

Child Care Resource & Referral (CCR&R) Parent/Provider Newsletter -April 2022-

Child Care Resource & Referral



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From the Desk of the Parent/Provider Specialist

Bianca Salinas



The month of April is full of wonderful child-related celebrations!

April is the Month of the Young Child and National Child Abuse Prevention Month, which are both very important when it comes to young children. Craven Smart Start's mission is "Building Brighter Futures for Young Children", and we believe that recognizing and celebrating these events can help promote the importance of early childhood education.

Month of the Young Child

There are many ways to celebrate young children during this month. You could celebrate your child(ren) by taking time and doing some activities with them including playing outside or doing an art activity together. The month of the Young Child is not only about celebrating children and their families but also celebrating the services and agencies/programs that serve them. Examples of those can be their child care provider, their pediatric doctor, and also their school teacher. Ways you can celebrate them can be to give them a small token of appreciation (a gift), have your child make them a card or draw a picture, or even just saying thank you.



National Child Abuse Prevention Month

This month is a time to raise awareness and empower people across the nation to play a role in helping children, families, and entire communities thrive. Please visit [Prevent Child Abuse North Carolina](#) to see how you can increase your knowledge, skills, and resources to prevent child abuse and neglect. This website has great online trainings for you to take, and also has wonderful resources for you and also to share with others.



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



Important Training Updates for It's SIDS and Emergency Preparedness

It has come to our attention that the state of North Carolina and the North Carolina Child Care Health and Safety Resource Center has placed new guidelines for It's SIDS and Emergency Preparedness.

Beginning April 1, 2022:

- No more than 10 people can attend the training at a time.
- Trainees will be required to fill out and return a training affidavit with the required training rules.
- All trainees must follow the signed affidavit, return all required paperwork, and actively participate during the training to receive their certificate.
- Please click [here](#) for the affidavit. Please bring this completed form when registering for your training.

For It's SIDS, any new trainees who are taking the training for the first time MUST take the training face-to-face. Due to this, we will be hosting one face-to-face training this quarter. This training will be held on Wednesday, April 13, 2022. To attend this face-to-face training, you MUST have your temperature taken and wear a face mask while in the building. There will only be 6 spaces available for face-to-face trainings.

You can also find the affidavit in our training calendar on our website. Click [here](#) to visit.

Reach out to our Technical Assistance Staff or call me at our Craven Smart Start office if you have any questions!

Sincerely,

Bonnie Gould
CCR&R Director
bonnie@cravensmartstart.org

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

Program Assistant- Venus Miller

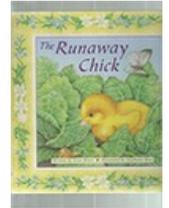


Books in Our Library for April

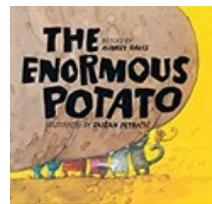
The Itty Bitty Bunny has lots of love to give to others and he shows us friendship and what it means to truly care.



A little chick longed to explore beyond his fence despite of the big bad fox outside.



Folk tales give us hope. They show us that we can succeed in spite of apparent problems. And they entertain. "The Enormous Potato" is one such story that has been around for generations. This story shows what can be accomplished when everyone lends a hand to solve a problem. The Enormous Potato begins with a farmer who plants an eye --- a potato eye. It grows and grows into an enormous potato. Harvest time comes, but the potato is so big that the farmer can't pull it out. So he calls for help, first to his wife, then to their daughter, then to the dog and so on. Energetic illustrations capture the growing determination of the family to free the potato from the soil and the celebratory feast that follows their success.



Quality Enhancement Specialist/ Professional Development Coordinator - Kelly Shaw



Safe Spaces in All Places

Have you ever felt completely overwhelmed? Did you need a moment or a place to clear your head? Life can be full of stress and overwhelming moments. As much as this occurs with adults, it also occurs with children.

A wonderful way to help children regulate their big emotions is to create a safe space. These safe places can be created in classrooms, homes, outdoors, or any other place where a child has a chance to stop and regulate their feelings.

A safe space can be made with pillows, mats, or cushions. It should be a relaxing spot. Some additional items that can be added may be stuffed animals, fidget items, or puppets.

If in a classroom, it is beneficial to have information on feelings including some books. It may also be helpful to include breathing techniques that a child can do independently or you can help them practice.

Remember, it is also important to have visual access to a safe place. Supervision is important, even if a child is taking some time to himself or herself.



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

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



North Carolina Foundations: A Resource for Families and Teachers

North Carolina Foundations for Early Learning and Development is a single document that describes children's development and learning from birth to age five. These guidelines are intended to be the basis of early learning activities, lesson plans, and curriculum. This is a valuable resource for families as well as teachers because it provides indicators that can help track development as well as family-friendly activity examples that caregivers can practice at home as well as in the classroom.

A limited number of copies are available for teachers at our New Bern Craven Smart Start Office. You can also find Foundations on the web at:

https://ncchildcare.ncdhhs.gov/Portals/0/documents/pdf/N/NC_Foundations.pdf

Everyday games and interactions that we may take for granted often provide experiences that are fundamental to the healthy brain development of our children.

As an example, Emotional and Social Development is a learning area. This includes infants displaying some of these behaviors: shows awareness of their bodies (study own hands and feet moving; using hands, mouth, and eyes in coordination to explore their bodies; shows they expect results from their actions (repeat loud noises to gain attention, hit toy over and over to produce sound); and imitate sounds, facial expressions, or gestures they see other people do (peek-a-boo, hands up for "so big").

Check out this heartwarming and wonderful video that demonstrates these concepts - https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five/transcript?language=en

Songs with gestures such as "If you're happy and you know it", "Twinkle, Twinkle Little Star" or "Head Shoulders Knees and Toes" help babies' brains create hundreds of neurological connections. Even more effective, you can get creative and make up your own songs and gestures for activities that you and the infant participate in daily, like bath time or diaper changing. During these crucial developmental opportunities, be sure to make eye contact, exaggerate facial expressions, and incorporate fun sounds.

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

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



Building Resilience in Early Childhood

Living a busy life can be stressful; rushing to get ready for your morning commute and getting your kids ready for school, working two or more jobs, and navigating a sustained global pandemic can be hard for adults and children. The first five years is the most rapid period of development in a child's life. This is the most crucial window for laying the neurological groundwork to help children build resilience. Resilience is the ability to deal with tough situations and to 'bounce back' after dealing with difficulties.

When we have strong emotions—fear, stress, confusion, joy—our kids feel them, too, but prolonged intense stress, also known as toxic stress, may have long-term negative consequences in a child's development. The way children learn to deal with stress highly influences how they will cope with difficulty as adults. In our Healthy Social Behavior coaching, we use the following strategies to promote resilience in the classroom:

- Talk about your feelings. Nobody is immune to stressful days and as a caregiver, you have the opportunity to help children recognize emotions in themselves and others by expressing how you feel. I encourage you to have conversations with young children about how you and they feel. It may start with a simple question, such as, "How are you feeling about what just happened?"
- Be active! Being physically active—dancing, playing running games like hide-and-seek, or jumping—can help release negative energy and promote the release of hormones in the brain that have a relaxing effect.
- Take some deep breaths. Deep breathing and other mindfulness activities are effective at helping slow our mind and body down. This is particularly helpful when in a stressed state. Teaching children to take deep breaths in engaging ways, such as blowing a pinwheel, can be a helpful way to promote self-regulation when they need it the most.

Please remember, it is important to be kind to yourself when adopting these practices. There is no perfect way to practice these skills, but exploring them often will reveal what works for you and the children you care for.

For more information on building resilience, visit <https://theimagineproject.org/>



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 April

*Deep Breathing: A Connection to Calm

Presenter: Sonia Sumner
Monday, April 4th, 2022
6:30 PM-8:30 PM

*Improving Transition Times

Presenter: Tammy Cullom
Tuesday, April 5th, 2022
6:30 PM-8:30 PM

*Getting Started Improving Quality with ECERS-R

Presenter: Kelly Shaw
Tuesday, April 12th, 2022
6:30 PM-8:30 PM

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

Presenter: Sandra Arasim
Wednesday, April 13th, 2022
6:30 PM- 8:30 PM

*Beyond Band-aids

Presenter: Courtney Cartwright
Monday, April 25th, 2022
6:30 PM-8:30 PM

Upcoming Events

Kindergarten Registration is Now Open!

- Please visit <https://www.cravenk12.org/Domain/251> for more information



Kid's Night Out

- Parents, would you like a night out on the town? If so, Kid's Night Out is the solution!
- Friday, April 15th, 6 PM - 10 PM
- Each Kid's Night Out will include a pizza dinner, crafts, and games, plus an opportunity to make new friends. Kids ages 4-12 are welcome to come out and have a blast!
- City Residents: \$20 / Non-City Residents: \$35
- Space is limited, so register today online at <https://newbern.recdesk.com/Community/Program?category=3>
- You can also register in person at the West New Bern Recreation Center



Join us for a **Fun** evening at **Kid's Night Out** on Friday, February 18, 2022, 6pm-10pm
At the West New Bern Recreation Center
1225 Pine Tree Drive

Resident	\$20	Upcoming Kid's Night Out	Friday, April 15 th
Non-Resident	\$35		Friday, November 4 th
			Friday, December 2 nd

Kids ages 4-12 years old are welcome!

Space is limited! Register today online or in person at the West New Bern Recreation Center. Registration ends on Wednesday, February 16th for the February Session.

For more information, contact Shelley Collins at 252.639.2912 or collins@newbernc.gov

Little Tots Jewelry

- The little ones want to have fun too! Bring them to Little Tots Jewelry!
- For children ages 3-5 to be creative, socialize, and have some fun!
- \$5 per month.
- Two Locations
 - West New Bern Recreation Center, April 5th & April 12th
 - Jasper G. Hayes Omega Center, April 7th & April 14
- 11:30 AM - 12:30 PM at both locations
- To register visit <https://newbern.recdesk.com/Community/Program?category=3>

Little Tots Jewelry 3-5 year olds

\$5 Per Month

During the months of April and May on Tuesdays and Thursdays

This program will be for children to come and enjoy making bracelets, headbands, rings, and necklaces.

West New Bern Recreation Center
April 5 & 12
May 3 & 17
11:30am - 12:30pm

Jasper G. Hayes Omega Center
April 7 & 14
May 5 & 19
11:30am - 12:30pm

For more information contact Ashley Parham at 252-639-2913 or parham@newbernc.gov Register at www.NewBernNC.gov or at any recreation facility

Face covering and social distancing guidelines will be encouraged

Friends of the New Bern Library Big Book Sale

- The sale will be held at St. Paul Catholic Church's Family Life Center
- Friday, April 22nd (9 AM to 5 PM), Saturday, April 23rd (9 AM to 5 PM), and Sunday (12 PM to 3 PM).
- Members' only preview sale Thursday, April 21st, 4 PM to 7 PM
- Sunday you can get a whole paper grocery bag full of books for \$5!

BIG BOOKSALE

9:00 - 5:00 FRIDAY & SATURDAY APRIL 22 & 23
SUNDAY 12:00 - 3:00

SAINT PAUL CATHOLIC CHURCH
FAMILY LIFE CENTER
3065 COUNTRY CLUB ROAD

MEMBERS ONLY SALE
THURSDAY APRIL 21 4:00 - 7:00
BECOME A MEMBER AT THE LIBRARY OR AT THE DOOR

FRIENDS OF THE LIBRARY
NEW BERN - CRAVEN COUNTY PUBLIC LIBRARY
friendsnewbern@gmail.com

Child Care Resource & Referral

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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**



CCR&R 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.