



# 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.

### Inside this issue:

|                   |   |
|-------------------|---|
| CCR&R             | 2 |
| Recipe            | 2 |
| Forever is Formed | 3 |
| Reading           | 3 |
| Family Websites   | 3 |

## SCECP News



# Happy Holidays!



## New Emergency Preparedness and Response Outline for Child Care Facilities

### 10A NCAC 09 .0607 EMERGENCY PREPAREDNESS AND RESPONSE

- (a) For the purposes of this Rule, the Emergency Preparedness and Response in Child Care is a session training approved by the Division on creating an Emergency Preparedness and Response Plan and practicing, responding to and recovering from emergencies in child care facilities.
- (b) Existing child care facilities shall have one person on staff who has completed the Emergency Preparedness and Response in Child Care training within two years from the effective date of this Rule and within four months of a trained person's last day of employment. New facilities must have a person on staff who has completed the Emergency Preparedness and Response in Child Care training within one year of the effective date of the initial license. Documentation of completion of the training shall be maintained in the individual's personnel file.
- (c) Upon completion of the Emergency Preparedness and Response in Child Care training, the trained staff shall develop the Emergency Preparedness and Response Plan. The Emergency Preparedness and Response Plan means a written plan that addresses how a child care facility will respond to both natural and man-made disasters, such as fire, tornado, flood, power failures, chemical spills, bomb threats, earthquakes, blizzards, nuclear disasters, or a dangerous person or persons in the vicinity, to ensure the safety and protection of the children and staff. This Plan must be on a template provided by the Division available at <https://rmp.nc.gov/portal/#>, and completed within four months of completion of the Emergency Preparedness and Response in Child Care training. **Source: DCDEE**

## Recipe

### Hot Dog Speed Racer

#### **Directions:**

1. Place bun on a plate, cut side up. For each wheel, insert a pretzel stick partway into bun; attach a pickle and olive slice.
2. Cut a slit 1 in. from the end of a hot dog; insert miniature pretzel for steering wheel. Place in bun.
3. Cut remaining hot dog in half for the driver (save remaining half for another use); insert a pretzel stick halfway into the cut end.
4. Place mustard in a food-safe plastic bag; cut a small hole in a corner of bag. Pipe face onto driver. Insert driver behind steering wheel. Place olive half on driver for helmet.
5. Break remaining pretzel stick in half; place on steering wheel for arms. Using mustard, attach pepperoni slices for headlights. Serve immediately. **Yield:** 1 serving.

#### Ingredients

- 1 hot dog bun, split
- 6 pretzel sticks, divided
- 4 sweet pickle slices
- 4 slices ripe olives
- 2 hot dogs, cooked, divided
- 1 miniature pretzel
- 1 teaspoon prepared mustard
- 1/2 colossal ripe olive
- 2 slices of miniature pepperoni



<http://www.tasteofhome.com/recipes/hot-dog-speed-racer>

## 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**

## 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.worldbank.org](http://www.worldbank.org) (A Knowledge Base on Early Child Development)

[www.discoverykids.com/KIDS/](http://www.discoverykids.com/KIDS/) (Discovery Kids)

[www.family.com](http://www.family.com) (Family Planet)

[www.ncchildcare.net](http://www.ncchildcare.net) (Division of Child Development)

[www.cdipage.com](http://www.cdipage.com) (The Child Development Institute)

[www.familyeducation.com](http://www.familyeducation.com) (Family Education Network)

[www.parentsoup.com](http://www.parentsoup.com) (Parent Soup)



**Surry County Early  
Childhood Partnership**

101 West Lebanon, Suite 106  
P.O. Box 7050  
Mount Airy, NC 27030

Phone: (336)786-1880  
Fax: (336)786-1879  
Email:  
[smartstartofsurry@embarqmail.com](mailto:smartstartofsurry@embarqmail.com)  
[www.surrychildren.org](http://www.surrychildren.org)



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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.

Surry County Early Childhood Partnership  
P.O. Box 7050  
Mount Airy, NC 27030  
(336)786-1880

**Surry County Early**



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