

Child Care Chronicle

Winter 2011

From Child Care Resource & Referral
A Program of Community Action of Orleans & Genesee

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News from the Coordinator

Welcome to winter! With all the snow, cold air and wonderful holidays and events, we at CCR&R hope you find this season joyous, rewarding and above all, safe.

CCR&R has gone through a number of changes and updates for this new contract year. As you know, we are still rewarding providers with much needed compliance grants at their renewal stage as well as start-up grants for new providers and ones changing modalities.

CCR&R's has set up two technical assistance projects for providers. The first project is Quality Stars. This project will assist providers in gaining information on the QSNY regulations, training on improving your skills, and obtaining materials that are needed for program. Contact me for more information. The providers

completing a QualitystarsNY Technical Assistance Project will be eligible for a Quality Stars grant, which can purchase items such as program supplies, age appropriate and culturally diverse toys, musical toys and furniture.

The other technical assistant project is on Behavior Management. Have a 'challenging' child: one who bites, rattles, hits and basically is out of sync. Contact Kari for help in this difficult and challenging matter.

Our referral service is being changed as well. We now provide the parent with information on child care facilities: health and safety indicators, ratios, definitions as well as information concerning payment assistance and parent education. Part of the referral packet includes information on each provider that we refer to the parent. This information includes location, hours of care and rates of



"I just love the snow!!"
Photo Courtesy of
Carrie Wies

your day care facility. Be sure we have your correct rates and hours

CCR&R is improving our program and services. Let us know what you think.

Thank you again for all you do for your families and your community.

*With Warmest Regards,
Lisa M Friesen
CCR&R Coordinator*

Kari's Korner

"SNOW" Much Fun!!!
Welcome to winter! Despite the chill in the air, children still need opportunities to play outdoors during the winter season. Time outdoors not only provides children (and their caregivers) with a breath of fresh air, but also promotes large motor play and the chance to release extra energy! Of course, you must make certain children are dressed

appropriately for the weather. Help parents understand the importance of outdoor play and ask that they dress their children appropriately, including winter coats, snow pants, hats, scarves, mittens and boots. You might also recommend that parents leave a change of clothes for their children in case anything gets wet during outdoor play. Keep in mind that when the temperature drops below 40

degrees, or there is significant wind chill, outdoor play may have to be limited, but if the children are dressed appropriately, they should still be able to enjoy 15 to 20 minutes of outdoor play at a time. Do remember, the body stays warmer when it is active. Be sure to plan fun activities that will keep your children moving during winter outdoor times!

Kari's Korner (continued)



Where's the real Santa?
Photo Courtesy of Ger-
aldine Heale Child Care

*I appreciate my
mom more than
she knows.*

David, age 15



"He's right around
the corner!"

Photo Courtesy of
Carrie Wies'
Life's Little Stages

Snow Maze

Walk through the snow to make a pattern for the children to follow. Your maze could be very straight or full of twists and turns. Challenge younger children to stick to the path of footprints, older children can determine the quickest way from the beginning of the maze to a predetermined ending point. Children may also enjoy pretending to be cars, cruising down a road as they walk through the maze. You may have to draw a line down the middle of the "road" to create a highway that accommodates two "lanes" of traffic!



Snow Creatures

A childhood just isn't complete without the experience of building a snowman. Help your children build a large snowman, or encourage them to build their own mini-snowman.

Remember: snow creations don't always have to be people. Try making animals, birds, fish, dinosaurs or even space creatures in the snow. Especially easy for little ones to help construct is a snow snake; created by lining up many, many small snowballs and then sculpting out a face and a tail.

Snow Pies

Just because summer is over, doesn't mean the sand toys need to be stored away. Bring them up and encourage the children to use them to dig and build in the snow. Add old pie tins or Frisbees to serve as "pie plates" and children will delight in creating their own pie delicacies, complete with pebble and leaf toppings. When the chil-

dren are done, allow them to sprinkle the tops of their pies with birdseed and then place the "pies" near a window where the children can watch the birds come enjoy this special treat!

Ice Blocks

Invite parents to help you collect small plastic containers like those from margarine, cottage cheese and so forth. Then have your children help you fill them with water and leave them outside to freeze. When they are frozen solid, peel away the cartons or dip the containers in a bucket of hot water to remove the ice block. Be certain all children wear mittens or gloves before touching the ice blocks. Encourage the children to stack and build with the ice blocks. They may even want to build an ice house!

Snow Pile Olympics

Host your own Winter Olympic Games as you implement these ideas:

- **Long Jump** - Draw a starting line in the snow. Have the children stand at the starting line and jump as far as they can. Compare footprints to see who jumped the farthest. Challenge the children to beat their own records.
- **Snowball Throw** - Have children stand at a starting line and see how far they can throw a snowball. Always emphasize that snowballs are never to be thrown at people in the child care setting.
- **Snow Pile Hurdles** - Have the children assist you in making piles of snow throughout the yard. Then have the children run around the yard, jumping over the piles as they come to them.
- **Snow Obstacle Course** -

Using the same piles of snow you created for the Hurdle activity, set up an obstacle course that requires the children to jump over one pile of snow,

hop around the next and so on.

Snow Painting

Bring out your children's artistic creativity by providing them with spray bottles or clean and empty condiment bottles (i.e. ketchup or mustard) filled with colored water or liquid tempera paint. Encourage your children to "spray" or "squirt" a picture or design into the snow for everyone to enjoy.

Icy Sun Catcher

Fold a length of heavy string in half and place the two ends of the string in the center of a pie tin, leaving a loop of the string, extended out of the tin. Add an arrangement of natural items (i.e. twigs, pine cones and pine needles) to the pie tin. Finally, fill the tin with water and leave it outside to freeze. When the water has frozen solid, remove the ice from the tin and use the loop of string to hang the ice circle from a low hanging tree limb for everyone to admire!



Songs:

Dance Like Snowflakes

Tune: Are You Sleeping?

Dance like snowflakes,

Dance like snowflakes,

In the air,

In the air,

Whirling, twirling snowflakes,

Whirling, twirling snowflakes,

Here and there.

Here and there.

The Winter Wind

Tune: Happy Birthday to You

The winter wind blows

The winter wind blows

It gives me the shivers

From my head to my toes.

More Ideas from: <http://childcarehelp.org/FY09-3news.pdf>

Welcome to the Infant Toddler Corner

Brought to you by the WNY Infant Toddler Resource Network

Tips to talking with children

1

Make sure both people get a turn. A conversation doesn't have to be long, but it does have to involve taking turns talking and listening. Aim to switch speakers at least five times.

2

Use facial expressions and comments. They show you are listening and interested in the child's ideas and comments. Nod your head, smile, or laugh. Add "Mm-hmm," "Really" or "Tell me more about that."

3

Pause after you say something. This gives children time to think and focus on their ideas.

4

Describe what you see children doing. Young children often talk as they draw, paint and build. Say, "I notice you are using a lot of orange

paint. What made you decide to use that color?" "What does your painting remind you of?"

5

Ask children to tell you their stories. When Liana shows you her new shoes, you could say, "I see you have new red shoes. Tell me about your trip to the store to buy them."

6

Talk about books. After reading time, ask children "What did you like about that story? What didn't you like?" "Who does that character remind you of? Why?" "There was one part that made us all laugh. What else did you think was funny in the story?"

7

Invite children to teach you how to do something. Children may simply demonstrate, but as they do, you can carry on the conversation. "Tell me how you draw houses. I see you are making some straight lines. Oh, and squares for the windows."

8

Ask open-ended questions. Children can then come up with a variety of answers. For example, ask, "What are some things you notice about the guinea pig?" Avoid questions with one-word answers: "What color is that?" "How many peas do you have in your plate?" Questions like these stop the conversation.

9

Encourage self expression. Some children express their opinions freely; others need to be asked their views. "What do you think about this artwork?" "Why do/don't you like today's snack?"

10

Connect the conversation to the child. You can refer to the child's home life, previous events, or other things you've talked about. On Monday morning, say to Marc, "You were excited about going to your grandpa's birthday party this weekend. Tell me all about it."



No matter how many friends you have, there is always room for one more.

Andrea, age 14



"Brrr! It's cold outside"

Photo Courtesy of Wendy Scharlau's The Sunflower Patch

For more information on infant and toddler care, please contact the:

WNY Infant Toddler Resource Network
1000 Hertel Avenue
Buffalo, NY 14216
1-866-281-4739 x 3065
www.wnyinfanttoddlersolutions.com



"Ick!!!"

Photo Courtesy of P.Raising Kids Child Care Center

Lisa's Labyrinth



"Wow, look what I got!"

Photo Courtesy of
Carrie Wies'
Life's Little Stages

"Casserole" is
just another
word for
"leftovers."

Elise, age 14



We're on a snow train.
All aboard!

Photo courtesy of
Batavia ABCD Child
Care Center

Have your own Winter Olympics with you children in care. Try these games and activities. Of course, in these Olympics, everyone gets a medal!



Parachute Snowfall (Opening Ceremony)

Place cotton ball "snow" on a parachute or large white sheet. Put on some music and gently move the 'snow' up and then let the 'snow' fall. Do not want to use cotton balls, squish up some white scrap paper or newsletter into small balls.

The Luge

Otherwise known as sled races.

The Moguls

Make an obstacle course where children have to jump over moguls by making piles of pillows, blankets or snow, then leave spaces between these piles for kids to do a roll or twirls (normally the skiers would do flips, but for children, these actions will be fine!). There are usually two places where 'skiers' who do the mogul race have to do flips, so providers can create two stretches for roll-

sand twirls. Either set up a number of obstacle lines so the kids can race at the same time or take turns doing the one "mogul run."

Figure Skating

Real Olympic figure skaters practice their routines, including spins and throws, with running shoes on and on regular ground as well as with ice skates on the ice. Tell the children this and tell them they can create their own dance routines with spins, twirls, leaps and bounds (catching and throwing should only be done if there are adults directly involved!). Pick some fun lively music and give the kids some time to work on their routines and then let each one shine.

Kids can also go in pairs to see how synchronized they can be with their moves.

Pass The Ice (Hockey?)

This is played much like Hot Potato. Have the children put on their mittens and pass an ice cube (or snowball) around the circle to music. When the music stops, everyone claps for the one holding the ice cube. Keep playing until the ice is completely melted.

Variation: Freeze water in a white balloon, that way children will not get wet.

Curling

Much like the real game, get a broom, a ball that is losing lots of air and set up a course with masking tape and cones. Better if done outside on the snow.

Alpine Ski Races

Supplies: Tootsie Rolls (1 for each child), 2 Shoe box for each team, Bell for each team, 2 mittens for each team, 2 bowls for each team.

Preparation: Place tootsie rolls, in a bowl, at the opposite end of the room. Hang a bell, from the ceiling, over the tootsie roll bowl.

How To Play: Divide the children into two or more relay teams. When you say, "GO" the first person on each team will put on the mittens, step into the shoe boxes and race to the other end of the room. They will ring the bell with their nose, pick up a tootsie roll out of the bowl and race back to their team. Pass the mittens and shoe box to the next person in line, sit down, eat your tootsie roll. The first team to finish eating all their tootsie rolls wins!

Winter Science Activities

Bubble Freeze

Have the children go outside, with their bubble solution. Use the bubble wand to create a large bubble; then catch it on the wand. Let the children carefully watch the bubble as it freezes. Talk about what

happened to the bubbles.

Snow Water Table

Bring the snow indoors, to your water table, or use a large storage bin. Use spray bottles, eyedroppers with a mixture of water, food coloring, & paint. Enjoy!

Catching Snowflakes

Put black construction paper in the freezer until it is chilled. When it snows, bundle the children up and go outside to catch snowflakes on the paper. Then examine the flakes with the magnifying glass.

Judy's Jamboree

Teaching children the joy of caring

Making cards for nursing home residents or hospital patients can brighten their day, make a difference, and put a smile on their face. Cards can be made at any time of the year, not just Christmas. Just pick the closest holiday, get out the arts and craft supplies and create masterpieces. The more we teach children to care about how others feel, the less bullying there'll be in this world, and the better they'll feel about themselves for doing something nice for someone else. It's a win, win activity.



Elephant Valentine Card Supplies:

- ◆ An old cereal box
- ◆ Construction paper
- ◆ Googly eyes

- Glue, regular scissors, decorative scissors, markers, or crayons
 - Decorative stickers
- Cardstock paper, or additional construction paper

Instructions:

- ◆ Cut a heart-shaped template out of thin cardboard, (old cereal boxes work great). Your child can trace around it in pencil to make the shapes he, or she will need.



- ◆ For the elephant, trace around the template, then, before cutting out the shape, draw a curved trunk that extends directly from the bottom of the heart. Cut out the head as one piece and flip it over so the pencil lines won't show.
- ◆ Glue the tips of two heart-shaped ears to

the back of the head. Attach googly eyes with glue, and add decorative stickers. Then add your message.

- ◆ Fold a different colored piece of cardstock, or construction paper in half, it should measure 8 1/2" x 5 1/2", which makes a nice size folded greeting card.
- Glue your finished elephant onto the front of the folded greeting card you just made.
- You can add an additional message inside of the card.

This and other great ideas can be found at www.familyfun.com

You can also hand deliver the cards to the nursing homes clients or hospital patients, and put on a performance for them. Sing songs such as 'An Elephant Went Out To Play' or Valentine Day songs.

You will be amazed at the faces of your children and the smiles on the patients.



"Help!! My feet are missing!"
Photo Courtesy of Carrie Wies' Life's Little Stages

My mom and dad love me no matter what.

Abbey, age 8



"We love playing dress-up"
Photo courtesy of Robin Gangarossa Child Care

TARYN'S THINGAMAJIGS



"Look how fast I am going!"

Photo Courtesy of Jen's Precious Gems

You never know how loud you are until you have to be quiet.

Serena, age 10



"We're going faster!"

Photo Courtesy of Carrie Wies' Life's Little Stages

With the Holidays behind us it is off to a new year full of new ideas, re-freshed minds and winter time energy! What better way to burn off some of those anxious feelings by a good hard laugh? They say laughter is the best medicine and with the busy holidays behind us, who couldn't use a good belly laugh? Give these activities a whirl and see how you feel! Happy laughing!

Things sure to get a laugh

1. Push a gumball down the floor with your nose relay race
2. sdawkcab klat (talk Backwards)
3. Just laugh, its contagious!
4. Read "More Parts" written and illustrated by Tedd Arnold
5. Waddle like a penguin



Soccer Guard

A child protects a pin in center of circle, while the children in the outside circle try to kick the ball to knock over the pin. Whoever knocks over the pin is the new "goalie"

A Quick Laugh

Q. What has more lives then a cat?



A. A frog- it croaks every night!

Q: Why did the mouse dance on the peanut butter jar?

A: Because it said twist to open!

Q: What do you do when you see a space man?

A: You park in it man!

Blind Drawing

Children sit back to back, one facing an object of a scene. The child facing the object describes it to the other who then tries to draw it as accurately as possible without ever seeing it.



A



Walking Snack

What you need:

- 8-inch trimmed celery stalk
- 2 tbsp peanut butter
- 13 mini marshmallows
- 2- 4 inch pieces of red shoestring licorice
- 12 thin pretzels

Instructions:

1. Fill celery with peanut butter
2. Cut marshmallows in half for eyes. Set eyes and licorice antennae into peanut butter at wide end of celery.
3. Push two pretzels sticks into a mini marshmallow knee. Push one end on the leg into the peanut



"The most wasted day is one without laughter"-
E.E. Cummings

News from the Director

Happy New Year! With a new year comes the opportunity to reflect on the past and plan/hope/dream for the future. As you do this I want to remind you all that everyday you make a difference in the growth and development of children.....you do important, worthy work and are privileged to have this opportunity and share your love! What a wonderful way to influence

the future of our world. As providers you make deposits regularly in the

development of children in all areas. In order to do this important work you need to be sure you “refill” your own tank daily. I encourage you to take advantage of the tips outlined in this newsletter about staying physically and emotionally well in winter. In addition, make sure that you spend some time with people who lift you up and encourage you. Take time to read, write, dance, laugh, reflect, rest, plan, dream, etc. In order to give your best to the children you

also need to be refreshed . Let Lisa and the staff know what else they can do to make your lives easier and inspire you in the area of child development. We all want your input as we go forward and encourage you to contact us about what we can do for you! May this be a healthy, happy new year for you all!

*Bonnie Malakie,
Dir. of Children & Youth Services
Community Action of Orleans &
Genesee*



“But we are going the fastest!”

Photo Courtesy of Wendy Scharlau's The Sunflower Patch

Provider Spotlight- Sabrina Campbell



Campbell's Lil Angels is a Group Family Facility located in Albion. Sabrina has been a child care provider for 5 years; her daughter, Shonte, joined her as her assistant, 5 months ago. Sabrina serves 9 families and 17 children.

Sabrina's own family includes her husband and 6 children, ranging in ages from 7 to 19.

Sabrina loves taking care of children; she believes children are our future. “If we instill good qualities in them, they will carry on those qualities when they have to take care of us.”

Her favorite part of being a provider is interacting with the children, and listening to them. “They are cute little

people who have interesting conversations.”

Sabrina's most rewarding part of being a provider, is when the children do not want to go home; they want to stay with her.

Her most frustrating part in being a provider is dealing with the older children who do not want to put any effort into completing their homework.

Sabrina goes above and beyond for the children in her care. Many of her parents are single moms and since she was once a single mom, she understands the issues they have working 8- 12 hours, taking care of their children and not having some-one else to help. Sabrina takes the children to doc-

tor's appointments, and helps them complete their homework . She feels it is her responsibility to make sure their homework is done and they get good grades at school.

Sabrina is in the process of becoming QualitystarsNY certified, and has made many improvements to her program. Her educational program was always superb and now her crafts, games and activities are wonderful as well. She is well on her way to earning 4 stars. Sabrina's philosophy of child care is to provide quality care, to enhance their learning, and to build the children's self-esteem After observing Sabrina, she has accomplished just that!

The greatest teacher is not the one who talks all the time, but the one who listens.

Lauren, age 14



“We're not going very fast at all!”

Photo Courtesy of Wendy Scharlau's The Sunflower Patch

For the Health of It



"My bottom is cold"
Photo courtesy of Batavia
ABCD Child Care Center

*It's funny how
God uses simple
people to do
great things.*

Elana, age 15



"Ours too!"
Photo Courtesy of
Carrie Wies'
Life's Little Stages

Wondering what gift to give yourself this season? How about the gift of health? Protecting yourself from various diseases is as easy as getting a shot. The Orleans County Health Department encourages adults to make sure their vaccinations are up-to-date.

Recently the Health Department added Thursday Walk-in Clinics from 2:00 p.m. - 4:00 p.m. for January. These clinics are in addition to the regularly scheduled clinics on January 10th and 17th from 8:00 a.m. - 10:00 a.m. and 3:00 p.m. - 5:00 p.m.

Some of these vaccinations are free for those who do not have insurance or their insurance company does not cover these vaccinations AND who also meet the following:

- ◆ HPV Vaccine - Gardasil is free for women under 26 years old. It can protect against cervical cancer and genital warts.
- ◆ Tdap Vaccine - Tdap can protect against pertussis (whooping cough) and tetanus. Tdap is for anyone who may expect to be

around babies 12 months or younger. Pregnant women should talk with their doctor or nurse about getting Tdap after giving birth to protect their new baby. Pertussis can be very serious and sometimes causes death. Tdap vaccine can be used as a tetanus booster dose.

- ◆ Pneumonia Vaccine - anyone 19 and older, who smokes, has asthma, certain chronic health conditions, or diabetes, AND their health insurance will not pay for the shot.
- ◆ There will also be flu shots and pneumonia shots at these clinics while supplies last. Adult flu shots are \$30.00 and adult pneumonia shots are \$50.00 unless you do not have insurance as stated above. If you have insurance, please bring all insurance cards to the clinic.

If you have questions about what vaccinations you need, talk with your health care provider or you can call the Health Department at 589-

3278 and ask for a Public Health Nurse.

As an adult, many people depend on you. Remember to take care of your health for yourself as well as your family. It really is a "Simple Gift" to give.

For information about the services provided by the Orleans County Health Department call 589-3278 or check out our website at: www.orleansny.com/publichealth. You can also find us on Facebook and Twitter. Our user name for both is OrleansCoHealth.

If you would like to ask the Public Health Educator a health related question to be answered in a future column, e-mail her at Nola.Goodrich-Kresse@orleansny.com. The Health Department reserves the right not to answer any questions deemed unsuitable.

*For the health of it
Nola Goodrich-Kresse
Public Health Educator
Public Information Officer
Orleans County
Department of Health*

Be Healthy in Wintertime

In winter, comfort food and TV seem much better than diet and exercise. Follow these tips to stay healthy, reduce the symptoms of influenza & colds and avoid depression

1. Eat a healthy diet with lots of fresh fruit and vegetables.
2. Watch that you don't gain extra pounds due to overeating the wrong

foods.

3. Have an exercise routine- don't be a couch potato because it is cold outside
4. Get plenty of rest
5. Get a flu shot
6. If you catch a common cold take zinc, vitamin C
7. Don't demand or take antibiotics for a cold or flu - these illnesses are

caused by viruses and cannot be treated with antibiotics

7. Don't hide away because it is winter
8. Get some winter sun
9. Look forward to spring. Plan a new you, new goals and some enjoyable activities to look forward to

Happy Winter!

Preventing Pertussis

Pertussis (whooping cough) is very contagious and can cause serious illness – especially in infants who are too young to be fully vaccinated. Make sure your infants and young children get their recommended five shots on time. Adolescent and adult vaccination is also important, especially for families with new infants.

Currently, several states are reporting an increase in whooping cough cases, including a state-wide epidemic in California. Pediatricians and public health officials are using this outbreak to remind parents to have their children - and themselves - vaccinated and to encourage grandparents and older caregivers to get a booster shot if they are around small children and babies because neither immunization nor having had the disease guarantees lifelong protection. Take action by making sure you and your loved ones are up to date with vaccinations. This includes DTaP vaccination for infants and children and Tdap booster for adolescents and adults.

Pertussis can cause serious illness in infants, children and adults. The disease starts like the common cold, with runny nose or congestion, sneezing, and maybe mild cough or fever. After 1-2 weeks, severe coughing begins, which can last for 100 days. Infants and children with the disease cough violently and rapidly, over and over, until the air is



gone from their lungs and they are forced to inhale with a loud “whooping” sound. Pertussis is most severe for babies; more than half of the infants under 1 year of age who get the disease must be hospitalized. About 1 in 5 infants with pertussis get pneumonia and about 1 in 100 will have convulsions. In rare cases, pertussis can be deadly, especially in infants.

People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria. Many infants who get pertussis are infected by parents, older siblings, or other caregivers who might not even know they have the disease.

Since the 1980s, there’s been an increase in the number of cases of pertussis, especially among 10-19 year olds and babies less than 6 months of age. In 2009, there were nearly 17,000 reported cases including 14 deaths from pertussis nationally. Experts say that many more cases are likely to have occurred because the illness is underreported. Early symptoms mimic those of a cold, so people may think the cough will go away on its own and they don’t see a doctor. If they do, the physician may provide treatment, but not test for pertussis.

The best way to prevent pertussis is to get vaccinated. In New York State, pertussis vaccine is required for all children born after January 1,

2005, who will be enrolled in pre-kindergarten programs and schools. Tdap vaccine is required for children born on or after January 1, 1994, and enrolling in the 6th grade. Parents can also help protect infants by keeping them away as much as possible from anyone who has cold symptoms or is coughing. Anyone in contact with an infant under 12 months of age is encouraged to receive the Tdap vaccine in order to provide protection for the infant.

The Genesee County Health Department provides DTaP



Tdap at its bi-monthly immunization clinics. For those who are uninsured or underinsured, the pertussis vaccine is free to children 18 years of age and younger through the New York State Vaccine for Children’s Program (VFC) and parents and caregivers of children under one year of age through the American Recovery and Reinvestment Act (ARRA).

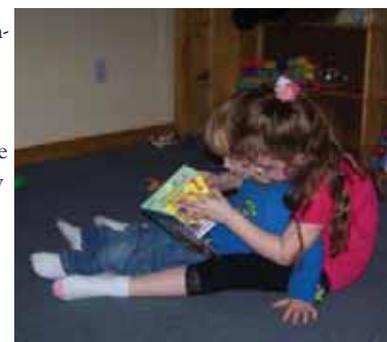
For more information or to make an appointment, contact the Genesee County Health Department at 344-2580, extension 5000.

Genesee County Health Department



*“Look in a book and you will see words and magic and mystery.”**
Photo Courtesy of Jen’s Precious Gems

One of the greatest gifts my parents gave me was their love for each other
Jamie, age 16



*“Look in a book and you will find sense and nonsense of every kind.”**
Photo Courtesy of Wendy Scharlau’s The Sunflower Patch

* Song written by Ivy O. Eastwick from website <http://www.canteach.ca/index.html>

Preventing Cabin Fever



"Frosty the snowman was a jolly happy soul..."
Photo courtesy of Batavia ABCD Child Care Center

Nothing hurts more than guilt.

Jessica, age 12

Does winter weather have you trapped indoors with active children who need to burn off some steam? Tired of looking at the same four walls? Here are some tips to help!

- ◆ Get outside at least once a day. Take the children for a walk. Go on a bear hunt. Make a snowman, snow fort, snow angel.
- ◆ Go on a field trip: go to McDonalds or Pizza Hut for a tour, go on a sleigh ride, or to a museum.
- ◆ Keep the children moving inside: dance to music, do aerobics to a DVD.
- ◆ If you are approved to use your garage, try turning it into an indoor play area. Kids need lots of room to burn off steam.
- ◆ Play games: Fox Hunt, Fruit Basket Upset, Musical Hula Hoops, Builders and Bulldozers... Don't know the rules, look back at past newsletters or give Lisa a call.
- ◆ Put together a treasure hunt; make sure each child gets the *same* treasure. You know what will happen if Tommy's treasure is better than Lucy's.
- ◆ Play restaurant! Let your children design their own menus, and teach them how to cook or bake for their customers.
- ◆ Conduct science experiments, using every day kitchen supplies. Activities involving plants and nature can help to bring spring into the house a little early.
- ◆ Make up a story! You start telling a story, stopping every few minutes to let the next child pick it up and tell the next part. You can even draw illustrations, staple the pages and make your own class book!

New Regulation for Child Care Centers!!

There are new requirements for installation of carbon monoxide detectors in Child Care Centers in New York State. This is due to a change in the NYS Building and Fire Prevention Codes, effective January 1, 2011. Your program must install these detectors within 60 days. A source is defined as a fuel fired hot water heater, furnace, boiler, rooftop heating unit, dryer or stove. Detectors must be installed within 15 feet of each classroom on any level of a building in which a source of carbon monoxide is located. Location of detectors in all classrooms is recommended but not necessarily required per the code.

SUNY Video Conferences

The SUNY videoconferences have ended for the year 2010, please go to the website.

I will send out a list as soon as I have one for 2011

6:45-9:15 pm

Genesee County Location:

Genesee Community College
BEST Center, Batavia, NY

Orleans County Location:

CCR&R 113 East State Street,
Albion, NY

To find out about the 2011 SUNY Video Conferences,

please contact SUNY:

Online: www.tsg.suny.edu

Fax: 1-518-472-5999

Mail: SUNY Training

Strategies Group

State University Plaza

Albany, NY 12246

Before attending a SUNY Video Conference, please watch R News (Channels 9 or 14), Buffalo News (Channel 7) or listen to WBTA for cancellations!



"Santa got stuck up the chimney!"

Photo Courtesy of
P. Raising Kids
Child Care Center

Winter Training Schedule

\$15 CCR&R member/\$20 non-member (unless otherwise specified)
A=Albion/B=Batavia

January 11 (A), January 18 (B)

How to Keep Babies Safe: SBS & SIDS Prevention (4, 8, 9)

This training is an overview of the facts of SBS and the factors that contribute to shaking a young child. The training will also focus on prevention strategies for providers. The video, "Mighty Like a Rose", will be shown. The SIDS training will provide information on best practices related to safe sleep environments and infant care.

January 25 (A), February 1 (B)

Sensational Science in Your Center (1, 3)

It is widely known that children learn best through hands-on discovery and through play. This training will allow you to do both! You will be equipped with experiments and activities you can do with the children in your care to promote their curiosity and make learning fun!

February 8 (A), February 15 (B)

Focus on the Regulations- Health and Nutrition (1, 2, 4, 5, 7)

In this class we will take a look at the Health and Nutrition sections of the Office of Child and Family Services regulations. We will look at infection control, food safety and nutrition. We will discuss the regulation requirements for your program in these areas. This class is for all modalities.

February 22 (A), March 1 (B)

Author Study—Dr. Seuss (3)

March 2 is Dr. Seuss's birthday! Come discover a variety of interactive activities you can implement right away into your program to celebrate this perennial favorite!

March 14 (A), March 16 (B) *RESCHEDULED CLASS!*

Book Club: They Cage the Animals at Night by Jennings Michael Burch (6, 8)

By popular demand, we having another book club, taking a look at the heart-wrenching story of abuse and survival as told by Jennings Michael Burch. In preparation for this class, you will be required to read the book They Cage the Animals at Night which will be mailed to you before the class and be prepared to discuss. In order to provide time to prepare, participants must sign up by Friday, February 25th. Spaces are limited to six participants for each class!



*"Twas the night before
 Christmas"*

Photo Courtesy of
 P.Raising Kids Child
 Care Center

*It is OK to
 fail, but it is
 not OK to
 give up.*

Kate, age 8

*****IMPORTANT***
 INFORMATION**

Submitting Your **EIP**
 Application:

If your course starts between
January 1 and June 30,
 You must submit you applica-
 tion *no later than June 1st*

If your courses start between
July 1 and December 31,
 you must submit your
 application between
May 15th and December 1st
 of that year!

Applications received before or
 after these dates will be re-
 turned!

**However, the sooner the
 applications are submitted, the
 better the chances of receiving
 the scholarship!!!!**

OCFS Training Topics

1. Principles of Early Childhood Development
2. Nutrition & Health Needs of Infants & Children
3. Child Day Care Program Development
4. Safety & Security Procedures
5. Business Record Maintenance & Management
6. Child Abuse & Maltreatment Identification & Prevention
7. Statutes & Regulations Pertaining to Child Abuse & Maltreatment
8. Statutes & Regulations Pertaining to Child Day Care
9. Identification & Prevention of Shaken Baby Syndrome

My true friends are those who are there for me, not just to cheer me up, but to cheer me on.

Elise, age 14



"Look what we made!"

Photo Courtesy of Robin Gangarossa Child Care

Winter Training Schedule

March 22 (A), April 5 (B)

ADHD: Seeing the Disability Behind the Behavior (1, 2)

Join us in this interactive training in discovering the myths and facts of ADHD as well as exploring successful and practical strategies for inclusion of children with ADHD.

**15 Hour Health and Safety for New Providers
(must attend all sessions) \$235**

ITRN Baby Steps Training

Tuesday, March 29th (B)

Discoveries of Infancy and Toddlerhood (1, 3, 5)

When caregivers trust that infants and toddlers learn through play, they give them control over their own development. With the support of the caregiver as facilitator, many valuable lessons are learned by infants and toddlers, not the smallest of which is self esteem. Participants will gain a better understanding of why, "Play" is the most important activity in and infant or toddler curriculum.

Wednesday, March 30th (B)

Infant and Toddler Language Development (1, 3)

This training focuses on language development and communication through each stage of infancy and toddlerhood. It is designed to instill in caregivers an awareness of the specific language accomplishments of infants and toddlers as they grow. The suggestions offered fit easily into naturally occurring conversations and during caregiving routines and play.

Got Discipline???

Do you have discipline concerns with the children you work with? Biters?? Tattlers?? Hitters?? Children who go from one temper tantrum to another?? Others who refuse to share, take turns or let mom leave in the morning, or pick them up in the afternoon?

Do you want to learn creative strategies to turn negative behaviors into positive ones and end those power struggles? Did you know CCR&R can help you find practical solutions for handling those discipline concerns?

We can come into your program, observe and conduct a full evaluation followed with training specific to your program to help you put an end to those headaches! Give us a call today to set up an appointment!

COMMUNITY ACTION OF ORLEANS & GENESEE

Batavia Office
5073 Clinton St Rd, Batavia NY
Phone: (585) 343-7798

Orleans Office
113 East State St, Albion NY
Phone: (585) 589-5605

Community Action of Orleans & Genesee operates a multi-purpose human service agency. Community Action brings together local citizens, including low-income persons, to provide their community with a voice regarding the opportunities that will best help all of their members to be self-sufficient, productive and to contribute to community life. We work in collaboration with a number of human service agencies to provide our community and its residents with programs that help local citizens become self sufficient.



www.caoginc.org

CHILD CARE RESOURCE & REFERRAL

Batavia Office
5073 Clinton St Rd, Batavia NY
Phone: (585) 343-7798
Fax: (585) 343-4063
Email: crrgen@caoginc.org

Orleans Office
113 East State St, Albion NY
Phone: (585) 589-5605
Fax: (585) 589-5321
Email: crrorl@caoginc.org

Child Care Resource & Referral is dedicated to enrich child care providers, parents and our communities with the knowledge on characteristics that distinguish quality child care.

*Life is filled with
ups and downs
but most of the
time I'm going
sideways.*

Leslie, age 11

Recalls from the U.S. Consumer Product Safety Division

The following items have been recalled by the US Consumer Product Safety Division:

- ◆ CPSC Approves Strong New Crib Safety Standards To Ensure a Safe Sleep for Babies and Toddlers
- ◆ Girls' Hooded Zip Jacket and Vest Sets with Drawstrings Recalled By Splendid Due to Strangulation Hazard
- ◆ Toddler Girl Garments Recalled by American Eagle Outfitters Due to Choking Hazard
- ◆ Seattle Bike Supply Recalls Redline Bicycles Due to Fall Hazard
- ◆ Circo Children's Camping Combo Pack Recalled Due to Fire Hazard; Sold Exclusively at Target Stores
- ◆ The First Years® Recalls American Red Cross® Cabinet Swing Locks; Latches Can Fail to Prevent Access by Children
- ◆ Bassett Baby Recalls to Repair Drop-Side Cribs
- ◆ Due to Entrapment, Suffocation and Fall Hazard
- ◆ Children's Hooded Jackets and Sweatshirts with Drawstrings Recalled By VOS Sports Due To Strangulation Hazard
- ◆ Full Speed Ahead Crank Sets Used By Numerous Bicycle Manufacturers Recalled Due To Crash Hazard
- ◆ Infant Car Seats Recalled by Britax Due to Laceration and Choking Hazards



Circo Children's Camping Combo Pack Recalled Due to Fire Hazard; Sold Exclusively at Target Stores

For more information on recalls go the website:

www.cpsc.gov