



Building Brighter Futures

Parent Newsletter

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Issue 4

Searching for Child Care

Start early

No matter what type of childcare option you are considering, finding the right fit can take some time. Allow yourself plenty of time and space to feel out different options and to make a decision that feels good to you.

Do your research

Ask friends, neighbors, and family for their personal referrals. Send emails to every parent you know! Chances are, one or more contacts has found a quality preschool or child care provider. In addition, ask experts like those at The Childcare Aware hotline (1-800-424-2246), who can give you the number of your local childcare resource and referral agency, The Onslow County Partnership for Children www.onslowkids.org.

Listen to your intuition

Your gut instinct tells you a lot, so tune into it and listen. To get in touch with that voice, you can ask yourself: Do I feel any doubts or fears? What does my body say? Do I feel tension anywhere inside of me? What am I questioning about this provider?

Stay involved

Ask your childcare provider questions like: How are things going? How is my child doing? What did he/she learn today? Ask her if she has any concerns, and if she's enjoying her job. Also, find ways to integrate what's going on in your child's day into your time together. If they discovered butterflies at their childcare, then read a bedtime story about caterpillars. Little touches can go a long way in helping you and your child feel connected.

Health and Safety

Summer Safety Checklist

Driving

- Buckle up... properly! Bottom strap across hips and shoulder strap across chest.
- Do not be distracted by other passengers, motorists, cell phones, radio, etc. Stay focused!
- Obey car and booster seat guidelines.

Swimming and diving

- Do not dive in less than nine feet of water.
- No board, no diving!

Personal watercrafts

- Be watchful, defensive, obey speeds, and keep your distance.

Body boarding

- Hold board so it extends past head.

General Water Safety

- No re-dos; do not combine alcohol and water-related activities!
- Be aware of sandbars.
- Feet-first entry.

Bicycle Riding

- Wear a helmet... properly! A helmet should be worn snug, fitted, and level.
- Replace helmet after three to five years and/or if cracked.