



# THE PARENT PRESS

*Child Care Resource & Referral  
Making a difference one child at a time*

## *News from CCR&R*

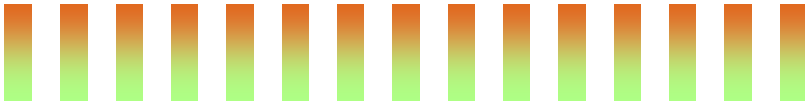
Welcome to The Parent Press, distributed by Child Care Resource & Referral, a program of Community Action of Orleans & Genesee Inc.

Choosing a quality child care provider who meets the needs of your family is a difficult and challenging task. Only you can decide which child care facility is best for your child and family.

It is CCR&R's recommendation that you visit the facilities you are interested in: ask questions, take a tour, watch an activity, story time or play time. If you have any questions, please call our Child Care Specialist at CCR&R.

Although, we cannot give you recommendations, we can offer you insight on Child Care Regulations, Staff Trainings, and Child to Staff Ratios. If you find you need more referrals, please call us again. If you prefer an internet referral, please visit our website, [www.caoginc.org](http://www.caoginc.org), click on Child Care & Referral, then click on Here.

There is no fee in obtaining referrals from CCR&R and all written and oral information disclosed by the parent or guardian to CCR&R, in order to secure referrals for child care providers, will be treated as confidential information and will not be divulged to any persons, in any format. It is CCR&R's hope that you find the perfect Child Care Facility for your family.



## *Health & Safety Indicators*

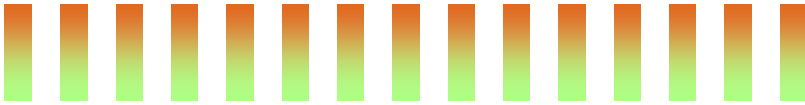
To insure the health and safety of your children, be sure to observe child care providers before you put your children in their care. Do they follow these guidelines:

1. Have enough caregivers for the number of children
2. Take steps to prevent accidents and has a plan to handle fire and medical emergencies
3. The child care provider has a well stocked first aid kit
4. Knows how to help children stay healthy
5. Practices good hand washing techniques
6. The child care facility has been checked for lead, radon and asbestos
7. The child care facility has smoke detectors and CO detectors
8. There is fencing or other barriers near creeks, pools, or fireplaces
9. The child care facility is cleaned and washed with a bleach solution frequently
10. Plans a balance of indoor and outdoor time that is active and quiet

## *Child Care Costs: how much & who can help*

Child Care fees vary county to county, program to program. Fees may be different based on the age of your child; generally, the younger the child the higher the child care fees. Fees may be different based on geographic location, the more rural the location, the fees will be lower. Fees may also be different based on which kind of child care you are looking for: Child Care Centers, Group Family Child Care or Family Child Care. The best way to find out how much child care will cost your family is to ask the provider you are considering. As of right now in this county, child care rates vary from \$100 to \$175 per week.

If you would like find out if you can receive assistance in paying for child care please contact your local Department of Social Services. In Genesee County the phone number is 344-2580; in Orleans County the phone number is 589-3125 and ask for the child care unit. You can also call Community Action at 589-3125 for Orleans County, or 344-2580 ext. 6559 for Genesee County. Or you may visit the website of [www.otda.state.ny.us](http://www.otda.state.ny.us) to see if you are eligible for TANF-Temporary Assistance for Needy Families



## *Child Care Ratio: Adult : Child*

### Maximum Capacity for care in:

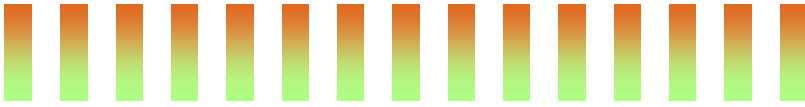
- **Family Day Care** - registered provider may care for 6 full-time children and an additional 2 school age children.
- **Group Family Day Care** - licensed child care that can be staffed by 2 providers who may care for up to 12 full-time children and an additional 2 school-age children.

### Day Care Center & School-Aged Child Care are as follows:

Age	Staff Child Ratio	Maximum in Class
Birth to 6 weeks	1:3	6
6 weeks to 18 months	1:4	8
18 months to 36 months	1:5	12
3 years	1:7	18
4 years	1:8	21
5 years	1:9	24
through 9 years	1:10	20
10 to 12 years	1:15	30

## *Child Care Provider Accreditation*

Accreditation is a voluntary process designed to improve the quality of early and school-age care programs. Accreditation systems require programs to meet standards that exceed minimum State regulatory requirements. Achieving accreditation involves extensive self-study and validation by professionals outside the program to verify that quality standards are met. Research has demonstrated that accreditation positively impacts early and school-age care program quality, including benefits to children, families, and staff.



## *Office of Children & Family Services*

New York State Office of Children and Family Services provides a range of resources to help parents with their child care needs, people who want to start or are currently running child care programs, and anyone with a concern about the health or safety of a child in a day care program.

To contact information of the Buffalo Regional Office is:

Buffalo Regional Office  
295 Main Street Room 545  
Buffalo, NY 14203  
Phone: (716) 847-3828  
Fax: (716) 847-3688  
[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

## *Toll-Free Complaint Line*

The State Office of Children and Family Services maintains a toll-free complaint line for complaints about day care programs. Call this number during normal working hours and a staff person will take the information. The Office is empowered to investigate any possible violation of child care regulations. If you think a person or program is operating without the proper license or registration certificate, this is also a basis for making a complaint. Your complaint will be investigated, and if it is substantiated, OCFS staff will work with the provider to correct any violations.

**If you wish to make a complaint, call:**

**(800) 732-5207**

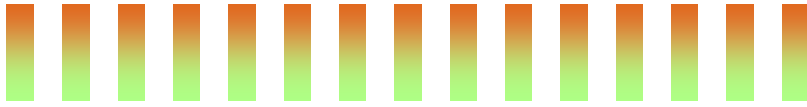
## *CCR&R Complaint Line*

If you have a complaint concerning CCR&R services please contact:

Lisa M Friesen, CCR&R Coordinator at  
343-7727 (Batavia), 585-5088 (Albion) or [lfriesen@caoginc.org](mailto:lfriesen@caoginc.org)

Or contact:

Bonnie Malakie, Director of Children & Youth Services  
589-5684 or [bmalakie@caoginc.org](mailto:bmalakie@caoginc.org)



## *Facts about Child Care*

Choosing child care is an important decision. Safe and positive child care sets the stage for healthy growth and development. It takes time, patience and understanding of what to look for when selecting child care. Only you know the needs of your child and family. Here are a few facts you should know:

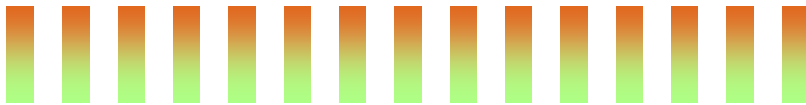
**Parent Involvement** - As a parent, you are a key to quality child care. You have the right to drop in at any time to observe the program or to see your child. You will probably see the provider often and have a good idea of how things are going in the program.

**Training and Experience** - Regulated child care providers must have prior experience caring for children and must receive ongoing training in areas such as safety, nutrition, and child abuse prevention. Each Child Care Provider and their staff must receive 30 hours of training every 2 years.

**Adult-Child Ratios** - Regulated programs must limit the number of children each adult cares for based on standards set in the regulations. These standards help to ensure that children are properly supervised and get all the attention they need.

**Inspections** - Every licensed child care program must be inspected at least once before each license renewal. At least 50% of all registered providers are inspected annually.

**Regulation and Oversight** - Programs regulated by the State Office of Children and Family Services must be licensed or registered. With only a few exceptions, every program that cares for more than two children three hours or more per day must have a license or registration certificate. When you visit a regulated child care facility, ask to see the license or registration certificate.



## Selecting Child Care - The Pros & Cons

Child care makes or breaks a working mom's career. If you're stressed about your child's well-being, you can't focus on your job. Being confident that your child is in a safe, loving, and stimulating environment frees you to excel in the workplace.

If both parents work, or you're a single mom, you have five basic choices: relative care, a babysitter, an au pair, a family daycare, or a daycare center. Here are the pluses and minuses of each care setting.

### *Care From a Relative*

You may be lucky enough to have a father, mother-in-law, or sibling who offers to care for your child. Before accepting, think it through.

#### Pros:

- ◆ The care may be free, or less than you'd pay a stranger.
- ◆ You can be far more confident that your child is with someone who loves and cares for her.
- ◆ The emotional bonds your child forms build upon an existing family relationship, and will last a lifetime.

#### Cons:

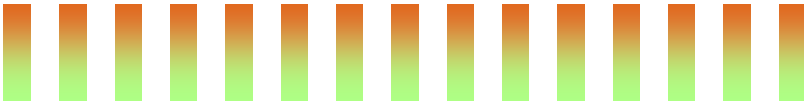
- ◆ Your mother may feel comfortable ignoring your feeding, sleep or other care preferences. After all, her rules worked fine for your childhood.
- ◆ It may be harder for you to maintain appropriate boundaries when your employee is also a relative.
- ◆ If the arrangement doesn't work out, lingering resentment may haunt your relationship with the relative

### *Care in Your Home*

Whether you call her a nanny, au pair or babysitter, the role is the same: someone you hire to care for your child in your home.

#### Pros:

- ◆ You don't have the hassle of packing up your child in the morning.
- ◆ If your child sleeps late, you won't have to wake him.
- ◆ Your child will have a higher adult-to-child ratio than in a center.
- ◆ You'll have more flexibility to set your own rules for discipline, feeding, and schedule.
- ◆ Your child won't be exposed to the germs of a group child care setting. *(You may see this as a con, because some early illnesses strengthen the immune system.)*



## Selecting Child Care - The Pros & Cons (continued)

### Cons:

- ◆ There's nobody supervising your nanny while you're at work.
- ◆ Your child will have few opportunities to socialize with other children.
- ◆ You're wholly dependent on your babysitter's availability. If she gets sick or quits suddenly, you'll be left in a lurch.
- ◆ You'll shoulder the burden of background checks, and employment-related insurance and taxes, including Social Security and Medicare.
- ◆ This is usually the most expensive child care option.

### *Daycare Center*

In a daycare center, teachers care for children in groups and are supervised by a director. NY State has licensing rules and standards that the center must follow.

### Pros:

- ◆ There are multiple adults watching to make sure nobody abuses or neglects your child.
- ◆ Your child will learn from other children in her room, making for easier transitions such as weaning from bottles and potty training.
- ◆ If one teacher is sick, your child will still be able to attend.
- ◆ Many centers offer a preschool curriculum and enrichment activities.
- ◆ Your child will become socialized and learn to enjoy other children.

### Cons:

- ◆ When your child is sick, you'll need to arrange backup care.
- ◆ Your child will have a lower adult-to-child ratio than with a babysitter.

### *Family Child Care*

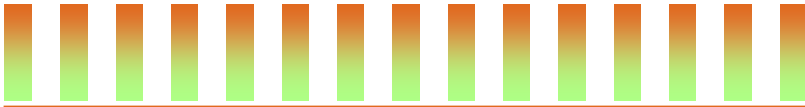
A family daycare center combines some of the good and bad points of a nanny and a daycare center

### Pros:

- ◆ This is often the least expensive option.
- ◆ Your child will socialize with other children.
- ◆ The setting is more homey.
- ◆ Has similar NY State licensing rules and standards

### Cons:

- ◆ There are few other adults keeping an eye on the caregiver.
- ◆ If the primary caregiver is sick or on vacation, you'll need to provide backup care.



## Games to Play with Toddlers

### *Read to Me*

Young children benefit from reading with you. As you spend time reading to toddlers, take time to allow them look at the pictures, point to them and talk about what they see.

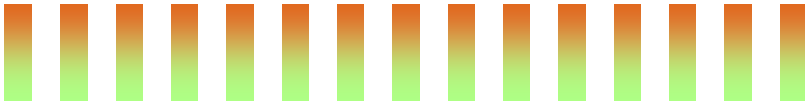
This will keep them more engaged and they will increase their vocabulary and their language and literacy skills.

### **What to Do**

- ◆ Create a cozy area to sit comfortably and establish a reading routine
- ◆ Watch the child as you read a page. If they look at something on the page, take time to talk about the pictures; describe what they are, the colors, shapes...
- ◆ Continue to read books over and over. As long as they are listening, they are learning
- ◆ Ask questions about pictures on page. Can you show me where the boat is? Have them point to familiar objects
- ◆ Encourage them to repeat words
- ◆ Start a new book by simply looking at the pictures. Have them name objects they can identify. If they can't name an object, have them point to it

### *Instant Authors*

Staple 5 or 6 pieces of paper together. Ask your child to tell you a story as you write the sentences down on each page. The child can then draw in the “illustrations”. This activity helps the child develop logical thinking as he weaves a story. To guide him, ask, “What happens next?”



## Games to Play with Infants

Babies are learning about their world through play. Even a simple activity provide and opportunity for babies to learn something new.

### *Dump and Fill*

Through this activity, babies are practicing their fine motor skills, learning how to pick up and release objects, and exploring the shape and feel of new materials!

Take a sturdy shoe box and cover it with a colorful contact paper. Make sure that the cover of the shoe box can be put back on the box with ease.

Fill the box with new and interesting objects or fabrics. Make sure the materials are safe, have no loose parts and are too big for a baby to swallow.

Show the baby how to take the materials out of the box and then put the materials back in the box.

Give the baby time to explore the materials and objects in the box. The baby may hold the materials, mouth the materials, or bang the materials together.

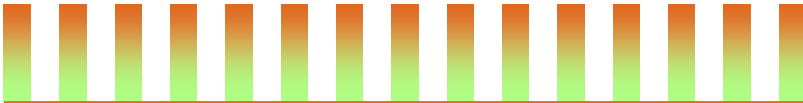
### *Rolling Fun*

Young babies are very busy learning and exploring their environments.

Learning how to roll from stomach to back and from back to stomach is an important milestone.

To encourage rolling you will need: 2 colorful toys

Lay the baby on a soft surface. Put one toy on each side of the baby. Tell the baby, "It's time to roll!" Gently roll him over to one side so that he can look at the toy. Then gently roll the baby to the other side to look at that toy. Continue rolling the baby back and forth, allowing time for the baby to reach for and grasp each toy. Play this game until the baby loses interest.



## Recalls from the U.S. Consumer Product Safety

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

- ◆ Toy Keys with Remote Recalled by Battat Due to Choking Hazard
- ◆ Build-A-Bear Workshop Recalls Lapel Pins Due to Violation of Lead Paint Standard
- ◆ Bravo Sports Recalls Disney-Branded Pogo Sticks Due to Fall and Laceration Hazards
- ◆ Strollers Recalled by phil&teds USA Due to Risk of Injury from Brake Failure
- ◆ Prime-Line Products Recalls Child Bathtub Non-Slip Pads Due To Fall Hazard
- ◆ Child Safety Latches and Outlet Covers Recalled by Prime-Line; Screw Breaks Can Allow Unintended Access
- ◆ Target Recalls Children's Task Lamps Due to Laceration, Fire Hazards
- ◆ Mizuno USA Inc. Recalls Baseball and Softball Gloves Due to Presence of Mold
- ◆ Children's Sleepwear Recalled by Sage Creek Organics Due to Violation of Federal Flammability Standard
- ◆ Cost Plus Inc. Recalls Wooden Animal Drum Due to Violation of Lead Paint Standard

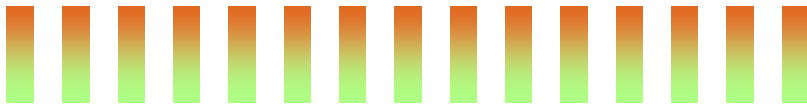
For more information on recalls go the website: [www.cpsc.gov](http://www.cpsc.gov)

## Parenting Classes

Interested in taking parenting classes at to help you enrich your parental knowledge. Classes offered are on a variety of topics, including cooking and nutrition, family activities and discipline.

The classes offered by CCR&R are offered to parents and providers. The classes will be located at 113 East State Street, Albion or 5073 Clinton Street Rd, Batavia from 6:30-8:30 and may cost a 20 dollar fee. Please register for these classes by calling 585-589-5088 for the Albion classes or 585-343-7727 for the Batavia ones.

Catholic Charities also offers parenting classes. These classes are located at the Catholic Charities Office, 25 Liberty Street, Suite 7, Batavia NY. Please call Catholic Charities at 343-0614 to register.



## Parenting Class Schedule

### Parenting classes offered by CCR&R

#### **Growing a Reader: It's Never Too Early**

**Monday, October 17 (A), 24 (B)**

It is never too early to begin reading to a child! Come discover what you can do to help get children in your program ready to read as well as create a rich learning environment for your young readers.

#### **Movie Night! "Working with Children with Down Syndrome"**

**Tuesday, November 22 (A), Tuesday, November 29 (B)**

It's movie night at CCR&R! Join us as we watch the fascinating documentary "Kids with Down Syndrome: Staying Healthy and Making Friends". "Kids with Down Syndrome" brings together parents and professionals from the United States, Canada, England, Ireland, Scotland, Australia, and New Zealand to give an up-to-date and comprehensive guide to the years when kids learn to walk to just before adolescence. Along with the joys of childhood come the everyday challenges of parenthood, such as toilet training and behavior issues, and the demands of caring for a child with special needs, including IEP preparation and working with health care professionals.

#### **Baby its Cold Outside! Ideas for Indoor and Outdoor Winter Play**

**Tuesday, December 6 (A), Tuesday, December 13 (B)**

As the winter season quickly approaches, join us for a night of hands-on fun and discussion about practical ideas you can implement into your program, inside and outside, during the winter months.

## *Child Care Resource & Referral*

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### **CCR&R Staff:**

Lisa M Friesen- Coordinator  
Judy Martino- CC Specialist  
Taryn Moyle- CC Specialist  
Kari Powers- Trainer  
Cheryl Cotton- Health Care Consultant

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*A Program of*

