

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.



Growing Children's Appreciation of Others



People no longer grow up and live their lives without ever knowing someone from a different place. The internet has helped us learn about people from all over the world. When we learn about other people, we can appreciate who they are and where they come from.

Change can be hard. This can be seen in our society and in our history as a nation. Helpers and leaders have stepped up throughout history to make sure understanding, fairness, and kindness are shown to all people, no matter what they look like or where they're from.

This month, we can think about our society and history and ask ourselves how we can help grow our children's appreciation of others. The social and emotional skills of children is important in building a strong future for all children. When we help children grow a positive social identity and allow them to connect to others, we support their growth as future helpers and leaders of the world.

Parenting Tips

During the holidays families gather in what is supposed to be a joyous time. Although we bask in the bliss of spending time with our loved ones, many have lost people who are close to their hearts.

Covid and natural causes have taken individuals away at massive rates. The holidays are reminders of the memories of those loved ones. While many are still getting use to celebrating yet another holiday without loved ones, others are having their first experience. Grief can come suddenly, and it is important to reach out to your friends and family. Your strongest friends may be the ones who need the most support.

Support children who have experienced loss by observing their behaviors. Grief comes in different forms. Children may isolate themselves, act out or have mixed emotions of happiness and sadness.

Tips:

- 1.Allow yourself and others time and space.
- 2.Do something to remember your loved one.
- 3.Understand the developmental perspectives of death for children

Scan QR Code for
Resources on Grief:



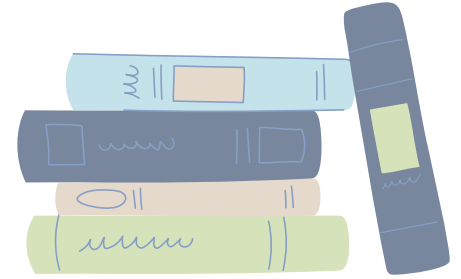
Family Activity

Children begin to form a sense of identity as early as two years old. Children's identities carry certain stereotypes and biases in our society, and adults play a large role in helping children develop positive self-identities. Here are a few activities to discuss identity with your child:

1. Find children's books that have a main character that your child can relate to. Read the book together and discuss the character's identities and traits.
2. Play with a mirror! Let children look at themselves in a mirror and create a self-portrait using a variety of materials. Ensure that you have materials that match their skin tone. Use materials such as crayons, yarn, natural materials, etc.
3. Share stories. Create a storybook together by sharing old family photos and stories from your own childhood. Let your child draw pictures as you create a narrative about their family identity.

CONTACT US

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



The Book Corner

Something Happened in Our Town: A Child's Story about Racial Injustice by Marianne Celano

Something Happened in Our Town: A Child's Story about Racial Injustice is a story of how two families discuss racial injustice after a shooting occurs. The book is designed to engage young children and spark important conversations about addressing racism and confronting stereotypes. This book provides parents and caregivers with child friendly definitions and conversation guides. This can help families and caregivers feel more prepared to address topics of racism with children and how to help children identify and counter racial injustice.



Mindfulness in the New Year



Do you want more connection in your family life? Ring in the new year with mindfulness. According to mindful.org, families that practice mindfulness tend to embrace imperfection, and listen curiously. You can incorporate mindfulness into your daily lives. Start by accepting that no one is perfect. As hard as parents strive for perfection, they will still make mistakes. The same goes for children. But don't we learn from making mistakes? We should be mindful of the fact that we will never be perfect and take that off our plates immediately. Next families can listen curiously. This means during a heated discussion one should not interrupt while another family member is speaking. Take a deep breath, notice the feelings arising within you, and be gentle with yourself. Choose to be fully present and listen. You do not have to answer right away, you may choose to say nothing at all. Just be still and be present in the moment. Finally, being grateful is a wonderful way to be mindful. Start by showing your appreciation more intentionally. If someone does the dishes without being asked, thank them! If you notice your child being kind, point it out with gratitude. Happy Mindful New Year!