

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

Child Care Resource & Referral



In this month's issue:

- Information from our Parent/Provider Specialist
page 2
- CCR&R Director Updates- Bonnie Gould
(Important Office Update, Please Read)
page 3
- Quick Tips from Craven Smart Start/CCR&R Staff
pages 4 & 5
- August Trainings
page 6
- Upcoming Local Events
page 7



From the Desk of the Parent/Provider Specialist

Bianca Salinas



National Exercise With Your Child Week: August 1st – August 7th, 2022

Good physical health and motor development supports children's learning and plays a part in their ability to be successful in almost any type of activity. Helping children establish good health practices and eating habits is extremely important. In addition to healthy eating habits, children must have a variety of physical experiences that promote physical experiences and allow them to practice motor skills (North Carolina Foundations for Early Learning and Development book, page 68).

Below is a tip sheet from Be Active Kids that talks about 5 tips for Active and Healthy Families.

BE ACTIVE KIDS[®]

5 Tips for Active Families

1 Make active play fun for the entire family!
Allow children to help choose and plan how the family will be physically active. Be sure to focus more on fun, not on performance or competition.

2 Make moving a priority!
Set aside time daily or throughout the week when the entire family can be physically active together. Try doing something before or after dinner or on weekends. Plan a weekly Family Fun Night that includes riding bikes, swimming, or dancing.

3 Get Moving on a Budget!
Plan activities that require little or no equipment like walking, jumping rope, playing tag, or dancing. Learn and explore parks, hiking trails, biking trails, swimming pools, tennis courts, and community centers in your area that can provide low-cost opportunities to be physically active.

4 Be active inside and outside!
Spend time outdoors and be prepared for all weather conditions. There are a lot of activities your family can enjoy in the rain, mud and snow!

5 Get active with other families.
Meet up at playgrounds, the community pool, or a local trail. Host active birthday parties to help friends enjoy and benefit from being active as well.

HOW TO BE A HEALTHY FAMILY

1. Be active for at least 60 minutes every day.
2. Eat at least 5 fruits and vegetables every day.

Looking for more resources to encourage your family to be active? Check out Be Active Kids' website www.beactivekids.org.

Is Be Active Kids[®] at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

REFERENCES
USDA's Choose My Plate's Healthy Tips for Active Families; NC Cooperative Extension's Get Them Moving... Physical Activity for Children and Teens; USDA's Nutrition Education Series' Be an Active Family

*Registered Mark of the Blue Cross and Blue Shield Association. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association.

www.beactivekids.org
facebook.com/beactivekids
pinterest.com/beactivekidsnc

CCR&R Director Updates- Bonnie Gould



Office Hours Update

Starting Friday, August 5th, we will be closed on Fridays. If you are in need of assistance on Fridays, still call our office and leave a message. Someone will return your call.

Please feel free to still come to the office Monday-Thursday 8AM-5PM.

We thank you for your cooperation.

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Employment Opportunity!

Craven Smart Start is currently accepting Resumes for the Infant Toddler and the Healthy Social Behavior Specialist positions! If you or someone you may know is interested, please send your resume and cover letter to Bonnie Gould, Child Care Resource & Referral Director (CCR&R).

You may email it to bonnie@cravensmartstart.org or mail it to:

Craven Smart Start
2111-F Neuse Blvd.
New Bern, NC 28560,
Attention Bonnie Gould

To read more about the qualifications of each position, please visit our website at www.cravensmartstart.org and click on the "Now Hiring" tab.

Always,

Bonnie Gould
CCR&R Director
bonnie@cravensmartstart.org



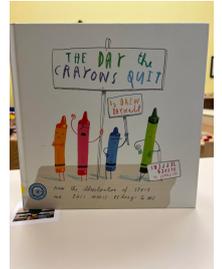
TA Quick Quality Tips From Craven Smart Start/CCR&R Staff

Lending Library Spotlight

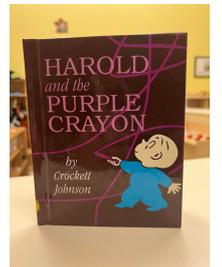
August is National Crayon Collection Month

We have some wonderful books in our Lending Library about crayons! Visit our office to read them here or check them out to take home and read with your family!

The Day the Crayons Quit is about a boy named Duncan who finds several letters from the different colored crayons saying how they are tired of being used for the same thing over and over again. Read this fun and entertaining book to see how Duncan finds a way to color and make his crayons happy!



Harold and the Purple Crayon is about a boy named Harold who decides to go for a walk in the moonlight. Armed only with an oversize purple crayon, young Harold draws himself a landscape full of wonder and excitement.



Quality Enhancement Specialist/Professional Development Coordinator - Kelly Shaw



Transportation, Transportation!

As we head into summer, let us not forget to prepare for all those wonderful field trips!

Transportation safety is critical in caring for children while providing meaningful developmental enriching activities.

Some helpful tips and reminders before the trip are to:

- Update any emergency plans
- Check to ensure any needed car seats are up to date and not expired
- Check and update children's emergency information, if needed
- Check first aid boxes and refill any needed items

Once on the trip:

- Have emergency plans and emergency medications (Keep medication out of the reach of children)
- Load and unload away from traffic
- Pick up and drop off procedures should be followed as they would at the facility
- Take attendance by name and face throughout the trip
- Provide water as needed

Last but not least, HAVE THE BEST TIME!!!! Make memories and snapshot your time to share later in your classroom!

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



Healthy Social Behavior Specialist- Sonia Sumner

Summer Game Nights Help Children in Many Areas

One subtle yet important detail in our day-to-day interactions with children is the tone of voice. How we say it, is just as important as what we say. Our tone of voice is a key part of the positive, supportive classroom climate that children need to thrive. Many factors contribute to how we communicate including physical and cultural elements. Some teachers have soft, delicate voices while others have a more rough, brassy voice by nature. Some teachers have a booming, high-pitched voice that may be perceived as exciting to some children and alarming to others. Additionally, our intended message can quickly become skewed when our facial expressions and body language don't match. Most of our communication is non-verbal, so children hear your posture, your body language, and the tone of your message loud and clear.

Understanding the difference between an assertive voice and an aggressive one is not always easy to do. An assertive voice is clear and direct without compromising respect. A teacher's assertive tone is firm and communicates a clear directive to children. An aggressive voice is harsh, insulting, and often perceived as hostile and threatening.

Our ultimate goal is self-regulation; we want children to learn strategies to manage their feelings and emotions effectively. When we respond in an aggressive tone, we are using fear to manipulate children's behavior instead of intrinsic motivation, which directly influences the pro-social emotional regulation that we want all children to develop.

Some teachers defend their use of those more threatening and aggressive tones by saying they only use them when they've made repeated requests and children still do not respond. Teachers can use quiet corrections like proximity control, eye contact and touch as alternatives. Moving closer to children, making and maintaining eye contact and physically touching children are subtle, less distracting ways that we can use to correct misbehavior or get children's attention quickly and minimizes potential power struggles. In this way, we're not scaring children into changing their behavior, but supporting them as they change their behavior on their own.

Teachers might also find themselves yelling to talk over a noisy classroom or when they need to get the entire classroom's attention at once. A good preventative technique is to have a go-to attention getter that you have already taught the children and use regularly. Some popular ones are If You Can Hear Me Clap, Hocus Pocus Everybody Focus, To Infinity and Beyond, etc. These are great ways to regain children's attention. When children hear these, they know that there is an important message to follow.

*This article came from the July 2022 OH Behave! Newsletter from HSB Specialists. To read the rest of the newsletter or to look at previous ones, please visit: [Tuckers NC Nest - LiveBinders Shelf](#)

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 August

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

Presenter: Kelly Shaw

Wednesday, August 3rd, 2022

6:30 PM-8:30 PM

*Fire Safety

Presenter: Jeff Connor

Tuesday, August 9th, 2022

6:30 PM-8:00 PM

Will be held at New Bern Fire Department 1401 Neuse Blvd. New Bern, NC 28560

*Partnering with Families to Address Challenging Behaviors: We are all in this together!

Presenter: Sonia Sumner

Thursday, August 18th, 2022

6:30 PM-8:30 PM

*CPR/First Aid

Presenter: Courtney Cartwright

Saturday, August 20th, 2022

8:00 AM- 1:00 PM

*Improving Transition Times

Presenter: Tammy Cullom

Tuesday, August 23rd, 2022

6:30 PM-8:30 PM

Upcoming Events

Blood Drive - The Blood Connection

- Town of Trent Woods
- 898 Chelsea Rd. TRENT WOODS, NC 28562
- Thursday, August 11th, 1 PM - 6 PM
- This blood drive will be raising funds to help Craven Smart Start. A \$20 charitable donation will be made to Charity Craven Smart Start, Inc. for every blood donor!

BLOOD DRIVE

THE BLOOD CONNECTION
Your Community Blood Center

Town of Trent Woods
898 Chelsea Rd.
TRENT WOODS, NC 28562

08/11/2022 | 01:00 PM-06:00 PM

A \$20 charitable donation will be made to Charity Craven Smart Start, Inc. for every blood donor!

55WDS

Scan to make an appointment! (sponsor code absent)

CC "I feel like I'm taking one for the team... I feel in this world where there's a lot of overwhelming problems, this is one thing I can do, and I love sharing it by letting people know. **Share is what I do and perhaps you can do it too.**"
Alex, Red TSC blood donor from NC

The Blood Connection is a nonprofit organization. Blood can be stored only 16 days. Donors must be 16 years or older and weigh 110 lbs. or more. Screen your cell phone number's area code before you call. When you donate blood, make sure that you don't drink or use alcohol on the day of the drive. We thank you for your generous support to donors. All units will be screened for HIV, hepatitis, and syphilis.

thebloodconnection.org

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Summer Movies in the Park - Havelock

- Havelock City Park
- Movie begins at dusk
- Thursday, August 11th : Space Jam A New Legacy
- For more information, please visit <https://visitnewbern.com/event/havelock-summer-movies-in-the-park/>

Summer Movies in the Park

EACH MONTH ON A THURSDAY
STARTING JUNE 23

Trolls WORLD TOUR

SING²

**SPACE JAM
A NEW LEGACY**

**PARKS & RECREATION
HAVELOCK, NC**

Child Care Resource & Referral

2111 Neuse Blvd.
Suite F.
New Bern, NC 28560

Phone: 252- 672-5921
Fax: 252-672-5922
Email: bianca@cravensmartstart.org



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.