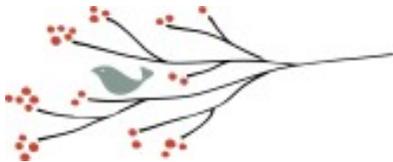




Zero to Five

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Surry County Early Childhood Partnership

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Smart Start

© Smart Start is a comprehensive public-private initiative to help all North Carolina children enter school healthy and ready to succeed. Smart Start programs and services provide children ages 0-5 access to high-quality and affordable child care, health care, and other critical services.

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SCECP News

A special thanks goes to Dr. Don Martin and Bristol Mitchem for serving on the Smart Start Board of Directors and for their continuous efforts to help improve the lives of children in Surry County.



Forever is Formed in Five Years

Between infancy and first grade, eighty percent of a child's personality is formed. That includes his or her social, intellectual, and emotional development. In no other period do such profound changes occur. Age zero to five is when a child learns how to learn. It is vital that all adults—fathers, mothers, teachers, and members of the entire community—embrace the responsibility of giving children what they need in these crucial years. Consider some fascinating facts about what occurs during a child's first five years.

- Skills for getting along with people, such as seeking peaceful solutions versus using violence, are learned.
- Good nutrition encourages a healthy brain. Poor nutrition can lead to many neurological and behavioral problems.
- A varied and positive environment enhances brain development. A negative or dull environment can result in slow thinking that may be permanent.
- The brain learns how to process information. If some brain cells aren't stimulated, they may be eliminated.
- Difficulties with information processing, emotions, and behavior can develop as a result of stress.
- The ability to trust is learned. This promotes confidence, the courage to explore, and healthy relationships with others.



Source: A Child's Path

Recipe

1 package (16 oz) vanilla-flavored candy coating (almond bark)

1 package (1 lb) peanut-shaped peanut butter-filled sandwich cookies

96 miniature semisweet chocolate chips (about 1 tablespoon)

Line cookie sheets with waxed paper. Place 1/4 of candy coating in small microwavable bowl. Microwave on High 30 seconds. Stir; continue to microwave in 15-second increments until coating can be stirred smooth. Assorted candies, pretzel sticks and fruit roll snacks can be used for decorating.

Dip each side of 8 cookies into candy coating to coat; place on cookie sheets. Add chocolate chips for eyes.

Repeat with remaining candy coating and cookies. Decorate as desired with assorted candies. Let cookies stand at room temperature for 30 minutes or until coating is set.

bettycrocker.com



Child Care Resource and Referral ★★☆☆☆

Are Amber Teething Necklaces Safe?

What are Amber Teething Necklaces?

It's a teething necklace made of Baltic amber; in theory when baby wears it, his body heat triggers the release of a minute amount of oil that contains succinic acid, a naturally-occurring substance in the body. When the oil is absorbed, advocates say, it has an analgesic effect on swollen, sore gums.

Risks of Using Amber Teething Necklaces

Regardless of whether or not you believe they work, amber beads pose safety risks to your child. Most pediatricians (if not all) don't recommend using them for the following reasons:

* Even though the necklaces aren't for chewing, the chances of your baby gnawing off a bead and choking on it are too high, even if you watch him.

* Wearing a necklace poses a strangulation risk. (In fact, it's never a good idea to put anything around your squirmy little one's neck.)

And note that any type of teething necklace, whether it's amber, wood, rubber or another material, will also pose the same risks. The American Academy of Pediatrics doesn't recommend infants wear any jewelry at all.

Source:[http:// www.whattoexpect.com/first-year/ask-heidi/amber-teething-necklaces.aspx](http://www.whattoexpect.com/first-year/ask-heidi/amber-teething-necklaces.aspx)

Reading to Your Child

Reading to your children is valuable in countless ways. Reading provides:

- a storehouse of knowledge
- memories that last a lifetime
- valuable family bonding time

Reading helps your child develop basic thinking skills:

- the ability to pay attention
- a good memory
- the ability to solve problems
- good speech and language skills
- words for life
- ability to understand and write
- eagerness to read



Source: Noodle Soup

Family Friendly Websites

www.mommytips.com (Parenting)

www.childrensfoundation.net (The Children's Foundation)

www.bluemountain.com (Blue Mountain Arts)

www.magickeys.com (Children's Storybooks Online)

www.crayola.com/ (Crayola)

www.worldbank.org (A Knowledge Base on Early Child Development)



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The Zero to Five is a quarterly newsletter published by the Surry County Early Childhood Partnership. The purpose of the newsletter is to inform the people of Surry County and North Carolina about the projects and activities funded by Smart Start. We welcome your opinions and/or suggestions for future issues.

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