



•NEW HANOVER COUNTY•

# EARLY CARE AND EDUCATION NEWS

Smart Start Early Care and Education Newsletter

July– September 2021

## Meetings with Matt

Join Matt—virtually—to ask him questions about your work as a teacher, director, or family child care teacher.

Pop-in with your question between the designated hour and then pop out. It's that simple!

- \* room arrangement
- \* behavior challenges
- \* fixing your schedule
- \* health & safety
- \* how to talk to parents
- \* getting ready for assessment
- \* help with licensing rules/regulations
- \* anything you want or need to know to help you!

When: every other Wednesday

**July 14 & 28**

**August 11 & 25**

**September 8 & 22**

How: Zoom <https://zoom.us/>

Click: Join a Meeting

Enter Meeting ID for the hour you're joining

**12:30-1:30pm**

863 9615 3017

OR

**6:30-7:30pm**

875 6504 8024



“Children are great imitators. So give them something great to imitate.”

-Anonymous

## We Need Your Help With Our Virtual Trainings!

Virtual training registration is NOT complete until we are provided with each participant's email address.

Once a participant is registered for a training, an email from Matt Schaeffer is generated. This training confirmation email contains a Google Link for the class. Click the link and provide the information we need to fully complete the training registration process (name, email, phone #, center) for either yourself or each staff person registered.

One day prior to the training, registered participants will be emailed the link to join the Zoom training.

**Zoom links will NOT be reissued after 5pm the day of the training.**

Smart Start staff are not available to assist after this time—so please plan to check your email prior to 5pm the day of your training. Due to credit hours being issued, participants may not share the Zoom link with others who have not registered.

## In This Issue

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## How often are you talking to your children?

As we know, interaction plays a crucial role in brain development, especially for children ages 0-3. **LENA Grow** is a teacher-directed program that measures the amount of interactions along with the time of day they are occurring. Caregivers will learn how to take advantage of each pocket during the day to ensure every child is receiving quality interactions. Whether you are preparing for *ITERS-R* assessment or just looking for an effective way to measure interactions, **LENA Grow** is an easy way to cover that without adding more stress to you or your amazing teachers. Best of all, this program is FREE to participate in!



Join Krista for an informational Zoom session to learn more!

**Thursday, July 29 7:00-8:00pm**

Check out this great video that briefly discusses LENA Grow:  
<https://www.lenag.org/lenag-grow/>

## Self-Care Isn't a Luxury... It's a Necessity

The words “resiliency” and “self-care” have become hot words in our society recently. So much so that people talk about them in conversation without really knowing what they mean or how to do them sufficiently. Some also look at self-care as a luxury or self-indulgent- but... it's not.

For child care providers, self-care is one of the most important things you can do for yourself. You cannot take care of the children in your care until you take care of yourself. That is why they tell you to put YOUR oxygen mask on BEFORE you try to help anyone else on an airplane.

Self-care is when you take the time to take care of yourself- to do something for yourself that brings you joy and reduces your stress for your overall wellbeing. When you truly, intentionally practice self-care, it puts you in a place where you can be your best self for you, your family, and the children in your care.

Smart Start has many resources on self-care and offers several workshops that address self-care and resiliency. We encourage you to join us to learn more.

## NC Rated License Assessment Program Online Learning

NC RLAP offers free weekly webinars to help you learn more about the Environment Rating Scales.

Additionally, there are a ton of free resources on their website.

Some of their content comes with training contact hours.

Visit their website for more details.  
[ncrlap.org](http://ncrlap.org)

**Directors:** a private Facebook group,  **Smart Start of NHC: Early Childhood**

**Directors**, was created for you. This page provides a place for administrators to network, ask questions of each other and coordinate efforts to better serve the children in their program. In addition, the Smart Start ECE team will share news and events, and help you with questions you may have about our services.

We hope you join to keep in touch! Find us on Facebook:  
<https://www.facebook.com/groups/ECEofNHC/>



## Directors...

...Looking for a way to meet other directors, network, get ideas, or share frustrations?

We're still facilitating our Director Dialogues—just via Zoom!

Join other directors for the next meeting on **Tuesday, July 27 & September 14 at 12:00pm**

A Zoom link will be emailed prior to the meeting. No planned agenda, and no RSVP needed, log on to chat!

For more information or questions, contact Natalie Pond.

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### ...share our newsletter and training calendar with your staff.

- \* post them in the staff breakroom (do staff know if the newsletter and training calendar are posted and where?)
- \* email them to staff
- \* provide a copy to each classroom or teacher or provide them with our website address to view the training calendar
- \* encourage staff to decide which training(s) he/she would like to register for
- \* remember that classes fill quickly. It's important to register online early.

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**Be sure to always check your junk/spam email folder if you aren't seeing an email from us—then mark us as a 'Safe Sender'.**

## Social Emotional Health in Young Children

Prioritizing social and emotional health in the classroom can help children develop several positive behaviors. You may observe behaviors such as overall positive moods, recognizing and managing emotions, close relationships with peers, negotiating and compromising with peers. Here are some activity ideas from NAEYC to promote social and emotional learning in your classroom:

- Create a **share box** to be used during circle time. Fill the box with classroom items that are shared such as musical instruments, crayons, sidewalk chalk, or playdough.
- Make **feeling faces collages** during art time. Have children cut out faces from magazines and place on a blank sheet of paper. Mix non-toxic glue and water and let children paint over their pictures with the glue solution.
- Make a **helping hands chain** for your classroom. Trace and cutout multiple hands for each child and place them somewhere easily accessible. As you recognize a child's helping hand behavior, let the child get a hand and put it on the wall creating a class helping hand chain. Remember to acknowledge and celebrate how long the helping hand chain is getting from time to time!

Check out our new "**Kindness**" theme box or our teacher favorite "**All About Me**" theme box to add to your classroom to enhance your curriculum and social emotional health in young children!

<https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health#activities>

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## The Smart Start Resource Room Library Now Has a Website!

You can use our website to look up what theme boxes are currently available for checkout, place holds on and renew items!

Visit <https://newhanoverkids.library.site/> to browse the resources available to you—teachers and directors!

Please refer to the insert for more detailed instructions on how to navigate our site.

**Contact Dayla to learn more about our new library system and to become a Resource Room member for your child care program!**



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Address Service Requested

## WE ENCOURAGE YOU TO SHARE OUR NEWSLETTER AND TRAINING CALENDAR WITH ALL STAFF

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If you would like to receive our newsletter electronically, send us an email letting us know.

### Contact Us

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