

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.



## Strengthening Families: Parental Resilience



As parents and caregivers, we often do so much for so many other than ourselves. It can feel hard, or even impossible to take the time we need to recharge. It's important to remember when we are feeling calm, in control, and our own needs are met, we can then help our children do the same. When we take the time to notice the stress we are feeling and look for solutions to reduce it, we work towards strengthening our family. If our needs are met, we can meet children's needs in a developmentally appropriate way. Taking care of ourselves, demonstrates those same actions for our children. It shows them that all people have challenges - even adults! More importantly, we show them by taking care of ourselves we can feel safe and loved enough to

put on our thinking caps and tackle whatever is causing our stress. This builds our own resilience and our children's resilience, giving us and them the tools to approach challenges and have confidence when future stressors happen.

**Everyday Action:** Encourage parents/caregivers to manage stress effectively.

Scan QR Code for  
more resources:



## Parenting Tips

February is a month full of love, happiness, and heritage. Whether you are excited about celebrating friendships, relationships, or your culture, February is packed with opportunity. Take time out this month to strengthen those friendships and relationships or step outside the box to make new ones. If you are looking to build relationships, here are some tips to consider:

Tips:

1. Explore someone's culture by trying their favorite foods, exploring where they grew up, or learning more about their cultural practices.
2. Schedule playgroups so children can build friendships with others from different backgrounds and learn about new cultures and viewpoints.
3. Think of creative ways to stay connected and strengthen relationships, such as video chatting, letter writing, or monthly meetups, if possible.

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## Family Activity: Easy Hand Traced Hearts

1. Fold a piece of paper in half.
2. Have your child put their hand on the paper with their thumb and pointer finger along the folded side and then trace their hand.
3. Cut along pencil line while paper is still folded and then unfold to show your child's handprints with a heart center!
4. Let your child decorate and show off their creativity.



## CONTACT US

To reach an FEC Coach visit:  
[www.tnccrr.org](http://www.tnccrr.org)

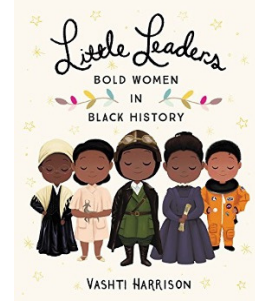


## The Book Corner

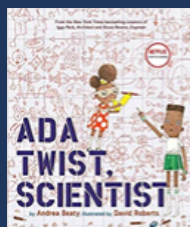
### *Little Legends: Exceptional Men in Black History* by Vashti Harrison

This beautifully illustrated and engagingly written volume brings to life true stories of black men in history. This book is a collection of one-page biographies that can be explored with children of various ages. Among these biographies, readers will find aviators and artists, politicians and pop stars, athletes, and activists. The exceptional men featured include writer James Baldwin, artist Aaron Douglas, filmmaker Oscar Devereaux Micheaux, lawman Bass Reeves, civil rights leader John Lewis, dancer Alvin Ailey, and musician Prince. Explore her other book for Bold Women in Black History

**Things to explore:** Talk about skin tone. Is it the same as your child's skin? Different? Talk about each person's important contribution to society. Talk about their character traits. Explore your child's interests. Who inspires them? Who are they most interested in?



## Black History Month



February celebrates Black History Month. PBSKids.org is a great resource for articles to start the conversation with your child about diversity and activities to provide early exposure to diversity. Exposure to diversity is a foundational component for skills in social studies as children learn about who they are in relation to others in their environments and communities. Stories featuring strong black characters provide exposure to diverse cultures and experiences. Books provide the opportunity to celebrate diversity and help start conversations about diversity and race. For babies and toddlers, parents can simply focus on buying books that show children and adults ethnicities and races in everyday life. You might narrate the pages by pointing out hair colors and "shades" of skin color. As children begin talking, parents can use story time as an opportunity to ask questions and find out what children might already think about race. Older children can engage in conversations about how they are the same or different from the characters in the stories.