

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

Help us give a big warm welcome to **Cassandra Bennett**, Our new Executive Director of Craven Smart Start!



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Cassandra Bennett has returned to eastern North Carolina after years of serving in the education field. She has worked as a teacher, counselor and principal in North Carolina, West Virginia, Aruba, Hawaii and Alaska. Cassandra's first job started with Carteret County schools where she began her career as a kindergarten teacher in Cape Carteret. She later served the communities of Beaufort County, Moore, and Hoke.

In Alaska she served in administrative roles as, Principal and Superintendent with native American tribes. While in Honolulu, Hawaii Cassandra worked for the Hawaii Department of Education serving as an Education Officer for children and families without homes across the seven islands. Also, in Hawaii she served as the headmaster for preschools governed by Kamehameha Schools. She has been recognized as a district superintendent and principal with experience leading staff, guiding academics, and encouraging student growth. She is adept at implementing effective policies and procedures to positively shape the educational environment. Her experience includes program management with deep knowledge of government education programs and data that follows her abilities for turning around struggling schools, improving school ranking and standardized test scores.

Cassandra has a love for learning indicated with degrees from Atlantic Christian College, East Carolina University, Campbell University and the University of Alaska. She is a credentialed Infant specialist with NC-PAIR and was an Active Parenting instructor with Sandhills Mental Health in Moore County. Her love for reaching the needs of people and completion of counseling and pastoral courses allowed her the honor of serving Moore County Hospital as a volunteer chaplain.

Cassandra hopes to write a book about her Alaskan adventures followed by audible books on Amazon. She has a love for interior decorating, landscaping, art and her two Welsh Pembroke corgi's Amos and Andy. Her two sons live in New Bern and Washington and a daughter in Oklahoma. Her grandparent name is Mimi with one grandson in Washington, 2 in Oklahoma and one on the way in September.

We are happy to have her as part of our Craven Smart Start family!

From the Desk of the Parent/Provider Specialist

Bianca Salinas



Sun Safety

Summer time, a time to enjoy the hot weather and play outside or go to beach. While being outside can be fun, we also have to remember to stay safe while being out in the sun. Being exposed to much to the suns ultraviolet rays (UV rays) can lead to skin cancer, skin damage and aging, and eye injury. Below are some ways to stay safe while still having fun in the sun.

Sun Safety: SPF

Choose a "broad-spectrum" sunscreen with at least 15 SPF.

Reapply every two hours or after swimming and sweating.

Sunscreen is not just for sunny days, use it on cloudy days too!

Sun Safety What you wear can protect you

Hats to protect the face, ears and neck

Sunglasses to protect the eyes. Look for youth-sized sunglasses with at least 99% UV protection

Choose cool, comfortable clothing that covers the body for additional protection

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CCR&R Director Updates- Bonnie Gould



Important Training Reminder:

Beginning July 1, 2022, all pre and post paperwork must be completed and emailed to the trainer according to the Craven Smart Start Training Policy. The trainer will discuss the training requirements at the beginning and end of each training to make sure all participants receive this information. If the trainer does not receive all the required paperwork on time, there will be a \$5.00 charge to receive your certificate for that training once the paperwork has been completed. Please review the Training Policy attached to the Training Calendar each month!

Please reach out to me should you have any questions about this addition to the Training Policy.

Always,
Bonnie Gould
CCR&R Director
bonnie@cravensmartstart.org



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

Lending Library Updates & Reminders

We are excited to say that we have been changing up how our Lending Library looks and we will be continuing to make some changes to make it more beautiful and family friendly!

We also would like to remind providers and families that we are still open, Monday-Friday from 8AM-5PM. We do have a play area, which is free; and also we have our Lending Library, which requires a membership to be able to check out cool and educational books and toys. Our Lending Library Membership is \$10.00 for the year and with that membership you are able to check out a maximum of 10 items for up to two weeks at a time.

Please feel free to come in and check out all of the items we have available! We are always rotating our materials so you might see something new every time you come in!



Quality Enhancement Specialist – Courtney Cartwright



Responding to Trauma

Upsetting events can occur in the home, the early care and education setting, and in the world. Strong social connections enable adults and children to respond effectively in an emergency and help them cope with trauma.

Young children are sensitive to changes and emotional stress in their environment. They respond to the feelings of the adults who care for them. In a supportive early learning setting, children can express their feelings and feel safe. When children bring up concerns, answer their questions directly and simply. They will ask for more explanation when they need it. Children may also express their feelings during play. They may use dramatic play and art projects as ways to express worries or fears. Early educators can help children label and understand their feelings. They can reassure children that adults will take care of them.

Social networks within the early care and education community can offer emotional, practical, and economic support during a crisis. Directors and staff can ask for help from colleagues at another center or family childcare home. A listening ear, relevant materials, or resources can help another program get back on its feet.

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



Quality Enhancement/School Age Specialist- Tammy Cullom

Summer Game Nights Help Children in Many Areas

Summer is a wonderful time of the year. Most of us relax our home schedules to some degree. One thing that should never be cut is family time and learning time. Both of these are so important to the growth of your children both socially-emotionally and academically.

Family Game Night sets aside a time for playing board games within a nurturing family atmosphere. There are many valuable lessons learned in simple board games. One skill is perseverance. The child must keep going until the end, even when given a “go back 5 spaces” card. Helping your child learn that sometimes in life there are setbacks, but you can bounce back and continue on your way. Perseverance is an important life lesson.

Another skill learned while playing board games is coping when you lose and winning gracefully. In a simple game, children can learn about their emotions and how to handle the good emotions and bad emotions that all of us feel throughout our lives. Ask your child how it feels to win and how it feels to lose. Ask what is a good way to show emotions when with friends or classmates and you lose a game. Talking with your child will help determine the best way to deal with the happy and disappointing events.

Something fun for your child like playing board games with the family can actually be teaching many lessons that will help along the way. This is why parents are called a child’s first teacher.



Training Information Craven Smart Start



To register for a training, please email registration form 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 July

*Preventing Challenging Behaviors: An ounce of prevention is worth a pound of cure!

Presenter: Sonia Sumner

Thursday, July 14th, 2022

6:30 PM-8:30 PM

*Early Childhood Trauma: A Teacher's Toolkit

Presenter: Tammy Cullom

Tuesday, July 19th, 2022

6:30 PM-8:30 PM

*Emergency Preparedness and Response

Presenter: Kelly Shaw

Thursday, June 21st, 2022

6:30 PM-9:00 PM

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

Presenter: Courtney Cartwright

Tuesday, June 26th, 2022

6:30 PM- 8:30 PM

Upcoming Events

Summer Movies in the Park - Havelock

- Havelock City Park
- Movie begins at dusk
- Thursday, July 28 : Sing 2 (PG)
- For more information, please visit <https://visitnewbern.com/event/havelock-summer-movies-in-the-park/>



City of New Bern Parks & Recreation: Movies in the Park

- Union Point Park
- Movie begins at dusk
- Free Admission
- Friday, July 29 : Wonder Woman
- For more information, please call 252-639-2901



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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.