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A Positive Approach to Guidance and Discipline

VOLUME 18
FEBRUARY 2010

What comes to mind when someone says the word "discipline"? Does it invoke a pleasant thought? For many people, the word discipline has a negative connotation. Often this word is thought to mean punishment. However, positive discipline actually means to direct or guide physically, intellectually, socially and emotionally. We encompass the four domains of child development and, therefore, look at guiding the whole child. Always keeping in mind that our ultimate goal is that the child learns to discipline him/herself...self-discipline. Children do not enter the world knowing the alphabet,

colors, or how to count. Parents and other caregivers teach these concepts. Just like these things must be learned, so must following rules, learning between right and wrong, and problem-solving. Caring adults guide and show children how to make appropriate decisions and good choices. Discipline should always be mixed with love and respect. When children are taught how to behave they also develop an inner sense of self-control and learn responsibility. These social and emotional skills are what will help them to thrive and be successful



Un acercamiento positivo a la orientación y a la disciplina

¿Qué viene a la mente cuando alguien dice la palabra "disciplina"? ¿Trae un pensamiento agradable? Para mucha gente, la palabra disciplina tiene una connotación negativa. Esta palabra a menudo se relaciona con castigar. Sin embargo, aplicar una disciplina positiva ayuda a dirigir o guiar física, intelectual, social, y emocionalmente. Nosotros abarcamos los cuatro campos de desarrollo infantil y, por consiguiente, guiamos al niño de una forma total. Siempre recordemos que nuestra meta final es que el niño aprenda a disciplinarse a si mismo...que aprenda la autodisciplina.

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in school. The preschool years are critical times for children to practice and master these skills. It is through positive discipline and loving guidance that children develop self-esteem and confidence.

It is essential to maintain the right frame of mind when thinking about discipline and guidance. For example, when a child uses challenging behaviors, we need to separate the behavior from the child. If you think of the child as a problem rather than the behavior, you are setting yourself up to develop a negative attitude about the child. Remember, behind every misbehavior is a child trying to tell us something. A child will sometimes use inappropriate behaviors to get their needs met. Parents and early care educators must teach children more appropriate ways to express themselves and get their needs met. For example, if a child is throwing blocks around the room, could it be that he is bored or angry? In order to understand this behavior, we need to ask ourselves what the child is getting from the behavior. How is it beneficial to the child to throw blocks? Once we know the answer to this, we can help the child replace the negative behavior with one that will accomplish the same results. A child should learn that he can get his needs met and express himself in ways that are more socially acceptable.

When disciplining a child, adults should set clear, simple rules and be consistent in enforcing them. Say what you mean and mean what you say. If you don't follow through on any promised action, then how can your child understand? If a child makes a demand and you give in out of frustration or pressure, what are you teaching? Be careful not to reinforce negative behaviors. Adults also need to understand that schedules and routines help young children know what to expect and, therefore, feel safe in the world.

Positive discipline is firm, but fair and kind. Like everything a child learns, they need to practice until they get it right. Children will challenge rules and boundaries. Knowing that in advance will help adults avoid frustration and anger. Try to keep rules simple and try not to overreact if a child breaks a rule. Preschoolers need lots of reminders.

Instead of telling a child what not to do, we must tell a child what he can do! Be encouraging. Adults can encourage the behaviors they deem appropriate by catching a child being good. When a child responds in a positive way, take notice and help him/her feel proud of the accomplishment.

Regardless of their behavior, children need to know you love them and will keep them safe. By communicating your love, children will come to understand that it is out of concern that you discipline. Behind every well-behaved child is a caring adult who wishes the child well in life!

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Los niños entran al mundo sin saber el alfabeto, los colores, o como contar. Los padres y quienes cuidan a los niños son los que les enseñan estos conceptos. Así es como estas cosas deben aprenderse, siguiendo las reglas, distinguiendo entre lo que está bien y lo que está mal ; las habilidades para la solución de problemas, también se tienen que aprender. Los adultos son quienes cuidan a los niños, los guían y les muestran como tomar buenas y apropiadas decisiones. La disciplina siempre debe ser combinada con amor y respeto. Cuando a los niños se les enseña cómo comportarse, ellos también desarrollan un sentido interno de autocontrol y aprenden las responsabilidades. Estas habilidades sociales y emocionales son las que los ayudarán a sobresalir y tener éxito en la escuela. Los años preescolares son muy importantes para que los niños practiquen y dominen estas habilidades. Los niños desarrollan autoestima y confianza a través de disciplina positiva y orientación cariñosa.

Es importante mantener la mentalidad correcta cuando se piensa en la disciplina y la orientación. Por ejemplo, cuando un niño demuestra comportamientos desafiantes, se debe separar el comportamiento por un lado y al niño por el otro. Si usted considera al niño un problema en vez de considerar su comportamiento, usted está desarrollando una actitud negativa sobre el niño. Recuerde que los niños usan el mal comportamiento para comunicarnos algo. Un niño utilizará, a veces, comportamientos inadecuados para conseguir lo que necesita. Los padres y quienes cuidan a los niños deben enseñarles formas más apropiadas para expresarse y obtener lo que necesitan. ¿Por ejemplo, si un niño tira los juguetes por todo el cuarto, podría ser que está aburrido o enojado? Para poder entender la razón de su comportamiento, necesitamos preguntarnos que es lo que el niño gana con ese comportamiento. ¿Qué es lo que el niño gana con tirar los bloques? Cuando podemos responder a la pregunta, le podemos ayudar a cambiar el comportamiento negativo por uno que logre los mismos resultados. Un niño debe aprender que puede conseguir lo que necesita y expresarse de una manera que sea socialmente aceptable.

Al disciplinar a un niño, los adultos deben fijar reglas simples y claras y deben ser constantes en hacerlas cumplir. Comuníquese clara y efectivamente con el niño. ¿Si usted no cumple con lo que dice, como puede entonces entender su niño? ¿Si su niño le pide algo y usted se lo da porque se siente frustrado o esta presionado, que es lo que le esta enseñando? Tenga cuidado en no reforzar los comportamientos negativos. Los adultos también tienen que entender que los horarios y rutinas ayudan a que los niños pequeños sepan qué esperar y, por lo tanto, que se sientan seguros en el mundo.

La disciplina positiva es firme pero justa y compasiva. Para que los niños puedan aprender alguna cosa, ellos necesitan practicar hasta que logren aprender ese comportamiento. Los niños desafiarán las reglas y los límites. El saber esto de antemano ayudará a que los adultos eviten enojos y frustraciones. Trate de mantener las reglas simples y trate de no reaccionar exageradamente si un niño quebranta una regla. Los niños en edad preescolar necesitan que les recuerden las cosas muy a menudo.

! En vez de decirle a un niño lo que no debe hacer, debemos decirle lo que si puede hacer! Usted debe animar a los niños. Los adultos pueden promover los comportamientos que ellos consideran apropiados haciéndole ver al niño cuando se porta bien. Cuando un niño responde de una manera positiva, hágasele ver y ayude al niño o a la niña a sentirse orgulloso/a de su logro.

Sin importarle su comportamiento, los niños necesitan saber que usted los quiere y los mantendrá seguros. Si usted se comunica con amor, los niños entenderán que usted los disciplina porque usted se preocupa por ellos. ! Detrás de cada niño juicioso hay un adulto que quiere a su niño y le desea lo mejor en la vida!

Child Maltreatment: Recognizing and Responding

Have you ever seen other parents doing any of the following: yelling at their children, spanking them, dragging them by the arm through a store, or worse? How did it make you feel? Anxious? Angry? Fearful? Did you ever stop to think about what might have happened to that child later, when there weren't other people around? If not, then take a moment to think about it.

The African proverb says that the responsibility for raising a child rests with the community, not just his or her parents. Therefore, we...as individuals...as parents...as adults...as a community have the responsibility to protect children from the harmful effects of child maltreatment.

Abuse is typically categorized as emotional (or psychological), physical, and sexual. These kinds of abuse can manifest themselves in the following ways:

Emotional – name-calling, yelling, harsh criticism, humiliation, degradation, ridicule

Physical – punching, hitting, kicking, burning, using objects to inflict pain

Sexual – inappropriate sexual contact, exposure to pornography, indecent exposure

Neglect occurs when a parent or caregiver fails to provide their child(ren) with basic necessities. Like abuse, there are different kinds of neglect – educational, emotional, medical, and physical – which are exhibited in the following ways:

Educational – failure to educate a child, failure to ensure school attendance

Emotional – inattention to emotional needs, permitting the use of drugs/alcohol

Medical – failure to provide necessary medical/mental health treatment

Physical – failure to provide necessary food//clothing/shelter, lack of adequate supervision

A child who has suffered in any of the ways mentioned above will more than likely demonstrate observable signs of the maltreatment. The presence of these signs does not prove maltreatment, but the situation should be monitored carefully, particularly when these issues occur repeatedly or in combination. These can include, but are not limited to:

- extremes in behavior, delayed physical/emotional development, attempted suicide, lack of attachment to parents/others (emotional abuse/neglect)
- begging for/stealing money/food, consistently dirty, lacking proper clothing, lacking medical/dental care/glasses, truancy (other forms of neglect)
- bruises, bites, burns, seeming afraid of parents/adults (physical abuse),
- nightmares, difficulty walking/sitting, running away, pregnancy/veneral disease, bizarre or sophisticated sexual knowledge/behavior (sexual abuse)
- sudden changes in behavior/school performance, becoming withdrawn,

Children who are abused or neglected suffer in many ways. Though cuts and bruises (and worse) can heal, the emotional and psychological effects of maltreatment are often long-lasting. Specifically, social difficulties, cognitive dysfunction, behavioral issues, as well as other physical and mental health problems are just some of the adverse outcomes that children suffering from maltreatment may endure during their life. It is OUR responsibility to see that it ends.

Recognizing maltreatment does a child no good if we don't respond quickly and appropriately. The adage – it's better to be safe, than sorry – applies here. The first step to ensuring that a child is safe is to make a report with your local Department of Social Services (DSS). Anybody who suspects child maltreatment (permission/proof is not necessary, only reasonable cause) can make an anonymous report – certain people are required by law to do so (i.e. doctors, school staff, child care workers, DSS staff, etc.) In Forsyth County alone, more than 2,000 reports are made each year. The phone number to make a report with the Forsyth County DSS is 703-2287 (ABUSE). If a child is in immediate danger, you should contact local law enforcement (911) with your concerns. And lastly, anybody who has questions about this information or would like to talk to a professional about concerns they have for a child's well-being is encouraged to call Exchange/SCAN – 24 hours per day – at (336) 748-9028.



Smart Start of Forsyth County Trainings

Unless stated otherwise, all classes will be held at the Smart Start of Forsyth County Training Room.

To register, please call the Training Line at 336-714-4368 or email patm@smartstart-fc.org

February Trainings (please call to register beginning on January 25, 2009).

Coping with Stress

Date: February 2, 2010

Time: 6:30-8:30 pm

Presenter: Martine Powell

Do you want to learn techniques and resources to help you manage stress? This workshop will help early childhood educators minimize stress as they work with all children (including children with disabilities). There are resources available and techniques that will be shared during this workshop.

Teaching and Leading Children

Date: February 2, 9, 16, 2010

Time: 6:30 - 8:30 pm

Presenter: Gwen Walter

This is a 3 part workshop. It will foster understanding of children's development and behavior; how to build self esteem through encouragement and listening skills; and how to solve problems with young children. This class will be especially helpful to both new and veteran teachers. You must be present for all 3 parts to receive your contact hours.

Getting It All Done: Time Management for Busy Directors/Assistant Directors

Date: February 4, 2010

Time: 6:00-9:00 pm

Presenter: Lesha Workman

Why are some centers operating like "well oiled machines" while others seem to be surviving on a lifeline? This workshop will assist Directors and Assistant Directors with getting all of the work that has to be done to keep a center functioning at an optimal level all of the time. This workshop is your invitation. Come out and discover techniques and strategies to insure success in keeping paperwork and files up to date with other Directors and Assistant Directors

Dental Hygiene for Preschoolers

Date: February 9, 2010

Time: 6:30-8:30 pm

Presenter: Deborah Massenburg

This is a very informative workshop that all early care providers should attend. The instructor will show how dental hygiene can play an active role in a child's routine and behavior. This information can be applied in the centers or even passed along to parents to be used in homes. Good oral hygiene plays a major role in a child's well being. Come out and see!

Wee Music Time Big Book Affair:

Date: February 6 and 13, 2010 (Saturdays)

Time: 9:00-11:00 am

Presenter: Dr. Donna Wiggins

Come one come all to the Wee Music Time

Big Books Affair!! Learn how to inspire a love for reading in your preschoolers through integrating award-winning favorites from Big Book collections with children's music favorites.

ITS SIDS

Date: February 18, 2010

Time: 6:30-8:30 pm

Presenter: Rodd Smith

Professionals from Baby Love Plus of the Forsyth County Health Dept. will discuss the importance of being prepared for Sudden Infant Death Syndrome (SIDS). You will be provided with the most current information so that you will be prepared to take preventive measures that will help ensure that young children who are in your care will be safe while they sleep.

Playground Safety

Date: February 20, 2010

Time: 8:30 am-12:30 noon

Presenter: Karatha Scott

This training will cover all of the state required procedures and regulations to operate a safe and healthy outdoor play environment.

Supporting Young Writing of Preschoolers: The DAP Way

Date: February 23, 2010

Time: 6:30-8:30 pm

Presenter: Stephanie Hood

Literacy includes reading and writing for young children. Is your classroom set up to promote writing as well as reading? Are children given meaningful, relevant and interesting opportunities to use writing? Participants will discuss this and learn strategies to support the writing skills of young children.

March Trainings (please call to register beginning on February 22, 2010)

Keeping the Peace!

Date: March 6, 2010 (Saturday)

Time: 8:30 am-12:30 noon

Presenter: Romy Allen

If you want to get a handle on how to keep that "wild child" calm while simultaneously protecting your "last nerve" then this is the training for you. We will discuss issues of behaviors and what strategies are most effective in terms of positive guidance techniques and what "really works" in a classroom setting. You will gain practical knowledge that will help you to "Keep the Peace" in your learning environments.

Teacheread

Date: March 8 and 9, 2010 (Monday)

Time: 6:30-8:30 pm

Presenter: Marjorie Burris

This workshop will help you share stories with children with enthusiasm that children "can feel and catch." Reading aloud becomes fun and will become a favorite place for children to return. The trainer will model effective reading techniques and demonstrate how to encourage children to talk

about the story. Early childhood educators will learn to use books as a "springboard" for lesson planning and classroom enhancement. This is a 2-part series. You must be present for both classes in order to receive your contact hours.

Building Self Esteem in Young Children: Everyday in Many Ways

Date: March 9, 2010

Time: 6:30-8:30 pm

Presenter: Martine Powell

Building the self esteem of young children is an ongoing, everyday process. But there is nothing mundane about it. Early educators work at building the self esteem of all children (including children with disabilities). Come out and learn new techniques and resources to help you manage stress in caring for typically and atypically developing children.

Identifying Children with Special Needs

Date: March 11, 2010 (Thursday)

Time: 6:30-8:30 pm

Presenter: Jennifer Byers

All children are special and have unique needs! This workshop will focus on the development of young children and criteria to help providers identify children with possible delays. Participants will obtain information that will assist in determining if a child (ren) would potentially need intervention. They will also be provided several tips to facilitate talking with parents about concerns they may have.

Science Fun with Preschoolers

Date: March 16, 2010

Time: 6:30-8:30 pm

Presenter: Stephanie Hood

Young children are natural investigators. They are active learners who are ready to explore. The trainer will engage participants in strategies to promote science and math.

ITS SIDS

Date: March 18, 2010

Time: 6:30-8:30 pm

Presenter: Rodd Smith

A Professional from the Baby Love Plus, a program sponsored by the Forsyth County Health Department, will discuss the importance of being prepared for Sudden Death Syndrome (SIDS). The instructor will give you preventive measures that should be taken when caring for young children.

The Five Love Languages

Date: March 23, 2010

Time: 6:30-8:30 pm

Presenter: Pat Minter

Are you interested in learning more about communicating with young children and relating to them in ways that allow them to feel loved and cared for? Come out and learn about 5 different styles of relating to children as described in the book *The Five Love Languages* by Dr. Gary Chapman.

April Trainings (please call to register beginning on March 29, 2009)

Developmental Milestones

Date: April 6, 2009

Time: 6:30-8:30pm

Presenter: Martine Powell

Participants will be provided with an interactive timeline and information to assist with understanding developmental milestones for infants up to 5 years of age, in addition to early warning signs of delayed development.

Teaching and Leading Children

Date: April 6, 13, 20, 2010

Time: 6:30-8:30 pm

Presenter: Gwen Walters

This workshop series will foster understanding children's development and behavior, how to build self esteem through encouragement and listening skills; and how to solve problems with young children. You must be present in all 3 parts of this series to get your contact hours.

Learning Styles/Multiple Intelligences: How Do You Know What to Teach Young Children?

Date: April 10, 2010 (Saturday)

Time 8:30 am-12:30 noon

Presenter: Romy Allen

In today's world, children are exposed to many types of family structures that influence the way children learn and develop. Understanding those influences provides the background necessary to plan appropriate curriculum that supports each child's maximum potential of growth.

The Spirited Child

Date: April 12, 2010 (Monday)

Time: 6:30-8:30 pm

Presenter: Marjorie Burris

Participants will learn how to understand the Spirited Child. In addition, participants will learn strategies that will enable them to work well with the spirited child in supportive ways that help enable the spirited child to cooperatively participate in the classroom.

Playground Safety

Date: April 22, 2010 (Thursday)

Time: 5:00-9:00 pm

Presenter: Karatha Scott

This training will cover all of the state required procedures and regulations to operate a safe and healthy outdoor play environment.

ITS SIDS

Date: April 18, 2010 (Thursday)

Time: 6:30-8:30 pm

Presenter: Rod Smith

A professional from Baby Love Plus, a program that is sponsored by the Forsyth County Health Department, will discuss the importance of being prepared for Sudden infant Death Syndrome (SIDS). They will give you some preventive measures that should be taken when caring for young children.

Kindergarten Readiness

Date: April 27, 2010

Time: 6:30-8:30 pm

Presenter: Stephanie Hood

Teachers of young children need to begin preparing their students in infancy for kindergarten. Participants will gain knowledge about kindergarten screenings. They will also learn readiness skills that they can teach preschoolers to help them enter kindergarten ready to learn.

Asthma Education

Date: April 29, 2010 (Thursday)

Time: 6:30-8:30 pm

Presenter: Jill Hinckley-Noble

This workshop will help prepare childcare providers recognize some asthma triggers and it will help them learn how some can be prevented. Participants will have hands on experience on using the inhalers.

Work Family Resource Center Trainings

Unless stated otherwise, all classes will be held at WFRC, 313 Indera Mills Ct.

To register, please call 336-761-5100 or email dbell@workfamilyresource.org

Family Child Care Environmental Rating Scale (FCCERS-R) Training

Thurs. January 28, 2010 6pm-8p

Presenter: Cherie White

This informative workshop will cover the revised rating scale and discuss the process for administration in your FCC program. Participants will review the scoring system, notes for clarification as well as look at sample situations. This training is designed for participants with little knowledge of the rating scale.

CSEFEL Training Module 1 & 2 Tues., Jan.26, 2010 6:30-8:30pm

Presenter: Judy Hoskins

Cost \$30 Cost include CD and handouts

CSEFEL will be held @ Northwest CDC.

This is a basic overview of the training for preschool professionals from the Center for Social Emotional Foundations of Early Learning (CSEFEL). The four Modules will be presented in two sessions.

Preschool Modules: 1 & 2

Participants will be introduced to the importance of building relationships with children, families, and colleagues, and the relationship between children's social emotional development and challenging behaviors. Discussions will cover how challenging behavior serves as a function for children, and the relationship between a child's environment and behaviors. Evaluation systems of a professional's work with children will be a focus with the (IOP) Inventory of Practices.

Family Child Care Home Pre Licensing Workshop

Tues. February 9, 2010 8:30am

Presenter: Betty Nelums Cost \$40.00

This one-day workshop is a comprehensive review of the North Carolina Family Child Care Home Rules and Regulations and will be helpful to those who are planning to operate a family childcare home. Cost includes Family Childcare Notebook.

Advance Family Child Care Environmental Rating

Tues. Feb.11, 2010 6-8pm

Presenter: Vonya Washington Cost \$5.00

This training focuses more on the seven subscale items of the rating scale. It breaks down exactly what the assessors are actually looking for in your environment, materials, diversity, and interactions among the children and with you, the provider. We will also be taking a closer look at the scoring system and familiarizing ourselves with new key terms and how they affects your score. Please bring your revised rating scale book to the training and any questions you may have.

Key to SACERS

Wed., Feb. 17, 2009 10am-12pm

Presenter: Tarsha Banister Cost \$20.00

Need help pulling it all together before your assessment?

Are you ready to take your program to the next level?

Join us as we explore the School Age Care Environment Rating Scale. Discover how to improve your overall score, conduct mock-assessments, and the importance of enhancing your learning environment with developmentally appropriate materials. This workshop will make a difference in your program!

CSEFEL Training Module 3 & 4

February 23, 2010 6:30-8:30pm

Presenter Judy Hoskins

CSEFEL will be held @ Northwest CDC.

(Modules 1 & 2 are a prerequisite for this class)

Participants will be introduced to intensive interventions and determining the meaning of a child's challenging behavior. Discussions will cover developing a behavior

support plan and leadership strategies for supporting children's social emotional development and addressing challenging behavior. Cost include CD and handouts

Building Parent-Provider Partnerships in Child Care

Thurs. Feb. 25, 2010 6pm-8pm

Presenter: Cherie White Cost \$5.00

Families are the primary influence in the lives of their children. This training will explore ways to create a learning environment, which reflects the culture, strengths and desires of families for their children. Participants will also look at various strategies for establishing effective relationships with parents.

IT'S SIDS

March 15, 2010 6:30-8:30

Presenter Jennifer Davis Cost \$5.00

This informative and engaging presentation will provide an overview of Sudden Infant Death Syndrome (SIDS). The presentation will also list features of the NC SIDS Law for Childcare, identify safe sleep standards and best practices, and provide information concerning SIDS resources and how to access them

Food, Fitness and Fabulous Fun

Thur. March 25, 2010 WFRC 6pm-8pm

Presenter: Vonya Washington & Cherie White

Cost \$5.00

Healthy Food Equals Healthy Children. Food provides the building blocks for a strong and healthy body and the energy your child needs to play learn and grow. During this workshop we will explore topics such as: diet, nutrition, exercise and ways that you can set a positive example through the food that you serve and physical activities that you offer to the children. This workshop is open to Family Child Care Providers Only and WILL COUNT toward your required CACFP Food Program Training.

Smart Start of Forsyth County Community Partners

Smart Start of Forsyth County supports programs for parents, child care facilities, and educators by directly administering services in house and by providing financial support to local human service agencies to administer services within their organizations. With a variety of programs designed for parents and professional educators, Smart Start of Forsyth County and its partner agencies help meet the developmental and health needs of children in order to prepare them for success in school and life.

Catholic Social Services

714-3205 www.cssnc.org/HandtoHand

Child Care Services Association

919-967-3272 www.childcareservices.org

Creative Learning Center for Very Young Children

773-0017 www.geocities.com/clcws/

Downtown Health Plaza

713-8621 www1.wfubmc.edu/dhp

Exchange/SCAN

725-BABY www.exchangescan.org

Forsyth County Department of Public Health

703-3376 www.co.forsyth.nc.us/PublicHealth

Forsyth Technical Community College

734-7956 www.forsythtech.edu

Goodwill Industries of NUNC

724-3621 www.goodwillnunc.org

Imprints

722-6296 www.imprintsforfamilies.org

or 713-9732

North Carolina Cooperative Extension

703-2850 <http://forsyth.ces.ncsu.edu>

The Children's Center for the Physically Disabled

727-2440 <http://web2k.wsfcs.k12.nc.us/ccenter/about.htm>

Winston-Salem/Forsyth County Schools

771-4730 <http://mts.admin.wsfcs.k12.nc.us>

or 748-4034

Work Family Resource Center

761-5100 www.workfamilyresouce.org

Work Family Resource Center Unveils New Website

With a grant from The Winston-Salem Foundation, Work Family Resource Center utilizing the services of Capture Public Relations and Marketing has created a new website to share information about its services with community.

The new website enables parents to access information about choosing quality child care and to conduct searches for local child care programs that specifically meet the needs of their child. Child care providers can learn about technical assistance services offered by Work Family Resource Center Specialists and can access the regional training calendar to better meet their in-service training needs.

Check out Work Family Resource Center's new website at www.workfamilyresource.org.

7820 North Point Blvd, Suite 200
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www.smartstart-fc.org

Help us **GO GREEN!** If you want to receive our newsletter electronically or opt out of our mailing list, please send an email to ssfc@smartstart-fc.org