

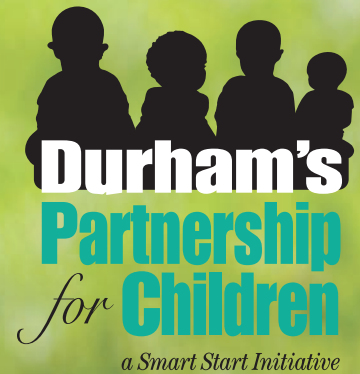
Durham's Partnership for Children, a Smart Start Initiative

2008 Community Report: Making Young Children A Priority

Directory of community resources for young children, families and caregivers

Helpful tips to manage children with challenging behaviors

Getting ready for school— what your child needs to know



1201 S. Briggs Ave., Ste. 210
Durham, NC 27703
919.403.6960 P
919.403.6963 F
www.dpfc.net
mail@dpfc.net

Every child deserves a Smart Start!

Dear Friends,

Over the last 13 years, Durham's Partnership for Children, Durham's Smart Start Initiative, has worked to invest in programs that build a system of care for children and their families in the early years.

Just like a financial planner who takes care of a diversified portfolio of funds and keeps a keen eye on their performance, we track and monitor the unique array of Smart Start-funded services for young children and their families across Durham County. Whether it is financial assistance for child care so low-income working families can have workplace stability and maintain their employment, or support programs that help parents manage their preschoolers' challenging behaviors, we work to build a system of care that supports children birth to age five.

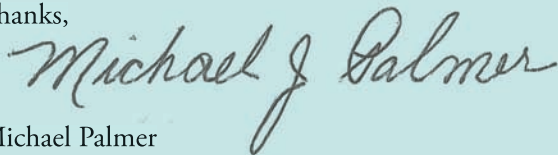
It is our vision that collectively, as a community, we help uncover and nurture the distinctive strengths and interests of all Durham County's children birth to age five. We want each child to start school on a path to excel at their highest level of intellectual and social potential.

Everyone can play a role to ensure that a solid education system in Durham begins at birth. Children can't magically appear at the steps of school, knowing how to follow directions, having a strong sense of who they are and possessing the cognitive abilities to recall letters, numbers, colors and shapes without years of healthy interactions and a quality learning environment at home and/or at a child care facility.

Add poverty, lack of parent involvement, poor health care and instability at home or from a caregiver, and the window of optimal development for our youngest residents shuts down. Children who do not get a good start and build social, emotional and cognitive competencies early can become disconnected youth.

We invite you to read the following pages of this educational resource in collaboration with the Herald-Sun which describes how our organization and our partners are working to make sure every child across Durham County gets a Smart Start.

Thanks,



Michael Palmer
Board Chair
Durham's Partnership for Children



Marsha R. Basloe
Executive Director
Durham's Partnership for Children



Working to ensure every child has a Smart Start in school, life

Since 1994, Durham's Partnership for Children, a Smart Start Initiative, has served as Durham's Smart Start agency, a nationally recognized and award-winning early-childhood program.

The Partnership administers public Smart Start dollars in community-based efforts in early childhood education, family support and children's health for families with children from birth to age five. In 2003, the Partnership also started to administer the Governor's More at Four grant to Durham County for a partially public funded pre-k initiative.

The Partnership is a catalyst and convener mobilizing parents, child-care providers, policymakers, businesses, congregations and community agencies to build sustained support for a comprehensive education system that begins at birth.

Durham's Partnership for Children has worked to develop an early system of care for young children, their families and caregivers to make sure children have the support, exposure to quality child care settings, health care and early intervention services to develop at their optimal potential to ultimately start on the right track to be successful in school and in life. Every child deserves a Smart Start!

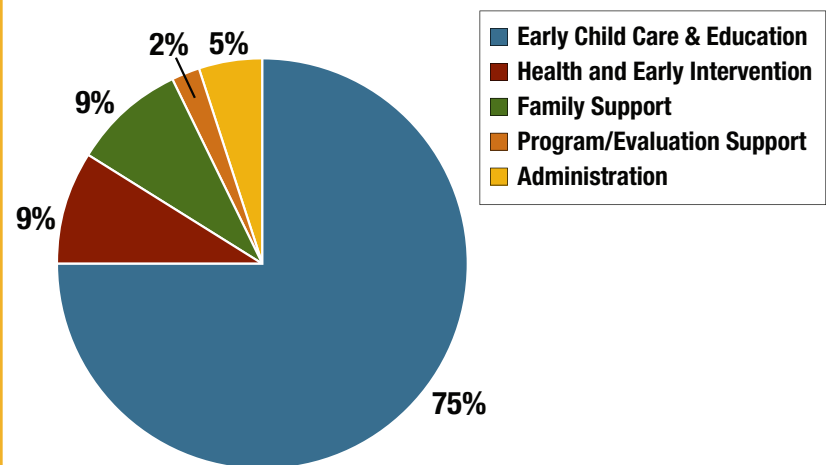
Why is early childhood support important?

Many people may not know that the first five years is critical to a child's future development. Researchers across the country say what happens in the first five years has a lasting affect on a child's cognitive, emotional and social abilities.

According to the National Research Council and Institute of Medicine, the environment in which a child is raised directly impacts the way the brain develops.

SMART START, PAGE 2

Smart Start Expenditures 2006/2007



Early Child Care & Education	6,208,699	75.03%
Health and Early Intervention	727,930	8.80%
Family Support	727,766	8.80%
Program/Evaluation Support	149,893	1.81%
Administration	460,188	5.56%
Total	8,274,476	100.00%

SMART START, CONTINUED FROM PAGE 1

In a deprived environment, a child born with a normal IQ may never develop to his/her potential. On the contrary, a child born with developmental delays who receives appropriate early intervention may actually catch up to his or her peers.

Environmental and societal factors are known to affect the brain development. That is why it is essential that children receive proper care, nutrition, and when ill, medical attention. However, it also important to ensure that parents do all they can to be healthy for their children; the closer a mother carries an infant to full-term, the less likely premature birth will result impeded brain development. Parental health is also important because parents are responsible for providing a positive and stimulating environment for a child to grow and learn.

Learning begins at birth. A child comes into this world completely helpless and dependent upon those around him or her. The first years are when the capacity to learn is created and families are most important and have the greatest impact. The foundation built in the earliest years will then shape every learning experience that follows. This window of opportunity when we can have the greatest impact exists for a short time. Those early moments and days are the ones we must protect, nurture and enhance.

That is why Durham's Partnership for Children works to make sure programs help children in a variety of ways, from programs that offer consultation and support for children with special needs to family support programs targeting adolescent and first time parents. The Partnership is working to make sure families understand the importance of supporting their children's healthy development.

Snapshot of young children in Durham County

Durham has many strengths and challenges in regards to its children. Of the 22,300 children in Durham County birth to age five, one child out of five lives in poverty. Moreover, across the state of North Carolina, Durham ranks 42nd out of 100 counties in minority infant mortality, 76th in obesity scores for minority children and an alarming 66th in the state rankings of children with no health insurance.

Despite the challenges, we've come a long way. When Smart Start began in Durham County in 1994, North Carolina had minimal child care guidelines. Today, 100 percent of Durham County's neediest children who receive child care financial assistance are placed in high quality child care facilities, helping them to be ready for school with their peers. Today, one in every two children in regulated child care is placed in high quality settings in Durham County.

According to a study by Frank Porter Graham Child Development Institute at the University of North Carolina at Chapel Hill, children who benefit from Smart Start funded child care programs are more likely to have a primary doctor, have better language and cognitive skills and are better socialized.



What can you do to be a voice for young children?

Here are ways you can help to share the importance of early childhood with others.

Support leadership that supports young children

When local policies support young children and their families, our community is more likely to have a more viable continuum of education that begins at birth. By investing in early care and education, the foundation for our educational success, our community has a better chance of closing the achievement gap earlier and boosting graduation rates over the long-run.

Your place of worship

Let your faith community learn about the Faith Initiative with End Poverty Network. Does your place of worship support families with young children? Develop a birth to 5 committee. The Partnership can provide you with materials on how to share the importance of parent involvement, young children's exposure to learning, development of play groups and the importance of the first five years of a child's development. **Call 403-6960 x221**

Your workplace

Does your workplace support family friendly policies, such as parent involvement leave and pre-tax dollars for child care? Spread the message that quality child care allows parents of more than 10,000 children in Durham County to work. Quality child care also cuts employee absenteeism and helps provide stability to working parents.

Your social network

Do you know parents with young children? Ask them about whether they know what it takes to have their children prepared for school. Share this publication with them.

Your affiliated organizations

Do you belong to a civic group, professional league or community organization? Does your group support young children in Durham County? Would you like to have a speaker address early childhood issues to your organization? If you answered yes, call Durham's Partnership for Children at **919.403.6960 x221**.

Community support

"The business of early childhood education and our children's success in school and in life is critical to our community's future. Durham County is supporting collaborative approaches to ensure local government, schools, agencies and other service organizations implement and track common early childhood indicators. Through these efforts, we will be able to measure shared outcomes for school readiness."—**Ellen**

Reckhow, chairman, Durham County Commissioners and Durham's Partnership for Children board member



"Our institutions of higher learning across Durham County are stakeholders in supporting the professional development of early childhood educators, child development research and high quality child care as major employers of working parents in this community."—**Michael Palmer, assistant vice president for community affairs, Duke-Durham Neighborhood Partnership and Durham's Partnership for Children board chair**

"Parenting is rewarding, but hard work! Daily stresses and pressures challenge parents. Taking time to read, sing, or have fun learning words doesn't always fit with the ticking clock and a long list of duties. If poverty, inexperience, and lack of education are added to the mix, the young child can become even more vulnerable to neglect or abuse. Parents need community resources during the crucial years—birth to age five—when social connections and mental abilities are being hardwired into a young child's brain. Faith communities can uniquely support parents, help build skills, and provide a loving and nurturing environment for young children." —**Ann Stock, faith community volunteer and chair of The End Poverty Network's Birth to 5 Workgroup**



"Pediatricians have an opportunity to change the nature of professionalism by increasing their civic engagement beyond clinical practice walls. Durham's Partnership for Children and the Docs For Tots NC Initiative will work with pediatric residents at Duke Children's Hospital & Health Center to build advocacy around the importance of quality early care and education and its impact on the overall healthy development of young children."—**Dr. Betty Staples, associate program director for the Duke Pediatric Residency Training Program.**

Durham's pre-k programs: promoting school readiness

Durham's Partnership for Children, the administrator of the Governor's More at Four Pre-K grant for Durham County, has worked with four other community agencies to make sure children and families obtain the best services possible when applying for Durham County's pre-k programs for at-risk 4-year-olds.

"This is the second year that all four organizations are working to ensure families experience the easiest application process possible," says Deborah Horvitz, co-chair of the School Readiness More at Four Committee and board member of Durham's Partnership for Children. "Families no longer have to make separate appointments to apply for the programs. Children will be matched with the appropriate program based on their individual needs."

The four agencies working with Durham's Partnership for Children, Child Care Services Association, Durham's Alliance for Child Care Access, Durham Public Schools and Operation Breakthrough (Head Start), have developed one application that matches children with the most appropriate pre-k program.

The following programs are based on income eligibility and/or indication that a 4-year-old child has a developmental delay that could hinder



his or her success in pre-school.

More at Four, Head Start and Title I Pre-K

These pre-kindergarten initiatives are community-based, voluntary, and designed to prepare 4-year-olds across the county for kindergarten with a focused curriculum that enhances children's development physically, socially, emotionally, mentally, which includes language, communication, cognitive, general knowledge and approaches to learning. Durham Public Schools Title I Pre-K is designed for 4-year-old children who demonstrate great academic need. Durham Public Schools serves 120 Title I Pre-K children in nine elementary schools.

For more information on these programs, visit <http://www.dpfc.net/Programs/MoreAtFour.aspx>



Durham's Partnership for Children supports families



Parents and grandparents are children's first and most important teachers. Yet, they face many challenges and sometimes do not have the necessary financial and educational resources to best support the development of their children.

Today, more mothers are employed, more parents are single parents, families live farther away from their kin and families are more transient. Many families need the support of community-based programs to help.

Durham's Partnership for Children funds many support programs that help new parents with infants to toddlers and preschoolers. Every child deserves a Smart Start!

What do children need to be ready for kindergarten?

Kindergarten assessments measure a child's ability to recognize alphabet characters, numbers, colors and shapes. They also assess a child's ability to follow directions and express his or her thoughts verbally. Here are some things you can do to help your child prepare for school:

- Read to your child every day. Early literacy (understanding stories, characters, retelling main points of a story) is a building block to developing strong readers. Also, reading is one of the best ways to help your child's language development. Make visits to the library and check out books about going to school. <http://www.durhamcountylibrary.org>
- Expose your child to opportunities to socialize and play with other children. A child's ability to function in a group of other children is important to be ready for kindergarten.
- Practice some of the personal care skills and routines your child will need when beginning school. Button shirts, pants, coats and zip up zippers! Encourage your child to get ready in the morning and establish routines about breakfast, getting dressed, and packing a lunch.
- Make the most of everyday adventures! Trips to the grocery store, car wash, or even a walk to the nearest playground are great opportunities to point out easy words and signs and talk about what is happening in the world.
- Help your child learn to listen by giving two-or-three-part directions to follow. For example, please brush your teeth, put on your pajamas and pick out a story to read. Following directions is an important skill to master!
- Make time have meaning so that your child has an understanding of general times of day, especially morning for school and evening for bedtime.

Tips to managing young children with challenging behaviors

Praising good behavior

Become more conscious about praising your child when your child does well or displays good behavior. By verbally acknowledging when your child shares, shows concern for others, or behaves well in public, you are giving your child positive reinforcement and encouragement to make good choices. According to *The Incredible Years*, a parent should praise the behavior they want to see more of and ignore the behaviors they don't want. However, the ignoring should end if it's an issue of health and safety.

Creating a 'yes' environment

Creating a safe learning environment where you say 'yes' more than 'no' to your toddler or young child supports their optimal development by enabling them to explore, learn and develop a healthy sense of initiative. However, a child does need limits and boundaries to explore safely within. Allowing a child to safely explore their environment encourages them to explore and take initiative as they continue to grow and develop. Often times when we remove the opportunity for a child to take initiative we wonder later 'why don't they do anything without my help?' *Positive Discipline for Preschoolers* helps parents to discover ways to allow a child to take initiative and have parents be supportive.

Setting boundaries for your child

Regular rules and boundaries within your family create a safe and secure environment for your child. Predictable boundaries help them understand what is expected of them and help them to learn. In *Positive Discipline*, parents learn

the importance of establishing their boundaries, being consistent and what to do when a child challenges the boundaries. It is easier for both parents and children when there are clearly defined boundaries that parents consistently reinforce with their words and actions.

Attention seeking

It is important to understand the reasons children engage in attention seeking behavior. Rudolph Dreikurs said, "A misbehaving child is a discouraged child." In *Positive Discipline*, parents can refer to 'The Mistaken Goal Chart' that Dreikurs created to help parents understand the belief behind the behavior. The chart offers parents ideas in responding to the child to help change the behavior.

Coping with tantrums

Tantrums can be very stressful, but they are an important way for your child to learn about handling their feelings and emotions. Tantrums are not the result of bad parenting or naughty children. Read more about coping with challenging behaviors and supporting your child's learning and development in *Positive Discipline*.

Sources for tips:

1. *Positive Discipline* by Jane Nelsen, Ed.D.
2. *Positive Discipline for Preschoolers: For Their Early Years—Raising Children who are Responsible, Respectful, and Resourceful* by Jane Nelsen, Ed.D., Cheryl Erwin, and Roslyn Ann Duffy.
3. *Incredible Years* by Carolyn Webster-Stratton, Ph.D.

Program Directory 2007-2008

Child Care Services Association

Child Care Substitute Program

Provides consistent, quality substitute coverage for 3, 4, or 5-star facilities for teachers who need release time to attend college-level classes.

Child Care Quality Enhancement/ Maintenance

Provides technical assistance to child care programs seeking to improve and maintain the quality of child care for children birth to 5 years in Durham.

Choosing & Using Quality Child Care

Provides information and referral to parents about the quality and availability of child care programs and other family resources.

Grow A Teacher

Provides technical assistance to child care teachers in developing professional development plans. Encourages high school graduates participating in Durham Tech's Dual Enrollment Program to work towards a degree in early childhood by providing scholarships and counseling/mentoring.

TEACH Early Childhood® AmeriCorps Program

Provides educational release time to teachers of children 0-5 years working in licensed, nonprofit child care centers.

919.403.6950 for above programs

WAGES®

Provides education-based salary supplements to teachers, directors, and family child care providers.

919.967.3272 www.childcareservices.org

Child and Parent Support Services

Healthy Families Durham

An intensive, home-based family support program that serves primarily first-time parents with identified risk factors. **919.419.3474**

Community Partnerships

Durham Inclusion Support Services

Provides consultation, technical assistance and training to child care providers and families who care for a child for whom there is a developmental, behavioral or social/emotional concern.

919.402.9400 www.compart.org

Durham's Alliance for Child Care Access (DACCA)

Smart Start Child Care Subsidy/More at Four Subsidy/Subsidy Administration

Pays tuition for eligible families of children birth to five at 3, 4, and 5 star child care centers and homes. Provides eligibility and access to child care scholarships, referrals to family services and payments to child care providers. Pays before and after school tuition for eligible families of children age 4 in the More at Four Program.

919.560.8300 www.co.durham.nc.us

Durham Council for Children with Special Needs

Hispanic/Latino Consultation Svcs.

Offers interpretation and translation services for Spanish-speaking families with children with or at risk for special needs.

919.956.5016

Durham County Cooperative Extension

Incredible Years

Provides parent training for parents of children ages 2 to 5 with behavior challenges.

Welcome Baby Family Resource Center

Provides parent support groups, parenting classes and family literacy training for families with children, birth to age 5.

919.560.7150 for both programs www.welcomebaby.org

Durham County Health Department

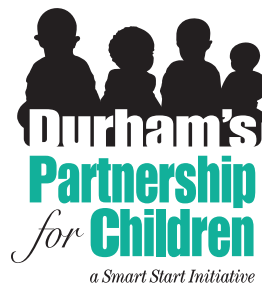
Child Care Nutrition Consultation

Provides professional nutrition consultation to food preparation staff, teachers and directors in child care centers and homes, and to the parents of the enrolled children.

Healthy Smiles/Healthy Kids

Provides dental nutrition education and outreach to family members of preschool children and child care teachers.

919.560.7783 for both programs www.co.durham.nc.us



Durham's Partnership for Children

Community Awareness & Education

Works collaboratively with organizations, coalitions, groups and individuals across Durham County to educate the local community about issues affecting young children and families and how quality early care and education and school readiness is a vital piece to our overall education system. The activity also promotes the umbrella of services provided by Smart Start funded partners to very young children and their families and caregivers.

More at Four

Provides quality pre-k to eligible four year old children. The program is designed to prepare children academically and socially for kindergarten.

919.403.6960 for both programs www.dpfc.net

El Centro Hispano, Inc

FAMOSA

Provides Spanish speaking families with referrals to community resources, ESL classes, parent education and family literacy activities.

919.687.4635 www.elcentronc.org

Exchange Clubs' Family Center

Child Care Based Mental Health Intervention

Provides technical assistance and support to help increase the capacity for child care providers to foster social-emotional development and help manage the mental health concerns of children in preschool settings.

Early Childhood Outreach Project (EChO)

Provides consultation, support and referral services to Durham child care providers and families when a child's behavior presents a challenge. **919.403.8249 x233 for both programs**

www.exchangefamilycenter.org

The Arc of Durham County

Early Childhood Support Program

Provides one-time financial assistance for families with special needs children for special services and equipment.

919.493.8141 www.thearcofdurham.org

Other Community Resources*

Durham County Health Department

Baby Love

Offers support to pregnant women, which involves a Public Health Social Worker or Nurse to assist in health care needs. Maternity Care Coordinators may visit mothers-to-be at home, in the clinic at their prenatal appointment or offer support by phone.

919.956.4000, x4232 or x4208

Child Service Coordination

Provides home visits for case management, health assessment monitoring, referrals and parenting information. **919.560.7723**

Durham County Library

Offers story time sessions for toddlers and preschoolers.

919.560-0100 www.durhamcountylibrary.org

Children's Developmental Services Agency of Durham

Provides consultations and early intervention services for children birth to age three who have special needs. **919.560.5600**

www.ncei.org/ei/itp/cdsa.html

Durham Family Initiative

Durham Connects

Durham Connects is a new program offering free, universal nurse home visits to parents of newborns in Durham County. Launching in the Summer of 2008, the program will begin in phases and parents will be contacted 4-6 weeks postpartum regarding their free nurse visit. The purpose is to congratulate, support and connect parents with local resources. **919.668.3295**

Durham Public Schools

Pre-K Services

Provides Title I and Services for exceptional children.

Contact Sheryle Metcalf, Pre-K Coordinator at **919.560.3505**

Family Center of Northern Durham

Provides parent-child playgroups, family literacy programming, ESL classes and a twice weekly pre-school for Latino children ages 3 to 5. **www.familycenternd.org**

Family Support Network

Provides support, information, and parent matches for families with children with special needs. **919.560-5600**

Immaculate Conception Catholic Church

Latina Mother's Playgroup

Playgroups consist of 10 to 15 mothers with their children ages birth to three. They meet for 1.5 hours once a week for 12 weeks. **919.682.3449**

La Leche League of Durham

Provides breastfeeding support to mothers and information on breastfeeding to mothers-to-be. Offers support groups and instructional group classes in three Durham locations.

www.llofnc.org/Groups/durham.html

1.877.4 LA LECHE (877.452.5324)

Operation Breakthrough

Head Start

Head Start is designed to provide a quality education for young children and help parents establish goals designed to aid the entire family. Programs operate August to May.

919.688.5541 x227 www.obtnc.com/HeadStart.htm

*This list was not intended to include all existing resources serving very young children and their families across Durham County.