reach out to the Quality Enhancement Team if you have any questions! (Kelly Shaw, Quality Enhancement Coordinator/Professional Development)



To register for a training, please RSVP to venus@cravensmartstart.onmicrosoft.com and more information will be sent regarding the online training. All trainings listed below are \$8.00 for lending library members and \$10 for non-members unless otherwise stated.

Online Zoom Training's in December

*Emergency Preparedness and Response

Presenter: Courtney Cartwright

Thursday, December 2nd, 2021

6:30 PM-9:00 PM

*Basic School-Age Care

Presenter: Tammy Cullom

Monday, December 6th AND Monday, December 13th, 2021

6:30 PM-9:00 PM

*Self-Care for FCCH Providers

Presenter: Kelly Shaw

Tuesday, December 7th, 2021

6:30 PM-8:30 PM

*Grief and Loss in Young Children: Helping Young Children Cope

Presenter: Sonia Sumner

Thursday, December 9th, 2021

6:30 PM-8:30 PM

*It's SIDS: Infant/Toddler Safe Sleep and SIDS Reduction in Child Care

Presenter: Tammy Cullom

Monday, December 14th, 2021

6:30 PM-8:30 PM

Upcoming Local Events

- Pancakes for PIE (Partner's in Education)
 - December 4th
 - 7 AM - 10 AM
 - At Morgan's Tavern & Grill
 - Daniel Rhyne, PIE President, explains, "This event is an excellent opportunity for our community to show their support for Craven County Schools. Morgan's generously donates all proceeds from Pancakes for PIE to fund grant programs in Craven County Schools. The Morgan's staff, along with PIE volunteers, will be dressed in Christmas-themed sweaters and Santa caps to greet and serve you."
 - For more information click [here](#)



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- 2021 New Bern/Jaycees Christmas Parade
 - December 4th
 - 3 PM-6 PM
 - Downtown New Bern
 - For more information click [here](#)



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- 37th Annual Coastal Christmas Flotilla
 - December 4th
 - 5:30 PM- 7 PM
 - Downtown New Bern
 - For more information click [here](#)



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.