



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.

Out With the Old, In With the New

Is your life full of clutter? After the holidays your home has been taken over by new toys, new clothes, new everything and the old items find their way to the back of your closet. As parents, we understand that children need organization and structure. To unclutter your home, don't have fear of letting go of the old.

Here are some tips on how you can help your family get organized this new year:

Clean and organize your closet. You can begin by sorting clothing items by categories, socks, blouses/shirts, pants, shoes, etc.

Get rid of unused items. These are items around your home that you haven't used in over a decade, especially items stored in your attic or basement. Sort through these items and have a yard sale or donate to a local shelter.

Unclutter the toy box. As children age, they go through stages and so do their toy preferences. Sort through their items and donate those items to a shelter or a child care center.

Prioritize your "to-do-list". Using a planner to make list of what needs to be done throughout the day or at work can help you stay organize and create a sense of accomplishment.



We worry about what a child will become tomorrow, yet we forget that he is someone today.

Stacia Tauscher

Helping Children Cope with Stress in Child Care



CONTACT US

For more information and to reach a quality coach near you, www.tnccrr.org



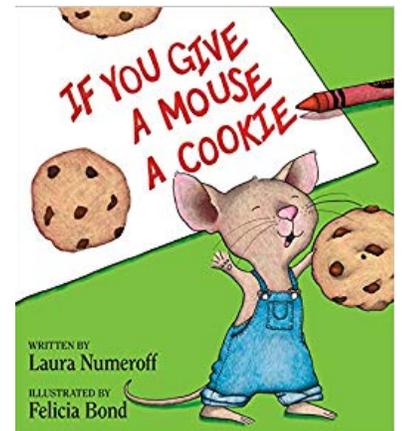
Stress is part of life and can be found all around us. Child care is no exception. Remember children feel stress just as adults do. Child Care educators should be aware of the stressors each child is experiencing, and should be active in helping children in their child care programs manage and cope with stress. The following are examples of stressful situations children in child care may experience: changes in routines, a new child care setting, conflict with peers/bullying, lack of sleep, overcrowded child care settings, conflict at home, etc.

Read the full article on our blog, <https://www.tnccrr.org/post/helping-children-cope-with-stress-in-child-care>

The Book Corner

If you Give A Mouse A Cookie by Laura Numeroff

If a hungry little traveler shows up at your house, you might want to give him a cookie. If you give him a cookie, he's going to ask for a glass of milk. The consequences of giving a cookie to this energetic mouse will have young readers come away smiling at the antics that tumble like dominoes through the pages of this delightful picture book.



Fun at Home

January is a month with "inclement weather" which means children are out of school often and at home. To release your little one's energy at home, create a "winter" Olympics theme game.

Items needed: masking tape, sharpie, poster board, gold medals found at the Dollar Store

Write the games/courses out on a sheet like jumping jacks, squats, running, etc.

Then, tape the apper on the wall throughout your house. Number the trail beginning with one (1) and so on. You can also place a 20-30 second timer at each fitness mark. Set your course up like the Winter Olympics and give out gold medals to the winners.

For more fun ideas visit our website, www.tnccrr.org

