

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. Please use our hashtag when posting pictures online of you and your children reading our book selection or playing our activities.



## A MONTH OF LOVE

February is filled with celebrations—Valentine’s Day, President’s Day, and Black History Month. This month is designated to help families and educators teach their children empathy by becoming more aware of others and their needs. Need some inspiration? Here's a few ideas:



- Offering to sit with someone at lunch who is alone
- Clean out your spouse’s car
- Make a gratitude letter for a teacher
- Help an elderly neighbor shovel their snow
- Donate food to a local pantry
- Take art supplies to a children’s hospital
- Donate books to a hospital waiting room
- Take toiletry items to a shelter
- Bake cookies for Emergency Personnel like firefighters, paramedics, and EMTs.

For more ideas of how you can positively impact your community with a random act of kindness, please see

[www.randomactsofkindness.org/kindness-ideas](http://www.randomactsofkindness.org/kindness-ideas).

## CELEBRATE VALENTINE'S DAY WITH YOUR CHILD

Children need the adults in their lives to show them they are loved in order to develop healthy levels of self-esteem. Valentine’s Day is a great day to let children know they are valued, loved and respected. Show them love by making heart shaped pancakes together, writing what you admire about them on heart shaped paper, snuggling up and reading a Valentine’s Day book, and by telling them you love them!

## PARENTING TIP

February is Children's Dental Health Month. For optimal dental health, children should be brushing their teeth for at least two minutes twice a day and flossing daily.

Limiting sugary drinks and food also helps promote dental health. Using toothpaste with fluoride has been recommended by the American Dental Association.

## CONTACT US

For more information and to reach a quality coach near you.

[www.tnccrr.org](http://www.tnccrr.org)



Haley Dodson - 1st WAGE\$ Recipient

## WAGE\$ PROGRAM

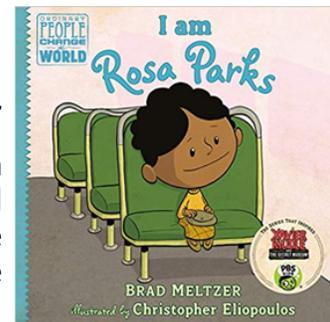
Child Care WAGE\$® Tennessee is an education-based salary supplement program which serves to reward Early Childhood Educators for their higher education, promote continuity of care for young children, and encourage a more stable learning environment in child care facilities. For too long, Early Childhood Educators have been viewed as "glorified babysitters." We want all of Tennessee's educators to feel seen, heard, and acknowledged. When our educators feel supported, the entire community benefits.

To apply, visit: [tnwages.org](http://tnwages.org)

## THE BOOK CORNER

### *I am Rosa Parks*, by Brad Meltzer

This children's book not only highlights Rosa Park's famous bus ride in Montgomery, but also tells stories of her childhood. The lessons she learned as a child carried over into her adulthood and along with her work with the NAACP helped her be brave enough to stay seated on that famous bus route and help begin the Civil Rights Movement of the 60s.



## 7 Habits of Heart-Healthy Kids

In a culture that is inundated with unhealthy habits and foods, it can be an enormous challenge for parents to instill in their children a good sense of healthy habits. There are plenty of choices that you can make as a family to promote better heart health in your kids.



### Try adopting some of the following habits:

1. Turn off the TV.
2. Develop a dinnertime routine.
3. Get some exercise as a family.
4. Assign active chores.
5. Serve heart-healthy foods.
6. Avoid fried, fatty foods.
7. Teach kids to read labels.

Following these easy tips will help your children keep a healthy-heart not only now, but also as adults. For more information go to: <https://www.greenhillspeds.com/news/7-habits-of-heart-healthy-kids/>