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Summertime Fun

VOLUME 19

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With the summer fast approaching you, like myself and so many other parents out there, may find yourself asking "what in the world are we going to do all summer?" Here are some suggestions for a summer packed with fun, free (or very cheap) kids' activities that will have you shining like the star parent you are!

1. Play cards. Buy cards designed for children and play the memory game, go fish and crazy eight's. My 2 and 4 year olds love to play with their princess cards!

2. Do puzzles together.

3. Plant a garden of things that grow easily like peppers and tomatoes and then have your kids do all the maintenance like

watering, pulling weeds and picking the produce themselves.

4. Clean the house. My little ones love to clean with me! I give them a Swiffer with a shortened handle, a damp washcloth or a feather duster and they are off! Not to mention the house gets cleaned and they learn good habits!

5. Don't forget the public library! They have great free stuff all summer long for the kiddos to do including preschool film on certain days. You can find their activities on my web site or on theirs.

6. There are also many great, free web sites with games,



Diversiones de verano

Con el verano acercándose rápidamente, tanto usted como yo y muchos otros padres nos estamos preguntando ¿que vamos a hacer durante todo el verano con nuestros niños? ¡Aquí están algunas sugerencias para un verano lleno de diversión, con actividades gratis (o muy baratas) que le harán resplandecer como el padre estrella que usted es!

1. Juegos de cartas. Compre cartas diseñadas para niños y diviértase jugando el juego de memoria y ocho loco. ¡A

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A Publication of Smart Start of Forsyth County

worksheets you can print out, recipes you can make and many other fun, free and educational activities geared towards children. Here are some of my favorites:

A. www.printactivities.com will allow you to print worksheets with the letters of the alphabet and the letters are big enough to color.

B. If you are looking for a more comprehensive web site then this is awesome for reading, writing and counting and is absolutely free as well <http://www.beginningreading.com/Free%20Workshe.htm>

C. www.nickjr.com also has many things you can do for free like play games, print work sheets, browse through recipes that and kid friendly not only for simple cooking steps but also for eating

D. And there are many web sites where you can download children's stories for free or inexpensively like www.storynory.com , www.lightupyourbrain.com or www.audible.com

Have fun!

Written by: Shazana Haney,
www.kiddingaroundintown.com

BLOCKFest



Bring the young children in your life to play and learn with little blocks, big blocks... lots and lots of blocks! Blockfest™, hosted by Imprints, is a building extravaganza for parents and children 8 months to 8 years. Block play helps children develop early math, science and literacy skills.

Families play at five stations during one-hour sessions. Imprints parent educators demonstrate techniques to help parents maximize their child's learning. Sessions are free, but space is limited. Call 722-6296 x205 to reserve your spot or visit www.imprintsforfamilies.org for more information.

Friday, June 4th 1:00-4:00 pm

Saturday, June 5th 9:00 am-noon

The Children's Center for the Physically Disabled
2315 Coliseum Dr.

(corner of Reynolda and Coliseum Drs.)

mis hijos de 2 y 4 años les encanta jugar con sus cartas de la princesa!

2. Hagan rompecabezas juntos.

3. Siembre en su jardín cosas que crecen fácilmente como pimentones y tomates, después invite a sus niños a que cuiden lo que han sembrado como echándole agua a las plantas todos los días o arrancando las malas hierbas para luego recoger lo que han ayudado a cultivar.

4. Limpie la casa. ¡A mis hijos pequeños les encanta limpiar conmigo, les doy un trapo húmedo o un plumero y ellos empiezan a limpiar! ¡La casa queda limpia y ellos aprenden buenos hábitos!

5. ¡No olvide la biblioteca pública! Tienen muchas actividades gratis

para niños pequeños durante todo el verano incluyendo películas para niños de edad preescolar en determinados días.

6. Hay también muchas páginas Web gratis con juegos que usted puede imprimir tales como hojas de trabajo, recetas que ustedes pueden preparar juntos y divertirse cocinando o actividades educativas especialmente para niños. Aquí están algunas de mis favoritas:

A. www.printactivities.com le permitirá a usted imprimir hojas de trabajo con las letras del alfabeto las cuales son bastante grandes para colorear.

B. Si usted está buscando una página Web más comprensiva, pues esta es muy buena para la lectura, escritura y para contar. También es gratis. [http://](http://www.beginningreading.com/Free%20Workshe.htm)

www.beginningreading.com/Free%20Workshe.htm .

c. www.nickjr.com también tiene muchas cosas que usted puede hacer gratis como juegos, puede imprimir hojas de trabajo, puede buscar recetas que sean para niños no solo para que aprendan a cocinar sino también para que coman lo que preparan.

D. Hay también muchas páginas Web donde usted puede bajar historias de niños gratis o a bajo costo como: www.storynory.com, www.lightupyourbrain.com y www.audible.com

¡Diviértanse!

Escrito por: Shazana Haney,
www.kiddingaroundintown.com

Water Safety and Preschoolers

The steamy, hot days of summer seem to call to us to seek relief from the heat with water activities at the pools, lakes, ponds, and beaches. Water activities offer lots of fun but water activities can also be dangerous if we don't take the proper precautions. According to the Center for Disease Control (CDC), of all the children who died in 2004, 26% of them died from drowning.

Preschoolers are carefree, curious and adventurous. These wonderful characteristics also make them especially vulnerable around water. They can drown in less than 2 inches of water. Drowning can happen where we least expect it such as the sink, buckets, the toilet bowl, inflatable pools, or even ditches filled with rain water. Therefore, water and unsupervised children don't mix.



The good news is that accidental drowning is preventable. The CDC offers the following tips for keeping children safe around water:

- ☒ Avoid distraction when preschoolers are in water (i. e., don't read a magazine, talk on the telephone, or wear headphones, etc.)
- ☒ Learn CPR.
- ☒ Learn to swim.
- ☒ Never substitute water toys and other flotation devices for life jackets.
- ☒ If you own your own swimming pool, install a protective fence around your pool area.
- ☒ When swimming is over, put away water toys and flotation devices that might tempt preschoolers.
- ☒ Be sure preschoolers (and adults) wear United States Coast Guard approved life jackets when in any boat on any body of water. If at the beach, steer clear of choppy, foamy, discolored, or debris-filled water.

The most important tip of all, is never take your eyes off preschoolers when they are around water, whether it's the bathtub, swimming pool, lake or ocean. They need constant supervision around water if they are to enjoy the water and stay safe.

Sizzlin Saturday Sessions Are Back!

Child Care Providers, you are invited to attend an exciting day of training that will take your program to the next level! Representatives from Statewide Initiatives will provide training hours to help you enhance your program.

Pinedale Christian Church, 3395 Peters Creek Parkway, Winston-Salem
SATURDAY, June 5, 2010, 8:00-12:45pm
Session I (8:30-10:30) and Session II (10:30-12:30)

Registration Fee: \$35.00 per person

For a registration form call Work Family Resource Center at (336) 761-5100

Additional Trainings will be offered throughout the year!

For information, call WFRC at the number listed above! Or check out our website

www.workfamilyresource.org

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

May (please call to register for May classes beginning on April 26, 2010.)

Teaching Young Children with Autism Spectrum Disorder

Date: May 4, 2010

Time: 6:30-8:30 pm

Location: First Assembly (*located at 3730 University Parkway*)

Presenter: Dr. Clarissa Willis

What is Autism? What are strategies to use in the classroom to support the learning of children with autism? What is a spectrum disorder? To get the answer to these and other questions about autism spectrum, please join us for an evening with Dr. Clarissa Willis, the renowned author of Teaching Young Children with Autism Spectrum Disorder.

“10 Minute Wonders: Supports for Young Children’s Learning”

Date: May 6, 2010

Time: 6:30-8:30 pm

Presenter: Uschi Wells

Using what we know about the developing preschooler and their growing brain, we will explore and experience the benefits of 10 minute wonders – fun filled, educational activities and games for teachers and parents to use with preschooler/s. 10 minute wonders are designed to support developmental goals and will add to your bag of tools when preparing children for kindergarten. Come ready to “make and take.”

Dental Hygiene for Preschoolers

Date: May 11, 2010

Time: 6:30-8:30 pm

Presenter: Machika Tobias

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!

The Importance of Play

Date: May 11, 2010

Time: 6:30-8:30

Presenter: Martine Powell

Do you want to learn more about the importance of play in children’s lives, play therapy and play patterns and more? Come out for this workshop and achieve that goal!

The Spirited Child

Date: May 13, 2010

Time: 6:30-8:30 pm

Presenter: Marjorie Burris

Who is a spirited child? What is the difference between a spirited child and a disobedient child? What are the answers for living with and teaching the spirited child? We will discuss the answers to these questions and more during this workshop.

The Components of Literacy

Date: May 18, 2010

Time: 6:30-8:30 pm

Presenter: Stephanie Sanders

This workshop will help participants to learn more about the 6 components of Early Literacy. Participants will understand how to teach all 6 components of Early Literacy in their classrooms to maximize their students’ potential in becoming competent readers and writers.

ITS SIDS

Date: May 20, 2010

Time: 6:30-8:30 pm (Thursday)

Presenter: Rodd 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). He will give you some preventive measures that should be taken when caring for young children.

“Dittos Don’t Develop Dendrites!”

Date: May 22, 2010 (Saturday)

Time 8:30 am until 12:30 Noon

Presenter: Romy Allen

Understanding each child and his/her needs is the key to providing a relevant, meaningful curriculum. So let’s throw away the ditto sheets and learn how to plan and implement engaging activities that keep children busy and prepares them for their next level of development including kindergarten readiness.

Creative Curriculum

Date: May 24, 2010 (Monday)

Time: 6:00-9:00 pm

Presenter: Patricia Minter

This workshop will provide an overview of the Creative Curriculum for preschoolers and infants, toddlers and twos. Participants will learn about the theories and research that this curriculum is based. Participants will learn about observation, lesson plans and the environment of a classroom where the Creative Curriculum is used.

No More Drama: Cultivating Relationships in the Workplace

Date: May 25, 2010

Time: 6:30-8:30 pm

Presenter: Lesha Workman

In this workshop participants will learn ways to end drama in the workplace and promote healthy relationships. Healthy workplace relationships increase productivity, attendance and participation at work. Wouldn’t you like to have more healthy relationships at work? Come out and join us and take away strategies that strengthen workplace relationships.

June (please call to register for June classes beginning on May 24, 2010).

Reading and Its Benefits to Young Children

Date: June 1, 2010

Time: 6:30-8:30 pm

Presenter: Martine Powell

Rosemary Wells addressed the question years ago in her book Read to Your Bunny Every day. And today,

it’s still important to read to young children every day. Come out and learn reading strategies to keep children engaged and interested in reading. The benefits and joy of reading are meant to be shared so they can promote a lifetime love of reading.

Playground Safety

Date: June 5, 2010

Time: 8:30-12:30 noon (Saturday)

Presenter: Karatha Scott

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

Taking Time for Yourself

Date: June 10, 2010

Time: 6:30-8:30 pm

Presenter: Lesha Workman

Are you teetering on the brink of burnout? Are you wondering about how to cope? Do you want to give more but feel like you are running on empty? If you answered yes to either of these questions then it is past time for you to learn some self care techniques. Come out and learn some ways to take care of you.

Why Do I Need to Observe & What Do I Do with that Information?

Date: June 12, 2010

Time: 8:30am-12:30 noon (Saturday)

Presenter: Romy Allen

Have you ever wondered why your children may not be responding to your teaching? Do you feel there is something missing in your children’s learning process? Maybe you need to observe your children closer and assess their needs to reach them when you teach them. Let’s talk about that in this session.

All about Learning Centers

Date: June 15, 2010

Time: 6:30-8:30 pm

Presenter: Stephanie Sanders

Participants will learn to create learning centers in their classrooms that will engage children. Participants will also get information about how to appropriately observe children playing and assess their learning based on what they demonstrate in their learning centers.

ITS SIDS

Date: June 17, 2010

Time: 6:30-8:30 pm (Thursday)

Presenter: Rodd Smith

A professional from Baby Love Plus, a program that is sponsored by 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.

Tics, Tourettes and Teamwork

Date: June 22, 2010

Time: 6:30-8:30 pm

Presenter: Phygenia Young

What is Tourette Syndrome? Why do teachers and caregivers need to know about this disorder? There are many factors children and parents dealing with T.S. wish you would consider as you work with families living with the realities of this condition.. Come join our discussion of symptoms, success stories and strategies for managing T.S.

July (please call for July classes beginning on June 28, 2010)

What Do Children Learn from Play

Date: July 1, 2010

Time: 6:30-8:30 pm (Thursday)

Presenter: Leshia Workman

We all have made the statement that children learn through play. Participants will learn the true meaning of play and focus on the developmental milestones of each group. Participants will also explore ways to discuss children's development with parents and explain what children learn through play and ways to enhance their learning at home.

Incorporating Culture into the Classroom

Date: July 6, 2010

Time: 6:30-8:30 pm

Presenter: Martine Powell

How can you honor the culture of the children and families in your childcare centers and homes? How can you incorporate culture into the classroom on a daily basis? We will explore the answers to these questions and more. Come out and join us!

Teaching and Leading Children

Date: July 6, 13, and 20, 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 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.

Wee Music Time

Date: July 7 & 14, 2010

Time: 6:30-8:30 pm

Presenter: Dr. Donna Wiggins

This 2- part workshop will show how music can enhance and enrich the literacy experience for early learners. Participants will engage in singing, literacy, and movement activities they can share in their classrooms and home centers. You must be present for both sessions to receive your contact hours.

Teacheread

Date: July 8, & 15, 2010 (Thursday)

Time: 6:30-8:30 pm

Presenter: Marjorie Burris

This is a 2 part workshop. 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. You must attend both sessions in order to receive your contact hours.

What Do You Do With Infant/Toddler/Twos?

Date: July 10, 2010 (Saturday)

Time 8:30-12:30 pm

Presenter: Romy Allen

There is a myth that infant/toddler/ twos are too young to do any "real learning" and all you can do is rock, feed, and change diapers. What can you do with children this young? We will investigate developmental characteristics and how to apply that information in planning, designing, implementing learning experiences for very young children by finding out what they can learn and what you can teach.

How Children Learn: Let Me Count the Ways

Date: July 13, 2010

Time: 6:30-8:30 pm

Presenter: Stephanie Sanders

This workshop will provide participants with an in-depth look at what environmental and biological factors determine how a child learns. Participants will also gain information on how to structure learning for students for optimal growth.

ITS SIDS

Date: July 15, 2010

Time: 6:30-8:30 pm

Presenter: Rodd Smith

A professional from the Baby Love Program, which is sponsored by The Forsyth Health Department, will discuss the importance of preventive measures and being prepared for Sudden Infant Death Syndrome (SIDS). The presenter will give you some preventive measures that should be taken when caring for young children.

Identifying Children with Special Needs

Date: July 22, 2010

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 all young 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.

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

CPR & First Aid

April, May, & June TBA

Cost 65.00

Presenter: Dan Ozimek

Training will be held at Northwest Child Dev
530 North Spring Street
Winston Salem NC 27101

Family Childcare Home Pre-Licensing Workshop

April 13; 9am-2pm; \$40.00 5 DCD Credit hrs

Presenter: Betty Nelums, Provider Specialist

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 child care home. The workshop will focus on family child care home licensing information, region specific zoning and sanitation requirements, and give detailed information regarding program start-up and operations as they relate to budgeting for quality child care homes.

Understanding the System of Personal Care Routines in the FCCERS-R

April 22; 6-8pm; \$5.00

Presenter: LaVonya Washington, Provider Specialist

Many family child care providers find it frustrating following and remembering the steps to proper hand washing, toileting, and health

practices as it relates to the rating scale. In this workshop we will explore all the steps and evaluate the reasoning behind them. We will also come up with various strategies to help you remember them so that it becomes a natural part of our daily child care environment. Come prepare to work in teams, as well as experiencing hands-on activities!

Creating a Peaceful Classroom Environment

April 27; 6:30pm-8:30pm;\$5.00

Presenter: Cherie White, Provider Specialist
Children, who learn to empathize with others, communicate their feelings and resolve conflicts in constructive ways become compassionate individuals. As educators we must set standards and expectations in our classrooms to help achieve these goals. This workshop will explore teaching methods as well as activities to teach basic values and trust to your children.

What Exactly is the FCCERS-R Observers Looking for???

May 13; 6-8pm; \$5.00

Presenter: LaVonya Washington, Provider Specialist
This workshop will explore all questions that all family child care providers have in common... What materials do I need, How much materials do I need, How much time do I need to spend in each of my centers, what specific interactions do they need to observe and

lastly, What is the world does Much Of the Day (MOD) mean and how does that affect my scoring. We will look in the areas of Learning Activities, Interactions, and Program Structure to answer and clarify these common mysteries.

Lights, Camera, Action: How to enhance dramatic play in the classroom

May 25; 6:30pm-8:30pm; \$5.00

Presenter: Cherie White Provider Specialist
Dramatic play allows children to interact and express reality on their own terms. Through dramatic play, children begin to understand the world around them. Also known as fantasy or pretend play, dramatic play develops a child's awareness of self and others. Children are little actors. All you have to do is provide them with the atmosphere and a few materials and they will take it from there. This workshop will explore ways to set up your classroom to foster creativity as well as look at what materials and activities you can offer to encourage dramatic play.

Family Childcare Home Pre-Licensing Workshop

June 8; 9am-2pm; \$40.00 5 DCD Credit hrs

Description same as above.

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 NWNC

724-3621 www.goodwillnwnnc.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/cccenter/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

Early Childhood Educator Certification

On a first come, first serve basis, time limited basis, certification is available at no charge to teachers, assistant teachers, directors, assistant directors, education coordinators, schoolage group leaders and family child care home providers. As of February 1, 2010, 206 individuals in Forsyth County are certified Early Childhood Professionals.

Contact infor@nceec.org or visit www.nceec.org for more information or application materials.

7820 North Point Blvd, Suite 200
Winston-Salem, NC 27106
www.smartstart-fc.org