



*News for the Communities, Families and Early Childhood Educators of Duplin County*

## Child Care Resource and Referral

Child Care Resource and Referral (CCR&R) is designed to help families find quality child care. This program offers a lending library which includes toys, books, music, videos, and resources for parents and teachers. Additionally, this program offers trainings to childcare providers. Contact Hour Credits (CHC) are awarded per hour of training. For more information regarding trainings offered, please contact Toni Hudson or Susan Elixson at 910-296-2000.

# JANUARY

# 2022

Pages 2-3	Comfort Strategies
Page 4-5	Craft & Recipe
Page 6	Martin Luther King, Jr.
Page 7	Provider Updates

## Recursos y Referencias del Cuidado del Niño

Recursos y Referencias del Cuidado del Niño (CCR&R) esta diseñado para ayudar a las familias a encontrar cuidado infantil de calidad. Este programa ofrece una biblioteca que incluye juguetes, libros, música, videos y recursos para padres y maestros. Además, este programa ofrece capacitación a los proveedores de cuidado de niños. Créditos por horas de Contacto (CHC) son otorgadas por hora de formación. Para obtener mas información acerca de los entrenamientos que ofrecen, llame a Toni Hudson o Susan Elixson al 910-296-2000.

## Car Seat Workshop

**Date: 01-21-22**

**Where: DCPC**

**Time: 9:00 am**

**For more information and to register, please call Karen Pacheco at 910-296-2000.**



**Buckle Up Kids**  
NORTH CAROLINA

# 2022

# HAPPY NEW YEAR

# Comfort Strategies

## The Big Idea: Comfort from a grown-up can help kids feel calm and protected.

During rough times and stressful situations, children may feel as if their worlds have been turned upside down. But you can create a calm, familiar environment and build children's sense of security.

### Provide Reassurance

Assure kids they are safe and cared for:  
 "I know this is hard, but you are very brave.  
 And people can be brave and scared at the same time. We'll get through this together."  
 Comfort doesn't always have to be offered with words: hold hands and hug often.



### Model Healthy Ways of Coping

In tough times, children look to adults to see how they should feel and react, so staying calm as much as possible helps. Let them know that it's okay to have all different types of feelings, and that they can always talk to a parent or another grown-up about what they're thinking and feeling. Saying something like, "I get scared/worried sometimes too and I know it can feel icky inside," can help justify their feelings and reassure them that they are not alone.

### Stick to Routines

There's always comfort in the familiar! Choosing at least one simple daily routine that kids can look forward to, such as singing the same lullaby at night, can give them a sense of control. If kids are struggling carrying out daily routines, it might help to hear something like, "let's put your worry on the shelf while we (take our afternoon walk, read a bedtime story, and so on). Then we'll pick it up again." Setting aside a worry or fear can help put it into perspective and give them time to relax and enjoy something they like.



Pulled from [www.sesamestreetscommunities.org](http://www.sesamestreetscommunities.org)

## Maneras de Consolar a Un Niño

### La Gran Idea: Cuando algo triste o que da miedo ocurre, los niños necesitan mucho cariño y seguridad.

Durante los momentos difíciles y estresantes, los niños pueden sentirse como si su mundo estuviera al revés. Usted puede crear un entorno familiar y tranquilizador para darles a los niños un sentido de seguridad.

#### **Dé Seguridad**

Asegúreles a los niños que están seguros y que se preocupan por ellos: “Se que esto es difícil, pero eres valiente, y las personas pueden ser valientes y sentir miedo al mismo tiempo. Superaremos esto juntos.” el consuelo no siempre tiene que estar acompañado de palabras: frecuentemente basta con tomarse de la mano o darse un abrazo.



#### **Modele Maneras Sanas de Superar Dificultades**

Durante los momentos difíciles, los niños se refieren a los adultos para saber como deben sentirse y reaccionar, así que es importante que usted mantenga la calma lo mas posible. Hágales saber a los niño que es normal sentir todo tipo de emoción, y que siempre pueden conversar con su padre o madre o con otro adulto sobre lo que están pensando y sintiendo. Dígales: “a veces también me asusto/me preocupo y se lo que sientes”. Esto ayuda a justificar los sentimientos de los niños, además de asegurarles que no están solos.

#### **Mantenga Las Rutinas**

¡Lo familiar es un consuelo! Seleccionar una rutina que los niño puedan anticipar, tal como cantar la misma canción de cuna cada noche, puede darles un sentido de control. Si a los niños les resultad difícil realizar sus actividades cotidianas, puede ser una ayuda si les dice: “Guardemos esa preocupación en la repisa mientras (damos un paseo esta tarde, leemos este cuento). Después podemos seguir”. La interrupción momentánea de una preocupación o de un susto puede ayudarlos a tomar perspectiva y, por encima de todo, darles el tiempo de disfrutar algo que les gusta hacer.



Pulled from [www.sesamestreetscommunties.org](http://www.sesamestreetscommunties.org)



# Shredded Paper Snowman

## Materials

- \* 2 white paper plates
- \* Shredded paper
- \* White glue
- \* Clear tape
- \* Black paper
- \* Orange paper



## Instructions

- \* Start by taping two paper plates together into a simple snowman shape.
- \* Squeeze glue all over the paper plates.
- \* Once the plates are nice and “gluey”, have them to start pressing handfuls of shredded paper onto their plates.
- \* Cut out small round size black circles for the eyes, mouth and buttons.
- \* Cut out an orange triangle for the nose.
- \* Cut out a hat using the black paper.



Pulled from [www.housingaforest.com](http://www.housingaforest.com)

# Crockpot White Chicken Chili

**“This hearty chili will keep you full all winter long.”**

## Ingredients

- 2 1/2 cup of low-sodium chicken broth
- 2 (15.5-oz) cans of white beans, drained and rinsed
- 1 1/2 lb. of boneless skinless chicken breasts
- 2 (4-oz) cans of green chiles
- 1 small yellow onion, finely chopped
- 2 cloves of garlic, minced
- 1 jalapeno, seeded and minced, plus more for serving
- 1 tsp. of dried oregano
- 1 tsp. of ground cumin
- Kosher salt
- Freshly ground black pepper
- 1 1/2 cup of frozen corn



## Directions

1. Add broth, beans, chicken, green chiles, onion, garlic, jalapeno, oregano and cumin to the bowl of your slow cooker.
2. Season with salt and pepper and cook on high for 2 to 3 hours or until chicken is tender.
3. Remove chicken from chili and shred.
4. Use a potato masher to gently mash about 1/3 of the beans before returning chicken to slow cooker.
5. Stir in shredded chicken and corn and cover and season with more salt and pepper if needed.
6. Leave slow cooker on warm until ready to serve.
7. To serve, top with sour cream, avocado, jalapeno, cilantro and a squeeze of lime juice.

**Pulled from [www.delish.com](http://www.delish.com)**

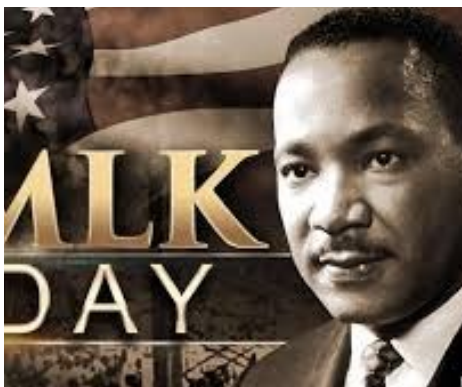


For this activity you will need one plain brown lunch bag and one decorative gift bag. You will also need a few objects that are exactly the same, for example a cube and a penny- anything really. Place a set of objects in each bag so they have the same items inside. Display the bags in front of the class and ask the children which bag they would like to receive and why. Next, open the bags one at a time in front of the class. The students will see that both bags, although very different on the outside

both contained the very same things inside. This can lead to a great discussion about how people are all different on the outside, but the same on the inside.

Pulled from [www.pre-kpages.com](http://www.pre-kpages.com)

## Interesting Facts About Martin Luther King, Jr.



- King was the youngest to be awarded the Nobel Peace Prize in 1964.
- Martin Luther King, Jr. Day is a national holiday.
- At the Atlanta premier of the movie *Gone with the wind*, Martin sang with his church choir.
- There are over 730 streets in the United States named after Martin Luther King, Jr.
- One of his main influences was **Mohandas Gandhi** who taught people to protest in a non-violent manner.
- He was awarded the Congressional Gold Medal and the Presidential Medal of Freedom.
- The name on his original birth certificate is Michael King. This was a mistake, however. He was supposed to be named after his father who was named for Martin Luther, the leader of the Christian reformation movement.



# Trainings, Updates & News

Training	Date	Cost	Deadline to Register
First Aid & CPR	01/03/22	\$40.00	Pay the night of the training. (No Credit)
ITS SIDS	01/06/22	\$5.00	01/04/22
Active Supervision	01/25/22	\$5.00	01/20/22 (Credit can count towards your EPIC Bonus Requirements)

We here at Duplin County Partnership for Children, appreciate all of our Child Care Centers, Family Child Care Homes and all teachers & Staff!

Thank you a job well done! Thank you for the patience you have shown and the love you have given to all our little one's in 2021.

Bigger, Brighter and Better to come in 2022!

While we try  
to teach our  
children  
about life  
our children  
teach us  
what life  
is all about



**Donor Levels:**

\$10-\$49	Friend
\$50-\$99	Patron
\$100-\$249	Bronze
\$250-\$499	Silver
\$500-\$999	Gold
\$1000 +	Platinum

*Duplin County Partnership for Children is a 501(c) 3 private, nonprofit organization. Therefore, all donations are tax deductible. All contributions are appreciated. If you would like to make a contribution, make checks payable to the Duplin County Partnership for Children.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Daytime phone (\_\_\_\_) \_\_\_\_\_

Amount enclosed \_\_\_\_\$100 \_\_\_\_\$50 \_\_\_\_\$25  
\_\_\_\_other

*Your donation will help ensure that young children in Duplin County are healthy, safe, and ready for school.*

**In observance of the Martin Luther King holiday, DCPC will be closed on Monday, January 17 2022.**



**D**UPLIN COUNTY  
Partnership for Children

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