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### **Give the Perfect Gift Books from Birth**

The Governor's Books from Birth Foundation (GBBF) is committed to enrolling every child from birth to age five in Tennessee's statewide Imagination Library. This program is free and open to all eligible-age children in Tennessee – at no cost to families and regardless of income.

- Help the families you work with register their children with the Imagination Library and you can make a difference in their life.
- Give the gift of books to a child from birth to five years old in your life and encourage

### **Let Parents Know You Need Their Help!**

Early childhood educators know and understand the importance of parental involvement in their children's education. Caregivers can learn essential information about the children from their families, the people who have the longest history and most intimate experience with the children.

As adults raising children, caregivers and parents share needs, experiences and hopes—common elements that bind them and are the beginning ingredients for building relationships and a sense of community.

Here are some important bits of information parents can provide caregivers that are certain to help support the best child care environment for individual children.

1. About a child's temperament
  - a. What behaviors do you notice when your child is frustrated or confused?
  - b. How would you describe your child's personality?
2. About a child's family culture

- others to do so.
- Make a donation to your local Imagination Library in honor of a child.

Reading aloud to children and experiences with books are vital in early literacy development and help give children their biggest boost toward a successful education.

For more information and to register a child, visit the [Governor's Books from Birth Foundation](#)



**Retirement Congratulations**

**Betty Ann Ogilvie**, Wee Care, Lewisburg-50 years  
 She'll miss: Children, parents and friends who are in the child care field.

Future plans: To spend time with my 2 new great grandbabies.

Advice for new providers: Enjoy every day with the children and love them. Some of the little ones do not have the luxury of love and time shared with them.

**Louis Baldwin**, Tullahoma Day Care Center, Tullahoma-43 years

He'll miss: Kids and hugs.

Future plans: I will still be involved with the center to assist the and work with the school system. I will also be traveling to visit my daughter and grandson, go to the beach, and hang out a few other places.

- Are there siblings in the family? How do they get along?
- What are the names your child uses for his grandparents, aunts, or uncles?

3. About a child's social-emotional health

- What kinds of things is your child stubborn about?
- How does your child like to start the day?

4. About a child's physical and nutritional health

- What are your child's sleeping routines?
- What are his food preferences and how are they prepared?

5. About a child's learning style and interest?

- When playing alone, what does your child enjoy doing?  
 With adults? With peers?
- What kinds of books or stories does your child enjoy?

[Home Strategies](#) that offer help and guidance for families.

Excerpt from *Building Informed Relationships* by Karen Stephens

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## Enjoying the Outdoors!

It's a great time of year to enjoy many activities outside but when we are enjoying the outdoors, so are the bugs.

Here are some ways that the American Academy of Pediatrics recommends we keep those bugs off of the children.

Advice for new providers: Don't expect to make any money. Persevere and know the rules. The kids make up for everything.

**Ermalyn Bedwell**, First Presbyterian Child Care, Fayetteville-35 years

She'll miss: Watching the children as they discover new things, hugs, smiles and co-workers. Listening to their little voices while they are playing, as I sit in my office working.

Future plans: Finish projects that I have started but ran out of time, to travel with my husband, to spend time with my family and to work in our flower garden.

Advice for new providers: Be patient and kind and know that they are watching and listening to everything you do. Treasure the happy moments and forget the bad ones! In future years, they will describe you as the "mean teacher" or the "nice" teacher, so treat them in the way you wish to be remembered.

**Pat Lund**, Pat's Day Care, Tullahoma-35 years

She'll miss: Interaction with the children, their smiles everyday, their enthusiasm day in and day out.

Future plans: To take one day at a time.

Advice for new providers: When I first started I took any criticism personally. But you can't please everybody. You do what you can and go on. If you are taking care of the children and seeing to their needs, you know you are doing what's right.



### **Emotional Literacy**

Happy, sad, mad? How do you feel today? Feelings are normal. We all experience a variety of feelings, each and every day. What's important is the ability to

- Use a repellent with DEET but no more than 30% for children
- Spray in open areas to avoid children breathing them in
- Use just enough to cover the child's clothing and exposed skin
- Do not use products that contain both DEET and sunscreen. The DEET might decrease the effectiveness of the sun protection factor (SPF).

More information can be found at

[www.aap.org](http://www.aap.org) and  
[www.healthychildren.org](http://www.healthychildren.org)

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### **It's a Wonderful World Baby!**

Do you ever find yourself peering out the window, wishing you were outside in the fresh air? Ever wonder why you have that desire to feel the sun on your face? Research shows that going outdoors can improve your mood and boost your brain's ability to function. And guess what else- children have the same desire to connect with nature as adults!!

Even very young infants can benefit from spending time outdoors. Not only is the fresh air beneficial to their growing bodies, but the sights, sounds and smells of outside stimulate a baby's growing brain. Don't let worries about safety keep you from taking babies outside. With close supervision and warm interactions babies learn to enjoy being in the great outdoors which will lead to a lifelong enjoyment of this great big, wonderful world!

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identify and appropriately manage our feelings, as well as, respond appropriately to the feelings of others. This is often referred to as "Emotional Literacy." For young children, their feelings are very real.

Unfortunately, they do not have the words to express those feelings, so it comes out in their behavior. A child who is angry might throw a tantrum or hit another child. As providers, we need to help them identify those feelings and express them using their words, not their bodies. As children learn to identify their feelings, it will also help them as they interact with others. They will be able to gauge how others are feeling, and then can respond appropriately.

For a wealth of provider resources, in helping children with their emotional literacy, go to [CSEFEL](#) and [Conscious Discipline](#).

In the words of Jack Kornfield, "To neither suppress our feelings nor be caught by them, but to understand them-that is the art."

## Save the Date

### **Building Strong Families Conference**

Embassy Suites in Murfreesboro  
September 9-11

### **SCAEYC Conference**

Columbia Academy in Columbia  
September 21

**For more information on these conferences contact your CCR&R Specialist.**

### **TAEYC Conference**

Knoxville, TN

**October 10-12, 2013**

The TAEYC Conference will be held at the Knoxville Convention Center. Go to their website,

## **Summer Ideas for School Aged**

Looking for a summer activity for your school aged? How about a "Nature Scavenger Hunt?" The children will need a journal, writing utensils, and bags or containers to collect their items. You will also need to print up a list of scavenger items for them. Here are some ideas of things for the children to look for:

- Three tree leaves of different types
- An insect
- A feather
- Something round
- A twig shaped like a letter or number (not 1 or I)
- Two kinds of grass
- Something soft
- Something sharp
- A rock with an interesting shape or color
- Two different flowers
- Some other interesting thing

Let the children choose an item that they want to learn more about and write about it. They could also write a poem about one of the items. Encourage them to identify as many items as they can in their scientific names and record this in their journals. If they would like to do a rubbing of their leaves, this would be a nice art experience for them. To further add to the experience the children could also draw their own nature pictures. The children would benefit in the areas of science, art, literacy, and physical activity with this scavenger hunt. If you modify the ideas to your own needs, the possibilities are endless.

[www.taeyc.org](http://www.taeyc.org) for more information.

**Don't forget to celebrate these holidays:**

Independence Day-July 4th

Labor Day-September 2nd

Patriot Day-September 11th

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**South Central Region  
Office Updates**

**The CCR&R Office in Lewisburg  
will close in June 2013.**

The contact information for the new  
mailing address will be:

South Central CCR&R

PO Box 47

Unionville, TN 37180

All of our phone numbers including  
the 800 number will remain the  
same.



Providing resources for parents, child care professionals,  
employers, and the community that support quality care  
and development of our children.

