

The TN Child Care Resource & Referral Network employs 15 Family Engagement Quality Coaches who are located statewide. We provide referral, education and training services to parents, families, child care educators and communities.



We All Need Someone to Lean On!

If this past year has taught us anything--besides mask wearing and social distancing-- we can probably all agree that one of the main lessons of the past 365 days has been that there will come a time when we ALL need some support in our lives. Often, asking for help or receiving help can feel embarrassing, but have you ever tried to reframe it. Truly knowing what you need and having the determination to ask for it is very empowering! As a parent or caregiver, when you feel stress, your children feel it too. You can keep your



family strong during stressful times by asking for, initiating, and seeking out support for yourself and your family. Staying informed about resources available within your community is a great way to start establishing support. Consider reaching out to your child's teacher, the director of your child's child care center, or even your child's pediatrician. Independence is a good thing, but isolation is not.

Remember, we are all here to help each other!

Parenting Tip

Tips when applying for help you need:

- Websites and forms can be confusing. Your child care center can be a support!
- Stay in contact with the agency you are receiving help from. Let them know of any changes to your address, phone number, or email.
- Keep a list of specific names and extension numbers for future reference.
- Keep appointments and be on time.
- Keep important phone numbers, forms, and login information together in one place.
- Be firm yet polite. If you are denied, ask for other options you may have.
- Try to be patient and calm when talking to the person assigned to you.

Things you might need:

- Driver's license or state ID card
- Birth Certificates
- Pay stubs
- Rental agreement, or a mortgage statement that shows your address
- Utility bills (electric, gas, and water)
- Documentation of childcare payments or child support payments

Family Activity - Will You Be My Neighbor?

This pretend play activity will help children identify who they can trust to help them with certain problems and situations. Start by asking children questions such as:

- “Who would you ask if you wanted to play a game?”
- “Who would you call if you saw smoke in your house?”
- “Who would you ask for help if your ball rolled into the street?”
- “Who could you call if you wanted food for dinner?”



Naturally, parents and other family members may be children’s first choice. Encourage children to think of additional helpers in their neighborhood and community. Next, gather dress-up clothes, household items, empty boxes, paper, crayons, etc., and join your children in setting up a make-believe neighborhood or community. Children can use their imagination to practice receiving and giving help as they play. For more fun, check out thegeniusofplay.org.

CONTACT US

To reach an FEC Coach visit:
www.tnccrr.org



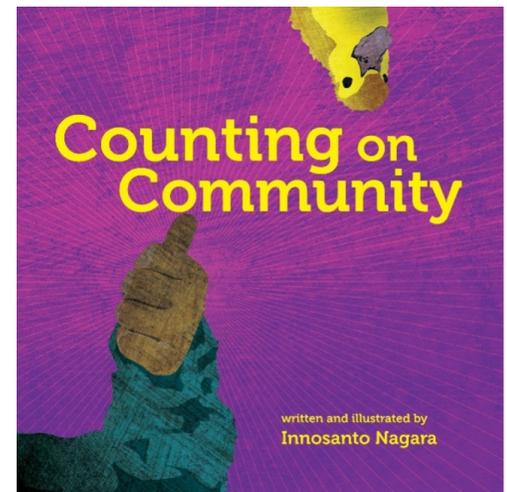
The Book Corner

Counting on Community by Innosanto Nagara

Counting on Community, by Innosanto Nagara, is a counting book that emphasizes the value of community. The vibrant and diverse images celebrate the many different ways children and adults can work and play together. This book emphasizes human connection and that we are not alone. You can watch and listen to the author read through his story on

YouTube at:

www.youtube.com/watch?v=e5uq96YDqMY



National Nutrition Month



March is National Nutrition Month! The Academy of Nutrition and Dietetics has a campaign inviting everyone to learn about making informed food choices and developing healthy eating habits. Each week in March, The Academy of Nutrition and Dietetics has a theme. Week 1 reminds us to eat a variety of nutritious foods every day. Include healthy foods from all food groups. Week 2 focuses on planning your meals each week. Plan your grocery shopping with a list full of fruits and veggies. Week 3 is all about learning skills to create healthy, tasty meals. Share meals as a family when possible. Week 4 says to consult with a registered dietitian. Thrive through eating well, exercise, planning, and personalized nutrition advice. Families that practice healthy lifestyle habits together will make better choices with each other’s support.