

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.



Sharing Family Traditions

As cooler weather blows in, many people are preparing for upcoming gatherings and celebrations with their families. When does your family gather? How does your family gather? What traditions and values have you shared with your child? Gatherings and celebrations are important times to remember what your family values are and to share that with other people in your life. Your child's school is a great place to share your family's traditions. This also means that you have an opportunity to learn about and honor what is important to other families as well. The classroom can be a place for your child to feel confident and proud of their individual culture as well as understand and respect others' cultures. This helps your child and family build self-confidence, empathy, and stronger social connections. So, how can you share your traditions with your child's teacher?

Seek out opportunities to bring in important materials to share, such as food that your family enjoys during a celebration or an item that represents a tradition that your family honors. Seek out opportunities to come into the classroom and talk about your family's traditions and gatherings. Perhaps your child can share what makes these gatherings important to them as well. Additionally, share books, music, videos, and games that are important to your family's traditions.

"Traditions touch us, they connect us, and they expand us."

Rita Craig

Parenting Tips

As you head outside this month, remember these tips for keeping kids safe while having fun:

1. Apply sunscreen to exposed skin, even when it's cloudy.
2. When the temperature or wind chill is -16°F or lower, consider keeping children indoors. These temperatures can cause skin to freeze.
3. Check often to see that your child is dry and warm. Take regular breaks to come inside for a warm drink.
4. Infants need extra bundling if they are in a stroller, sled, etc. that keeps them from moving. They cannot generate heat the way a physically active child does.
5. Consider mittens instead of gloves so fingers can bunch together for warmth, wear a hat, and keep ears covered.

Family Activity

November is a great time to get outside with your family before the winter weather arrives. Here are some fun family activities to try this month:

- Jump into leaf piles
- Take the family to a local park and go on a hike
- Write letters to Veterans and attend a local Veteran's Day Parade
- Play a game of family football
- Have a scavenger hunt outside in your yard or local park



CONTACT US

To reach an FEC Coach visit:

www.tnccrr.org



The Book Corner

We Are Grateful: Otsaliheliga by Traci Sorell

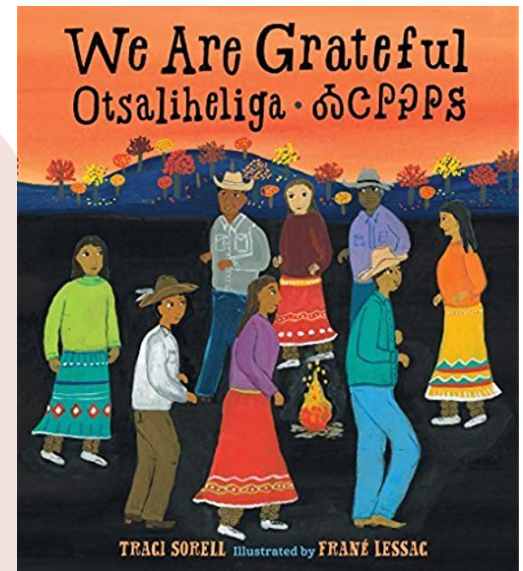


*Scan the QR codes on the newsletter for links to book read-alouds, music, drum alongs, parenting resources, and more!

Welcome to Book Corner! In honor of Native American Heritage month, we are highlighting We Are Grateful: Otsaliheliga. The word otsaliheliga (oh-jah-LEE-hay-lee-gah) is used by the Cherokee people to express gratitude, which is perfect for the month of November! Beginning in the fall with the new year and ending in summer, this book follows a full Cherokee year of celebrations and experiences.

Written by a citizen of the Cherokee Nation, this book includes a glossary and the complete Cherokee syllabary, originally created by Sequoyah who was not only an educator but also a blacksmith and silversmith. Have fun listening to this story and using the pdf book guide to satisfy curiosity surrounding the many reasons Cherokee people are grateful in all seasons.

Fun Find: can you spot the pileated woodpecker found in the 2-page illustrations?



Positive Guidance

Think about the developmental needs of your child and how they match with your expectations. We want to encourage children to engage in prosocial behaviors like self-regulation and being kind to others. When your child displays a behavior, take the time to provide a response to support the behavior or help them learn a new behavior. Model the behaviors you want your child to display. Allow older infants to explore in a safe environment with safe materials. Provide limits and redirection for your toddler. Set clear limits for behaviors that are important to you and reinforce them consistently. Instead of saying "Don't play in the water," provide an area that you can supervise for your toddler to wash play dishes or water flowers. Provide choices for your preschooler. Your child can choose what book to read at bedtime or choose what vegetable to include with dinner. During this season, we can also encourage gratitude. Expressing thanks is a prosocial behavior we encourage children to demonstrate. Gratitude makes us feel happier and strengthens our relationships with others. For preschoolers, gratitude means learning how and when to say "thank you" to others. You can teach your child gratitude by modeling saying thank you to them and others. Share three good things that happened that day to encourage your child to think about the positives and provide an opportunity for bonding. And lastly, use books that model gratitude.