

Birth to Kindergarten

2000 days that matter

*Building a system of support for young children, their families
and their caregivers during the critical early days of life.*



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Dear Friends, Families and Neighbors,

It is a simple equation in many ways: a young child + caring adults + a supportive community = a healthy, happy and productive citizen. If we get this math right, our children benefit; our economy benefits; we all benefit. We know what most children need in order to flourish.

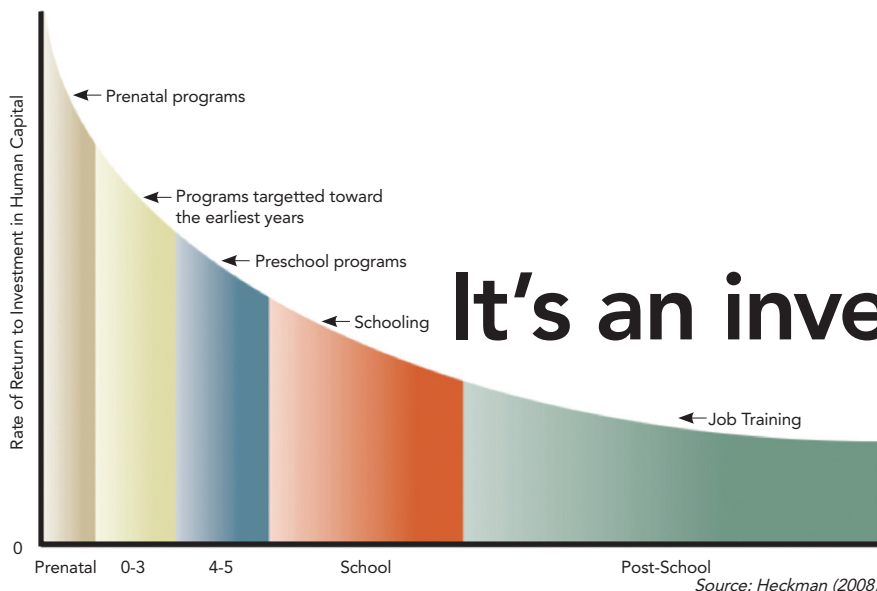
They need adults in their lives who can form nurturing, interactive and reliable relationships with them. They need safe, stable and secure environments where social, emotional and physical needs are met.

A child's experiences in their first years of life create the physical architecture of their brains, setting a course for the rest of their lives. As a community, we can ensure that our youngest children have what they need to flourish. We can support family strengthening programs, opportunities to develop emergent literacy skills, parks and outdoor play environments, and developmental screening and early intervention. We can support high quality childcare so that parents who work can be assured that their children have nurturing and stimulating care outside of the home.

We invite you to explore the pages that follow and learn more about early childhood, about what our community has to offer, and about Smart Start of New Hanover County. We invite you to join us in creating a community ready to help children flourish

Jane Morrow
Jane Morrow, Executive Director

Dr. Khadija Tribie-Reid
Dr. Khadija Tribie-Reid, Board Chair



What is Smart Start?

Brains are not just born, but are built through experiences. Smart Start of New Hanover County is in the brain building business. We are part of a network of private public partnerships serving all 100 counties in North Carolina to ensure that children are ready for Kindergarten and that communities are prepared to support children's success.

Smart Start works to enhance the early childhood system. To do that we bring together all the people that are important in a young child's life – parents, teachers, faith leaders, health providers, community support agencies, and many others so that children can flourish and develop into tomorrow's leaders.

Smart Start works with our early childhood educators to build high quality childcare programs and increase access to those programs for working families. Smart Start provides family strengthening services to promote positive parenting practices and nurture children's early literacy skills.

Smart Start of New Hanover County has a long and strong commitment to investing in outcomes. We offer evidence-based programming, monitor for effectiveness and assess emerging research to ensure innovation. We have a dedicated local board of directors that works diligently to ensure that local needs are met and to provide sound fiscal oversight.

Early Child Development Investments Produce Results!

Decades of research has identified programs proven to work for young children.



Higher reading & math scores.

A 2011 Duke University study found children had higher third grade reading and math scores in counties that received more funding for Smart Start and NC PreK when those children were younger.



Higher graduation rates.

High quality early childhood programs increase graduation rates by as much as 44%.



Better health.

A study of children who participated in the Carolina Abecedarian early learning program found participants experienced fewer illnesses as adults, made healthier lifestyle choices, had lower rates of high blood pressure and had significantly lower risk of heart disease than the control group that did not participate.



Greater self-sufficiency.

Voluntary home visiting programs reduce health care costs, improve school readiness and success, reduce need for remedial education and increase family self-sufficiency. Participants in high quality early childhood programs pay more taxes and are less likely to rely on government assistance.



Higher salaries.

At-risk children who participated in a high quality early childhood program were more likely to be employed and earned 33% higher average salaries.



Less crime.

At-risk children who participated in a high quality early childhood program were significantly less likely to be arrested for a violent crime by age 18.



7-10% Return on Investment.

Every dollar invested in early childhood education produces a 7-10% annual return.

References for all statistics are available online at www.first2000days.org/infographic.

NCECF.org • First2000Days.org

It's an investment that pays off!

This graph shows Nobel Laureate James Heckman's research showing that dollars invested in the early years have the greatest impact. In each case the majority of those returns are to the community, not just to the individual. Participants in high quality early childhood programs have higher earnings, pay more taxes, and are less likely to rely on

government assistance. So the individuals who participate have better jobs, better education, and better lives – and in terms of dollars returned from the investment, it is society that is the big winner.

-Used with permission from
First2000days.org

First 2000 days

There are only 2000 days between the time a baby is born and when he or she begins kindergarten. During that time the brain architecture is forming.

The most important tool to help build a child's brain is a caring adult who responds to that child with consistency and nurturing. It can be as simple as that.

When an infant coos or gazes into her parent's eyes and her parent coos and gazes back, that child is learning how to learn. She is learning that she will get support and guidance.

Later, for example, when her parent is helping her stack blocks to make a tower and she pushes that tower down she is building the foundations needed to learn mathematical and scientific concepts like addition, height, and gravity. This block play builds the pathways in the brain that support success in school.

Emotional well-being and social competence are key to developing thinking skills. They make it possible for children to self-regulate, to control impulses and to focus. These skills help children learn social skills, language skills, and thinking skills.

As children grow, they typically reach many developmental milestones along the way. These include a child's first tooth, their first step or their first word. It is important to know that each child is an individual and not all children develop at the same rate. Some children may walk as early as 9 months of age while others don't walk until they are 14 or 15 months old.

Milestones are reached in all areas of a child's development.

- **physical development** where we see children learn to roll over, grasp small objects, or throw a ball;

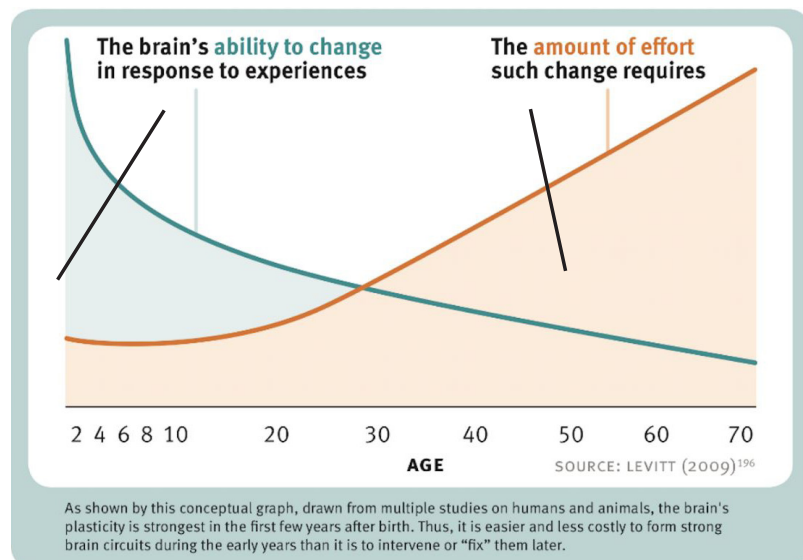
- **language development** where we see children learning that things have names, to speak in sentences, and to enjoy reading with an adult;

- **cognitive development** where children discover different shapes and textures, show interest in art and music, and learn to count;

- **social and emotional development** where children imitate sounds and expressions, communicate empathy, and learn to follow rules and routines;

- **approaches to play and learning** where children try over and over to make things happen, express choice and preferences, and approach a challenge with confidence.

Your pediatrician can help with any concerns you might have about your child's development. There are also many resources that show the range in age that a child may typically develop a new skill. Healthy Children and The Centers for Disease Control have milestone charts in English and Spanish on their websites.



It's never too late, but earlier is better

The first years of life are a very busy and crucial time for the development of brain circuits. The brain has the most plasticity, or capacity for change, during this time, which means it is a period of both great opportunity and vulnerability. The impact of experiences on brain development is greatest during these years—for better or for worse. It is easier and less costly to form strong brain circuits during the early years than it is to in-

tervene or "fix" them later. Brains never stop developing—it is never too late to build new neural circuits—but in establishing a strong foundation for brain architecture, earlier is better.

Graph Source: Pat Levitt (2009). For complete reference information, please see the version of this graph that appears in the interactive feature "Core Concepts in the Science of Early Childhood Development." (used with permission from the Center on the Developing Child at Harvard University) http://developingchild.harvard.edu/key_concepts/brain_architecture/

For More Information Go To:

First2000Days.org • SmartStart.org
developingchild.harvard.org • HealthyChildren.org
zerotothree.org • CDC.gov/ncbddd/actearly/milestones



PLAY! Tips on playing with babies and toddlers

Babies are born ready to learn. And you have what it takes to help them! The time you spend with your child can help their brain grow strong. Even a few minutes count! Your child loves to learn from you and your time together gives them a strong start in life!

When your child looks at you, and you respond, they're making new connections in their brain. Children learn best through loving relationships, so when you look at each other and react to each other, a bond is being formed.

Playtime is special. Not only is it fun, but it is critical to children's development. Play is their "work".

Through play, babies and toddlers try out new skills, explore their imagination and creativity, and learn about relationships with other people. Any activity can be playful to young children, whether it's rolling trucks back and forth or sorting socks.

As a parent, you are your child's very first and favorite playmate. From the very beginning of your child's life, he is

playing with you, whether he is watching your face as you feed him or listening to your voice as you sing to him during his diaper change. He is at work, learning and exploring. So what can you do to make the most of your child's playtime? Check out the following tips:

Eye Gazing

Take a few minutes and look into your child's eyes. As they look back, smile and talk with them. Do what they do. If they blink, you blink. If they look left, you look left. Let them see your eyes too, and try to keep eye contact.

Follow Your Child's Lead

Provide an object, toy, or activity for your baby or toddler and see what he does with it. It's ok if it's not the "right" way... let him show you a "new way".

Go Slowly

It's great to show your child how a toy works, but try to hold off on "doing it for him" every time. You can begin something, such as stacking one block on another, and then encourage him to give it a try. Providing just enough help to keep frustration at bay motivates your child to learn new skills.

Read Your Child's Signals

Your little one may not be able to tell you using words when he's had enough or when he's frustrated. But he has other ways—like using his sounds, facial expressions, and gestures. Reading the signals that precede a tantrum help you know when to jump in or change to a new activity. Reading his signals can also tell you what activities your child prefers.

Look at Your Play Space

Is the area child-friendly and child-safe? Is there too much noise or other distractions? Is the area safe to explore?

Is this a good place for the activity you've chosen, such as running, throwing balls, or painting? Checking out your space beforehand can prevent a tantrum, an accident, or a broken lamp.

Play It Again, Sam

While this desire to do things over and over again is not necessarily thrilling for moms and dads, it is for young children. They are practicing in order to master a challenge. And when they do it "All by myself!" they are rewarded with a powerful sense of their own competency—a confidence that they can be smart and successful beings. The more they practice and master skills, the more likely they are to take on new challenges. Remember the essential role repetition plays in your child's development.

Look for Ways to Adapt Play Activities to Meet Your Child's Needs

You may be a parent, relative, or caregiver of a child that has special needs. A physical, mental, or social disability can pose the occasional challenge to play time. Below are some ideas that can help you think about how to make playtime enjoyable and appropriate to your child's skills, preferences, and abilities:

- **Environment:** How do variables like background sounds or light affect your child? Is there a television or radio on? Are there many other kids around? If your child seems distressed during playtime consider moving to a quieter, less stimulating area to play.

- **Novelty:** How does your child respond to new things? Some infants and toddlers are easily overstimulated, while others enjoy a lot of activity. Try starting playtime slowly, with one toy or object, and gradually add others. See what kind of reactions you get.

- **Sensations:** How does your child react to different textures, smells, and tastes? Some objects may be enjoyable for your little one to touch and hold. Others may "feel funny". Read your child's signals and modify the play experience accordingly.

- **Peers:** It is important for all children to establish relationships with peers. Arrange playdates or look for opportunities for your child to play with other children, such as at the park or library. Having fun with peers is an important way that children learn social skills like sharing, conflict resolution, and empathy and help prepare them for school.

Visit Smart Start's Family Resource Room to play and check out the many resources available for families. Open Monday-Friday 8:00 am – 5:00 pm - 3534 S. College Rd Suite F

For More Information Go To:
NaturalLearning.org
NAEYC.org/Play • VRoom.org





Getting ready to read

A gradual process that involves many skills

We are not born reading. In fact, it takes a lot of work to build the foundations needed to read. But fortunately, that work comes naturally for most children and is fun for parents too.

Getting ready to read is a gradual process that involves many skills – listening, looking, speaking, reading and writing. Infants get ready by listening, and looking. Talking frequently and using lots of different words helps build an infant's vocabulary, even before she learns to talk.

Babies love hearing rhyming words and repeated words in songs and nursery rhymes. They can hold a book and look at pictures and print. They can begin to recognize patterns and shapes.

As children get older they can begin to understand that everything that is said can be written down and everything that is written can be read.

Letting children choose and play with their favorite books encourages a love of books. Pointing to pictures and saying words aloud, encouraging your child to point to the picture you are reading about, and asking open-ended questions all help build reading readiness.

Reading every day with your child, even for a few moments, helps build a love of reading and a special bond between the two of you.



READING TIPS FOR YOUR FAMILY

Read aloud every day!

It's **FUN**. It's **SPECIAL TIME** with your child. It helps children learn **LOTS** of **NEW WORDS**.



IT'S NEVER TOO EARLY TO START!

Babies love to be held and to hear your voice. Cuddle up together and look at board books.

A FEW MINUTES IS OKAY

Young children may sit still for only a few minutes. They will listen longer as they grow.

LET YOUR CHILD TURN THE PAGES

Babies and toddlers need help to turn board book pages. A three-year-old likes to turn paper pages without help.

READ FAVORITE STORIES OVER AND OVER

Children love to hear the same stories again and again. This is how they learn.

ASK YOUR CHILD QUESTIONS ABOUT THE STORY

Where is the moon? What do you think will happen next? Be sure to give your child time to answer!

MAKE THE STORY COME ALIVE

Read with fun and excitement in your voice. Try loud, or soft, or silly voices.

TALK ABOUT THE PICTURES

Make up stories to go with the pictures. Let your child join in!

READ ANYWHERE, ANYTIME

Read at playtime, bedtime and naptime. Read any place you have to wait. Read at the playground or under a tree, in the car or on the bus.

GO TO YOUR LOCAL LIBRARY TO GET MORE BOOKS

Your local library has lots of free books. Let your child choose which ones to bring home.

When children are read to by people they love, children learn to love books!

Smart Start of New Hanover County and Dolly's Parton's Imagination Library

have partnered to bring **FREE** books to the young children in our community.

Dolly Parton's Imagination Library

is a **FREE** program for all families with young children in New Hanover County

Register today for your child to receive one **FREE** book mailed to your home **EACH** month until his or her 5th birthday. Families can register by visiting **www.newhanoverkids.org** and clicking on the Dolly Parton logo, or by visiting Smart Start's office.

Smart Start of New Hanover County
3534 S. College Rd, Suite F
Wilmington, NC 28412
910-815-3731

www.newhanoverkids.org

• NEW HANOVER COUNTY •

For More Information Go To:
NHCLibrary.org, select Ready to Read
NHCgov.com, select Calendar then Library
ReachOutAndRead.org, select Resource Center
PlayWilmington.org



Strong and Healthy Families

Have
Friends

Children need safe, stable, nurturing relationships and environments to reach their full potential. Protective factors are strengths and supports within families and communities that allow children to succeed.

Families gain what they need to be healthy and strong when key protective factors are robust in their lives and communities.

Are
Strong &
Flexible

What Does This Look Like?

- This looks like a community where people have multiple friendships and supportive relationships with others.
- Families both give and receive help. Families know where to go for support and services and are encouraged to advocate for themselves and their children.
- When needed, families have hope and problem-solving skills they can draw upon.

- Parents are nurturing and provide warm and consistent responses. Their expectations for children are in line with children's development and specific needs.

- Parents looking to strengthen skills in any one of these areas can contact Smart Start of New Hanover County for information, support or referrals.

Know
How to
Find Help

Help
Children
Handle Their
Feelings

Know
How
Children
Grow

Children's Brains Are Built to Learn from People!

The American Academy of Pediatrics says, "Children younger than 2 years need hands-on exploration and social interaction with trusted caregivers to develop their cognitive, language, motor, and social-emotional skills." Therefore, for children under two no screen time is recommended. Child-adult relationships that are responsive and attentive—with lots of back and forth interactions—form the foundation for all future learning and development. Here is how you can help build a child's brain.

- Notice what a child is noticing and share in their focus of attention.
- Support and encourage their interests - follow their lead.
- Give it a name – talk out loud with your child about what they see and do.
- Take turns – keep interactions going back and forth and give your children time to respond.
- Practice endings and beginnings – watch for your child's signals that they are ready to move on to something new or when they are done.
- Eliminate or limit screen time – young children's brains don't learn from just watching, they need fact to face interactions and they need to engage all five senses!

Tips for Screen Time for Children

Two Years and Above

- Ask your child what they liked or did not like about the program, what they learned, and how it made them feel.
- Do not use screen time to help your child fall asleep. It makes it more difficult for them to fall asleep on their own. Instead read, sing, or rock them to sleep.
- Limit your child's screen use – create a family media plan to set screen free times, places, or curfews. Go to healthychildren.org for more information.
- Avoid using screen time as a reward or to calm a tantrum.

- Model appropriate screen use behaviors for your child by putting devices away during meals and silencing your phone when spending time with your child.



For More Information Go To:

HealthyKidsHealthyFuture.org • HealthyChildren.org
ChooseMyPlate.gov • NCHealthyStart.org
health.nhc.gov.com



Healthy Sleep Habits - Tips from the AAP

- **Make sufficient sleep a family priority.** Understand the importance of getting enough sleep and how sleep affects the overall health of you and your children. Making sleep a priority for yourself shows your children that it's part of living a healthy lifestyle - like eating right and exercising regularly.
- **Keep to a regular daily routine.** The same waking time, meal times, nap time, and play times will help your child feel secure and comfortable, and help with a smooth bedtime.
- **Be active during the day.** Make sure your kids have interesting and varied activities during the day, including physical activity and fresh air.
- **Monitor screen time.** The AAP recommends keeping all screens out of children's bedrooms, especially at night. To prevent sleep disruption, turn off all screens at least 60 minutes/1 hour before bedtime.
- **Create a sleep-supportive and safe bedroom and home environment.** Keep your child's bed a place to sleep, rather than a place to play.
- **Avoid overscheduling.** Take time to wind down and give your children the downtime that they need.
- **Talk to your child's teacher or child care provider about your child's alertness during the day.** Sleep problems may manifest in the daytime, too.
- **Talk to your child's pediatrician about sleep.**

For more information about healthy sleep visit
healthychildren.org

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants 4 to 12 Months	12 to 16 Hours (including naps)
Toddlers 1 to 2 Years	11 to 14 Hours (including naps)
Preschoolers 3 to 5 Years	10 to 13 Hours (including naps)

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Every Movement Counts.

Aim for at Least 3 Hours
Across Every Day!



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN
DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



CONTRIBUTES TO
BRAIN
DEVELOPMENT
& LEARNING



Kindergarten!

Starting school can be scary and exciting for both you and your child. Effective kindergarten teachers know that children are individuals who each start kindergarten with a wide range of skills. You do not need to drill your child with letters, numbers, and facts, before school starts.

But there are some things you can do to prepare both you and your child for kindergarten. Here are some ideas.

Before school starts:

- **Help your child to develop self care skills (ex. toileting, eating, dressing).** One of the best ways parents can prepare their child for kindergarten is to encourage independence in self-care skills. Actually, many teachers are often more concerned about a child's ability to take care of themselves and relate to their friends than how many letters or numbers they know.
- **Demonstrate how to express feelings appropriately and encourage your child to do the same**
- **Encourage your child to complete tasks**
- **Establish routines**
- **Visit the school and meet the teacher.** If there is a visiting day to meet your child's teacher and visit her classroom before school starts, make sure to participate. If you missed visiting day or the school does not offer one, call to see if you can arrange a quick visit to see the school and to meet the teacher with your child.
- **Read books together about starting school.** You can ask your local librarian for suggestions or try some of these:

- *Miss Bindergarten Gets Ready for Kindergarten*
Joseph Slate (Illustrated by Ashley Wolff)
- *Seven Little Mice Go to School*
Kazuo Iwamura
- *Mom, It's My First Day of Kindergarten*
Hyewon Yum
- *Yoko Learns to Read*
Rosemary Wells

Make TIME for 9



9 Children need meaningful touches every day to feel connected.

The **9** minutes of the day that can make all the difference:

- The first **3 minutes** after children wake up & see you
- The first **3 minutes** after coming home for the day
- The last **3 minutes** of the day before they go to bed

Turn these minutes into warm, happy moments!

9 Children need at least minutes of face-to-face talk time each day.



Registering for kindergarten

Will your child be five years old on or before August 31st?

If so, it is time to register for the exciting transition to kindergarten! Registration packets can be picked up at local elementary schools or at Smart Start of New Hanover County. Elementary school addresses and phone numbers can be found at the New Hanover County Schools website.

It is not necessary to bring your child with you to the school when registering. To enroll a child you will need documentation such as a child's birth certificate and proof of residency. For a complete list of requirements you can call Smart Start or your child's school. The registration process should take about 15 minutes.

During registration you will also be given a kindergarten Health Assessment form to be completed by your child's pediatrician.

How do you know if your child is ready?

The North Carolina Foundations for Early Learning and Development can be a useful tool for families. It contains Guiding Principles and Strategies in each domain that can enhance knowledge of child development, and help to inform families on age-appropriate expectations:

- Approaches to Play and Learning
- Emotional and Social Development
- Health and Physical Development
- Language Development and Communication

Visit the Smart Start Resource Room and check out a copy of Foundations!

You can also download Family Handouts specific to your child's age at:

http://ncchildcare.nc.gov/providers/pv_foundations.asp

For More Information Go To:
NHCS.net
NewHanoverKids.org

www.First2000Days.org



Choosing quality childcare

One of the most important decisions you will ever make as a parent is choosing childcare for your child. North Carolina has a quality rating system for all licensed childcare programs, which includes a one to five star rating. A sample license is pictured below. Looking for the stars can be a great starting place but be sure to look for additional quality indicators when making this important decision. Below are some areas where you can look for quality indicators when visiting a potential childcare program for your child.

Health and safety

The space should be clean and free of potential harm. Look for good hand washing practices and ask about emergency procedures (ex. CPR training for staff and evacuation plans).

Group size and staff/child ratios

Low staff/child ratios (the number of children per adult) allow teachers to give attention to each individual child and respond to their unique needs. Observe how many teachers and children are in the room.

Teacher education and turnover

Young children need well-educated staff who understand child development and

how young children learn and grow. Low staff turnover is important in forming close attachments with children. Ask what kind of qualifications teachers have.

Positive teacher-child interactions

When teachers listen, make eye contact and engage in caring, face-to-face interactions with young children, they promote secure teacher-child relationships. This helps children learn to develop secure and positive relationships with others. Secure relationships help children's development in all areas. Listen to the types of conversations in the classroom. Are teachers talking with the children about their play?

Developmentally appropriate activities

Developmentally appropriate practice is a way of teaching children that is grounded in research on how children develop and learn and in what we know about effective teaching methods. Look for children to be learning through play

For more information about quality indicators or connections to community resources, call Smart Start at 910-815-3731.



Help paying for childcare

Childcare subsidy

Administered by New Hanover County Department of Social Services, this program helps qualifying families with children birth to twelve in paying for childcare. Call NHCDSS for more information at 910-798-3400.

Childcare program assistance

Ask your childcare program if they offer scholarships, discounts or sliding fees.

Federal and state tax credits

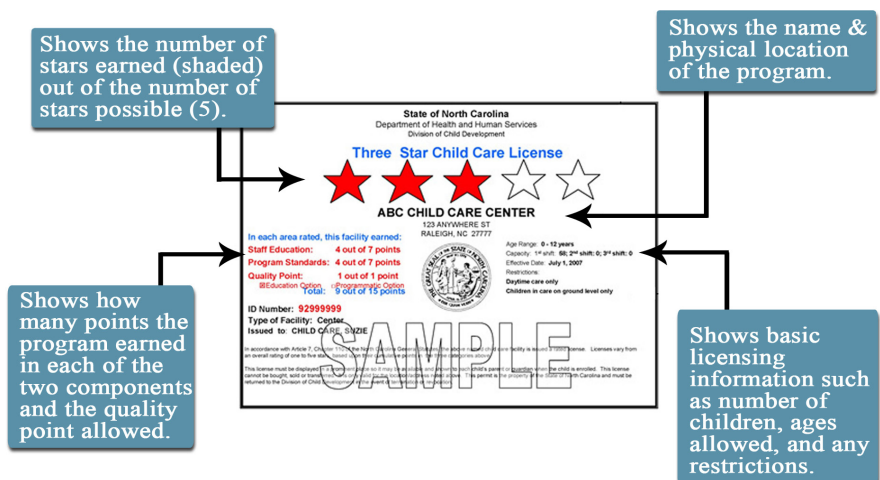
You may be eligible for certain tax credits from both the federal and state government. These tax credits include the Earned Income Tax Credit, Child Tax Credit, and Child and Dependent Care Tax Credit. Each tax credit has eligibility requirements including income and family size. For more information visit www.irs.gov.

Dependent care assistance program

Your employer may offer a dependent care assistance program which allows you to have money taken out of your paycheck tax-free to be put in a special account to be used for childcare tuition reimbursement.

Federal or state funded pre-kindergarten and Head Start programs

Most counties in North Carolina offer NCPK and Head Start programs. These are preschool programs offered free of charge to qualifying families. Contact Smart Start or New Hanover County Schools for more information.



For More Information Go To:
 Division of Child Development
 and Early Education: NCChildcare.nc.gov
NewHanoverKids.org



Positive parenting tips

For an infant

- Talk to your baby. She will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.
- Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.

For a toddler

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her and adding to words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right—that is a bottle."
- Encourage your child's growing independence by letting him help with dressing himself and feeding himself.
- Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what she should do instead.
- Encourage your toddler's curiosity and ability to recognize common objects by tak-



ing field trips together to the park or going on a bus ride.

For a preschooler

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what she should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.

- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to

wear, when to play, and what to eat for snack)

Source: <http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/>

Creating structure and rules

Does your child have meltdowns when you change from one activity to another? Do you have trouble getting your child to follow a regular schedule? Consistent routines and rules help create order and structure your day. Things go more smoothly when you and your child know what to expect.

Keys to creating structure

1. Consistency, predictability, and follow-through are important for creating structure in the home.
2. Respond to your child's behavior the same way every time. When you are consistent, the behaviors you like will happen more often and problem behaviors are less likely to happen.
3. Routines and daily schedules help

you and your child. You both know what to expect each day. Routines can also improve your child's behavior and your relationship with your child.

4. Set ground rules. Children need limits to know what is expected of them and how they should behave. A few simple ground rules (four or five) should tell children what to do, rather than what not to do. Rules work best when they are fair, easy to follow, and you can back them up with clear, age-appropriate consequences for breaking the rule.

5. Keep things positive! Reward and praise your child for following routines and rules. This makes it more likely that your child will follow the routines and rules in the future.

-Adapted from *Centers for Disease Control*

For More Information Go To:

CDC.gov • USA.gov • TripleP-Parenting.net
ZeroToThree.org • Grandparents: GrandMagazine.com
TheBasics.org



Community resources for parents of children birth to age 5

The following is a partial list of services and agencies who provide free or reduced fee services. If you need further information or help finding the right resource to meet your need, please call Smart Start at 910-815-3731. *(Please inquire with each individual agency about qualifications and/or requirements for free or reduced prices.)* Area Code 910 unless otherwise indicated.

Childcare information & assistance

Smart Start of New Hanover County	815-3731
New Hanover County	798-3400
Dept. of Social Services (Childcare Subsidy)	
Megan Cajigas Foundation	799-9424

Children with special needs

Autism Society	800-442-2762
CDSA (Children's Developmental Services Agency) birth to age 3	251-5817
Child Development Center (CDC)	343-4245
NHC Schools – children 3 years old and above with special needs	254-4445
Coastal Region Deaf & Hard of Hearing Services	332-5734 202-4318 (videophone)
Family Support Network	792-6133
Easter Seals UCP (Child Development Center)	790-5921
Oasis (Autism support)	769-4586
TEACCH (Autism services)	251-5700
NC Division of Services for the Blind	251-5743
Smart Start / Circle of Parents Support Group	815-3731

Emergency/crisis needs

Catholic Social Ministries	251-8130
Trillium Health Resources	1-877-685-2415
(24 hour Crisis Services – Mental Health)	
Domestic Violence Shelter and Services	343-0703
Legal Aid of North Carolina	763-6207
Safe Surrender of Newborns	1-800-FOR-BABY

Health and Nutrition

Cape Fear Health Net	798-3594
(Medical Services for Uninsured)	
New Hanover County Health Department	
Maternal Care for Newborns	798-6633
Birth Classes	343-2465
PCIT (Parent Child Interactive Therapy)	798-6690
Pregnancy Care Management	798-6465
Vaccines	798-6500
WIC	798-6657
New Hanover County Cooperative Extension	798-7660
MedNorth Health Center	343-0270
New Hanover Health Center – South	794-4613
(Medical Services for Uninsured)	

Tileston Clinic	343-8736
St. Mary's Dental Clinic	763-8136
New Hanover County DSS –	798-3400
Food Stamps/SNAP Program	
Medicaid	
Economic Services	
Food Bank of Central & Eastern NC	251-1465
Mother Hubbard's Cupboard	762-2199

Literacy

Cape Fear Literacy Council	251-0911
Smart Start of New Hanover County	815-3731
New Hanover County Public Library (Main)	798-6301

Parenting

Smart Start of New Hanover County	815-3731
Smart Start Young Parent Support Program	343-1901
Coastal Horizons	343-0145
New Hanover County Health Department	798-6690
Grandparent Support Group	799-6820
Wilmington MOPS (Mothers Of Pre-schoolers)	763-2471
MOPS of Harbor	452-7202
Family Support Network	792-6133

Physical activity and fun

City of Wilmington Recreation Division	341-7855
Fit For Fun Center	341-4630
New Hanover County Parks and Recreation	798-7620
Wrightsville Beach Parks and Recreation	256-7925
YMCA	251-9622
YWCA	799-6820
Children's Museum of Wilmington	254-3534
New Hanover County Arboretum	798-7666
Smart Start Resource Room	815-3731

Additional Resources

Register of Deeds (birth certificates, vital records)	798-4530
Cape Fear Habitat for Humanity	762-4744
Food Bank of Central & Eastern NC	251-1465
United Way of the Lower Cape Fear	798-3900
Department of Social Services	798-3400
Step Up Wilmington	343-8469
Good Shepard Center	763-4424



• NEW HANOVER COUNTY •

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www.NewHanoverKids.org
910-815-3731



The Basics

Five **Fun**, **Simple** and **Powerful** Ways
To Help Our Children Grow to be Happy and Smart



Maximize love, manage stress.



Babies and toddlers thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to help them see, hear, and feel your love. You will help them develop a sense of security and self-control.



Talk, Sing, and Point



Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and a loving tone of voice, while pointing to help them know what you are talking about.



Count, Group, and Compare



Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Explore Through Movement and Play



Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Read and Discuss Stories



Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. With infants, point at the pictures and speak with excitement. With toddlers, just make it fun.

***Smart Start of
New Hanover County:
your gateway to positive
early childhood development.***

***We provide information,
support, and coaching to
families because 80% of
child's brain growth happens
in the first three years of life.***



● NEW HANOVER COUNTY ●

3534 S. College Road, Suite F
Wilmington, NC 28412
www.newhanoverkids.org
910-815-3731

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