

CCR&R Parent/Provider Newsletter -February 2022-



**Don't Forget to Mark Your Calendars for
March 19th, 2022 for our
Building Brighter Futures Conference!
Register Now!!!!**

We are excited to announce that we will be hosting our 16th Annual Building Brighter Future's Conference on Saturday, March 19, 2022.

This year, we will be discussing Challenging Behaviors which will be hosted by the state's Healthy Social Behavior Team. We are looking forward to the abundance of knowledge that the group will bring.

This year, the conference will once again be held virtually. Sign-up began in January. However, early birds get the worm with our Early Bird enrollment cost.

This year, the Early Bird cost will be \$15. After February 25, 2022, the cost will go up to \$25.

We look forward to seeing you there!



**-Kelly Shaw
Quality Enhancement Specialist/Professional Development
Coordinator**



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Craven Smart Start Receives Wonderful Donation from Local Business

Recently, Craven Smart Start received a wonderful donation of children's chairs and footrests. These items were made by Teddy Bear Workshop, located here in New Bern. The people listed below are all with Teddy Bear Workshop and they help create these beautiful chairs and footrests:

- Ida Straley
- Paul Bullard
- Richard Knazek
- George Delaney
- Chip Marchetti
- George Brake
- Vince Fragnito
- Molly Knazek (paints the teddy bears faces)

Teddy Bear Workshop
New Bern, North Carolina



Email: Molly-richard@hotmail.com

The lumber to make these items is donated by Warmack Lumber Company in Cove City, NC.

If you would like to purchase one of these chairs please feel free to contact 252-634-1769 or email Molly_richard@hotmail.com



From the Desk of the Parent/Provider Specialist Bianca Salinas

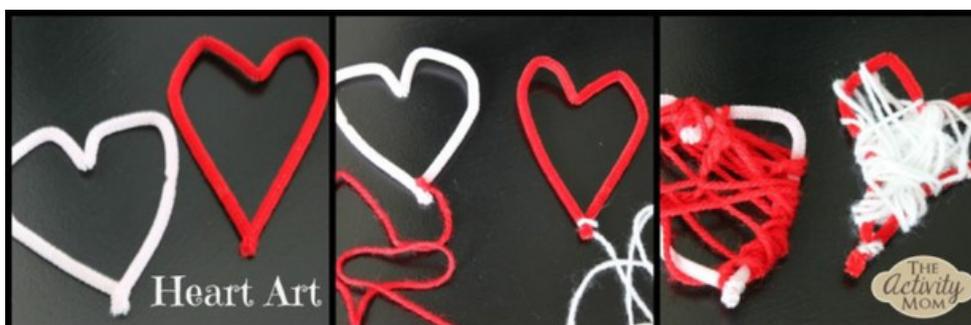


Valentine's Day is Monday, February 14th.

Who doesn't love doing Valentine's Day-themed crafts and activities with their children? Doing activities can be enjoyed by both children and adults! Below are two Valentine's Day themed activities that help with fine motor skills, so your children can learn while having fun!

*Heart Art

Building hand strength and practicing grasping are both part of fine motor skills. For this craft, you will need a pipe cleaner made into a heart shape with a string tied on the end. Then, ask your child to wrap the string around the heart any way they want.



*Heart Lacing

This activity is really easy to set up and children of all ages can participate. Punch holes in foam heart stickers and put out pipe cleaners (or string for older children) and let them lace. Whether they are making a bracelet or just lacing onto the pipe cleaner, this activity is great for fine motor skill development.



For more activities that help with fine motor development, please visit:
<https://activity-mom.com/2019/01/15-valentines-day-fine-motor-activities/>

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.



CCR&R Director Updates- Bonnie Gould



COVID-19 Numbers and Technical Assistance

With the Covid -19 numbers on the rise again, for the safety of your staff, children, and our Technical Assistance Team, we will not do face-to-face TA until further notice. Our Executive Director will be monitoring the Covid -19 situation closely and will let our TA Team know when we can be back out in the facilities. Until then, our TA Team will still provide technical assistance through phone calls, emails, iPad, and zoom meetings. Our office is still open and available to providers and families by appointment. We will notify all our providers should the increase of Covid-19 cases cause our office to close and work remotely from home. Please call our office with any questions you may have regarding Technical Assistance or our Lending Library. You can reach us at 252-672-5921 EXT 32. Thank you for your patience during this difficult time. We hope that you and your families are all doing well. We will get through this together!!

Sincerely,
Bonnie Gould
CCR&R Director

12 Steps To Self Care

1. If it feels wrong, don't do it
2. Say "exactly" what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say "No"
8. Don't be afraid to say "Yes"
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama & negativity
12. LOVE

LIVE LOVE FRUIT

The graphic features a list of 12 self-care steps overlaid on a background image of a waterfall in a forest. The text is white and bold. In the bottom right corner, there is a logo for 'LIVE LOVE FRUIT' which consists of a stylized heart shape containing several small fruit icons.

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



Quality Enhancement Specialist – Courtney Cartwright

Modified ERS & Rated License Assessment

Beginning January 1, 2022, the Division of Child Development opened the Modified Environmental Rating Scales Assessment for all licensed child care facilities. This is a voluntary process and if a facility chooses not to apply their star rating will continue to remain in a “hold harmless” state. However, if facilities would like to participate in this assessment process you will need to submit your request to your child care consultant by 5 pm on March 15, 2022. The assessment is broken down into three parts: the Reflective Self-study, the On-site Observation, and the Post Observation Interview, You can learn more information about these parts below. After all three parts have been completed NC-RLAP will create a modified report which will include an average score that will be valid for three years.

- Reflective Self-Study: Teaching staff in each classroom complete a 4-week self-study packet for their scale (ITERS-R, ECERS-R, SACERS-U) prior to the assessment. This packet covers the ERS subscales that will not be observed during the modified assessment: personal care routines, language, and interactions, program structure.
- On-site Observations: NC-RLAP assessor completes a modified on-site assessment observing subscales related to space/furnishing and activities in the classroom for 30-45 minutes while children are outside or in another space. No observation of teaching staff or children will be made.
- Post Observation Interview: A face-to-face meeting, virtual meeting, or telephone conference is set up with center staff participating in modified ERS to conduct a follow-up interview.

Just a few other pieces of information about this process. It is voluntary, and if the ERS score results in a decrease in the star rating, the facility may withdraw their rated license application and stay in the hold harmless state and maintain their current star rating until six months after the Governor rescinds the COVID State of Emergency. If your facility requires multiple assessments, all can be completed on the same day. Lastly, if you do not participate in this assessment process, NC-RLAP will resume full ERS assessments for requests made **AFTER** March 15, 2022.

If you have any other questions, please don't hesitate to contact Courtney Cartwright, Kelly Shaw, or Tammy Cullom.

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



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

Why It's Important To Give Children Choices Throughout The Day.

All-day long children are being told what to do. At home, they are told what to eat, wear, and when to sleep. Even at school, they are on a daily schedule. Although, we know schedules are important, allowing children to make some choices throughout the day will help prevent power struggles. Power struggles happen when teachers work to gain control to keep children safe and children work to gain power in the ability to do something they favor. When building choice-making opportunities into the school day, consider the following:

Balance of teacher-directed and child-directed · Teacher-directed choices are needed to teach routine and expectations. It's when the teacher decides what happens next. For example, "First we are doing art then we will have music and movement." · Child-directed choices are needed to teach personal preferences. It's where the teacher asks the child what they want to do. For example, "Would you like to use paint or crayons to create a picture?"

- Honoring the individuality of the child
 - Children may have a hard time making choices if they do not make them regularly. Having a relationship with each child will help you be supportive through this learning process because you will know what they like and dislike.
 - Offering the best choices is based on each individual child. Understand what works for one child may not work for another.
- Offering choices throughout the day ·
 - Choices can be offered throughout the day and can be something as simple as allowing children to choose which center they play in, which buddy they sit next to during snack, or which line-up activity they do as they transition to outside. Look at your schedule and see where you are offering child-directed choice-making chances. If none, start with circle time, lunch, and centers.

Healthy Social Behavior Specialist– Dr. J. Joshua Byrd, Ph. D.



Building Social-Emotional Vocabulary.

Consistent, predictable routines go a long way in helping children and caregivers maintain a sense of normalcy and comfort. Beginning in the earliest years, regular, predictable activities help children build positive relationships with caregivers, develop a sense of belonging and independence, and promote healthy expression of emotions. When we—children and adults—have an idea of what we are doing throughout the day, we are more easily prepared to adjust to changes that may arise. By following a schedule, it is easier for children to deal with difficult feelings they have when it is time to do an activity they do not want to do or when it is time to stop an activity they enjoy. Creating and following a routine can be simple. Begin by breaking down the daily tasks you already do and assigning them to times or blocks of the day. From the time children wake up until they go to bed or when they enter and leave your program, they should have an idea of (1) what they should be doing and (2) what they will be doing next. It is a good idea to review the routine with the children each morning, even if they are familiar with the established schedule. Providing advanced notice of transition with visual aids will prepare children to move from one activity to the next, and remember to provide positive, descriptive feedback when children try to follow the routine.

For more information on the importance of routines, visit <https://eclkc.ohs.acf.hhs.gov/about-us/article/importance-schedules-routines>

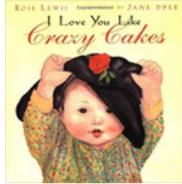
TA Quick Quality Tips From Craven Smart Start/CCR&R Staff

Program Assistant- Venus Miller



Great Books to Read in February

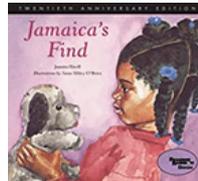
I Love You like Crazy Cakes- This story of a woman who travels to China to adopt a baby girl, based on the author's own experiences, is a celebration of the love and joy a baby brings into the home. Full color.



Big Cats- This book discusses the physical description, habits, behavior, and future of such big cats as lions, tigers, leopards, and cheetahs, using numerous pictures.



Jamaica's Find- Jamaica finds a stuffed dog at the playground and after taking him home without trying to find the owner discovers her conscience as well. Jamaica's honest and appealing character inspired five more books, each about a childhood ethical dilemma.



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



Celebrate February with the Family

February is the shortest month but it is full of holidays and events to celebrate with your family. Pick one or two days to have family activity time. Here are some familiar February days to celebrate and a few that may be new to you!

*February 4- Rosa Parks Day

Read a book or internet story about Rosa Parks on her February 4th birthday. Find out why she is famous. How did her actions make a difference?

*February 11- National Inventor's Day

Which inventor was born on February 11? What were his inventions? What are your favorite inventions? Why?

*February 13th- Super Bowl

When was the first Super Bowl game? Which team won? There is a lot of math in football. Use this as a fun time to learn how to keep score.

*February 24- National Pancake Day

How about having breakfast foods for dinner? Get everyone in the kitchen to help out. Reading the box or recipe and measuring out ingredients are great learning activities.

Enjoy all that this month and all there is to celebrate!

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

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



Three Reasons All Children, Especially our Youngest, Must Play Outside

Our bodies need sunshine to boost our immune and emotional development. We get Vitamin D from sunshine which is essential to strong bone and muscle growth. Sunshine helps our bodies produce healthy natural chemicals in our brains. It aids in essential sleep patterns.

Children benefit immensely from safe exposure to the sun. Sunshine and fresh air, interacting with nature, and opportunities to explore reasonable risks contribute to building children's self-esteem.

Unstructured play supports executive function and socialization skills. Executive functions are problem-solving tools. Planning, imagination, creativity, and manipulating their environments are foundational skills for children that structured activities and supervised sports do not provide. Children need a combination of structure and time for free play. These needs vary from child to child and evolve as children grow. Parents and teachers can figure out what each child needs through observation. Children will show us what they need long before they can tell us with words.

The importance of Exercise is well documented. Although children can exercise indoors, the best exercise is active play. Children need the time and the space to run, jump and climb. By the way, this information is absolutely the same for adults. Our brains and bodies need recharging and open door activities.



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 February

*We are NOT Babysitters: The Importance of Linking Professionalism to Higher Wages

Presenter: Kelly Shaw
Tuesday, February 1st, 2022
6:30 PM-8:30 PM

*Fire Safety

Presenter: New Bern Fire Department
Tuesday, February 8th, 2022
6:30 PM-8:00 PM

1401 Neuse Blvd., New Bern, NC 28560

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

Presenter: Kelly Shaw
Wednesday, February 9th, 2022
6:30 PM-8:30 PM

*CPR/First Aid

Presenter: Courtney Cartwright
Saturday, February 12th, 2022
9:00 AM-1:00 PM

Individual Appointments will be set up for the one-hour CPR practice portion

*Getting Started Improving Quality with the ITERS-R

Presenter: Sandra Arasim
Tuesday, February 15th, 2022
6:30 PM-8:30 PM

*How Are You? How Am I?

Presenter: Sonia Sumner
Tuesday, February 22nd, 2022
6:30 PM-8:30 PM

Upcoming Events

Coastal Community Action Health & Resource Fair

- Friday, February 4th, 2022
- 10 AM- 2 PM
- Will be held at the New Bern Riverfront Convention Center
- FREE
- More than 20 different agencies will be there will great information, including Craven Smart Start, so be sure to stop by our table!



Friday, February 4, 2022

10:00 AM — 2:00 PM

New Bern Riverfront Convention Center
203 S Front Street, New Bern, NC

FREE TO THE PUBLIC

Vendors will include

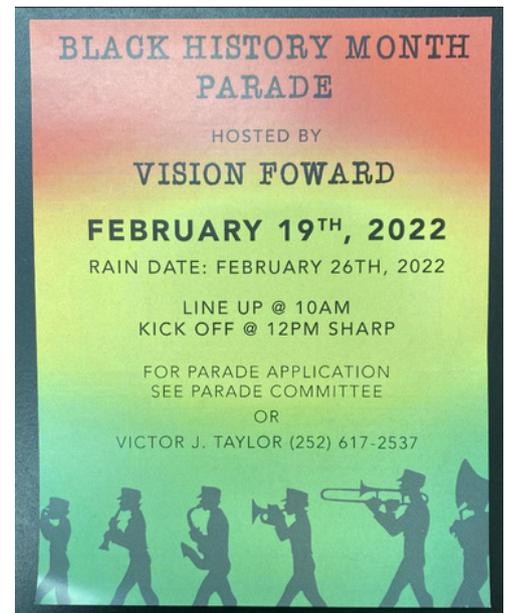
Health Employment Education Wellness

And many more...

For more information contact Angelia Crawley - (252) 223-1655

Black History Month 2022

- Hosted by Vision Forward
- February 19th, 2022 (Rain Date: February 26th)
- Line up starts at 10 a.m. at the corner of Trent Road and First Street. Parade starts at noon and will end at George Street behind the police station. For parade application or more information, contact Victor Taylor at 252-617-2537.



New Bern Mardi Gras 2022

- The historic Ghent Neighborhood in New Bern is hosting its sixth annual New Bern Mardi Gras festival on Saturday, February 26nd from 11 a.m. until 5 p.m. on Spencer Avenue.



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.