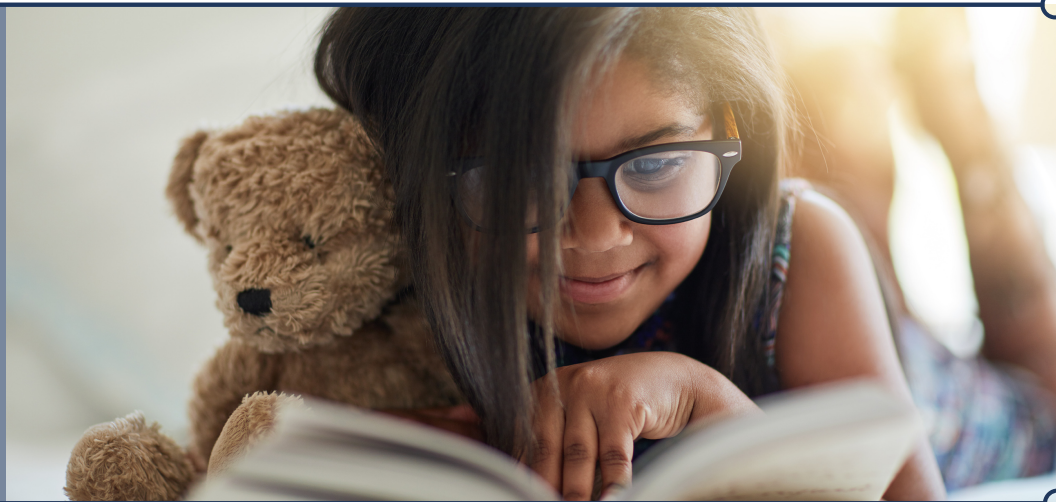


The TN Child Care Resource & Referral Network employs 15 Family Engagement Quality Coaches who are located statewide. We provide referral, education and training services to parents, families, child care educators and communities.



Strengthening Families: Parental Resilience



One way that children learn about the world around them is through books. Not only is story time promoting literacy skills, but it can be an opportunity to build a strong relationship by spending one-on-one time with your child. Books are also a source of media that help children understand the world around them. That is one reason it is so important to choose books that share positive messages with children about all kinds of people. When selecting books to read with your child, there are several things to take into consideration.

1. Is the book age-appropriate? You can often find this out through a quick Google search.
2. What will my child learn from this? Read the story and find the themes and lessons.
3. Is the content interesting? Think about your child's likes and interests.
4. What characters are portrayed in this story? Are there stereotypes? Do the characters represent your child? Do the books you choose depict a variety of different types of cultures?

Reading with your child is a time to explore together. You can extend the fun by asking leading questions about the pictures or storyline. You could draw pictures about the story with your child or write your own story together. You could even put on a show and create a play or movie about the book. And, most importantly, have fun together!

How to Choose Just-Right Books for Your Child | Scholastic | Parents

Microsoft Word - Guide for Selecting Anti Bias Books.docx (tosasallcityread.com)

Parenting Tips - Governor's Early Literacy Foundation (GELF)

Did you know that reading to your child daily helps create a secure bond and helps your child develop a love of learning? Because of this, Tennessee has invested in its families by providing every child between birth and age 5 a FREE book each month through a partnership between the Governor's Early Literacy Foundation and Dolly Parton's Imagination Library. To receive this free service and support your child's learning, you can register your child's name at www.governorsfoundation.org.

Family Activity: Cooking

Did you know that cooking with your children can help promote literacy? Basic recipes are a great way to teach your child how to follow directions and read. Along with building pre-reading skills, cooking with your children can increase confidence as well as build strong relationships within your family while you work together.



Waffle Day

March 25th is International Waffle Day. Take out your waffle maker and involve your child by reading the recipe to them, gathering ingredients, and pouring the batter into the waffle maker. If you have a different recipe that is more familiar to your family, make that instead and enjoy spending time together – **all while building literacy!**

CONTACT US

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



Scan QR Code for a video of *Mary Wears What She Wants* being read aloud.



The Book Corner

Mary Wears What She Wants by Keith Negley

March 8th is **International Women's Day**, one of the most important days to unite for women's equality and celebrate women's achievements. Learn how you can get involved at <https://internationalwomensday.com/>

The picture book, **Mary Wears What She Wants**, by Keith Negley can open discussion about gender stereotypes and societal norms. The story is inspired by the life of Mary.

Edwards Walker, who enjoyed wearing pants before it was common or even legal for women to do so. Mary finds wearing pants much more comfortable than being limited by the hot, heavy, constricting dresses of her time. However, when Mary ventures into town, she is confused by others' anger and outrage about her outfit. Check out the book from your local library or scan the QR code for a read aloud, and delight in how Mary's courage to think for herself brings about positive change.



National Nutrition Month



March is National Nutrition Month. Nutrition is an important component of healthy development. Use the month to move more and practice healthy eating habits with your child. Have discussions about healthy foods and the five food groups, fruits, vegetables, grains, protein foods, and dairy. Take time to enjoy cooking together. You can help your child explore new foods and help them build positive food associations. When cooking with your child, supervise them and teach them how to be safe in the kitchen. Help them channel their natural energy to promote health and wellness. Engaging in physical activities can help you and your child with physical and mental wellness. As the weather begins to change, take the time to engage in more movement activities outside. Start with walks and incorporate other activities and active toys such as balls, riding toys, or jump ropes.

For more information about nutrition visit <https://www.myplate.gov/life-stages/families>. Visit <https://sesamestreetincommunities.org/topics/exercise/> for ideas about movement for you and your child.