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, 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 to see if you are eligible for TANF-Temporary Assistance for Needy Families.
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.

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:

<table>
<thead>
<tr>
<th>Age</th>
<th>Staff Child Ratio</th>
<th>Maximum in Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 6 weeks</td>
<td>1:3</td>
<td>6</td>
</tr>
<tr>
<td>6 weeks to 18 months</td>
<td>1:4</td>
<td>8</td>
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<tr>
<td>18 months to 36 months</td>
<td>1:5</td>
<td>12</td>
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<tr>
<td>3 years</td>
<td>1:7</td>
<td>18</td>
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<tr>
<td>4 years</td>
<td>1:8</td>
<td>21</td>
</tr>
<tr>
<td>5 years</td>
<td>1:9</td>
<td>24</td>
</tr>
<tr>
<td>through 9 years</td>
<td>1:10</td>
<td>20</td>
</tr>
<tr>
<td>10 to 12 years</td>
<td>1:15</td>
<td>30</td>
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</tbody>
</table>
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

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

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
Or contact:
Bonnie Malakie, Director of Children & Youth Services
589-5684 or bmalakie@caoginc.org
Children Craving Salty!

Your children are craving salty snacks? Try these salty but healthy snacks:

- 5 olives (any kind) (45 calories)
- 1 small Martin’s pretzel (50 calories)
- 2 oz Applegate Honey and Maple Turkey Breast wrapped around 2 bread-and-butter pickles (80 calories)
- 1/4 cup hummus, 3 carrot sticks (80 calories)
- 1 Laughing Cow Light Swiss Original wedge, 3 pieces Kavli Crispy Thin (85 calories)
- One 1-oz package tuna jerky (90 calories)
- 1 oz buffalo mozzarella, 1/2 cup cherry or grape tomatoes (94 calories)
- 1 bag Baked! Cheetos 100 Calorie Mini Bites (100 calories)
- 15 Eden’s Nori Maki Crackers rice crackers (110 calories)
- 1 cup unshelled edamame (120 calories)
- 50 Eden’s Vegetable Chips (130 calories)
- One 1-oz package of Planters NUT-trition almonds (130 calories)
- 1/4 cup Trader Joe’s Chili con Queso, 18 baked tortilla chips (140 calories)
- 1/2 cup pumpkin seeds in shell (143 calories)
- 2 pieces (30 grams) prosciutto, 4 dried figs (154 calories)
- 1 Subway Turkey Breast Wrap (190 calories)

Children Craving Sweets!

- 1 package Original Apple Nature Valley Fruit Crisps (50 calories)
- 1 packet O’Coco’s Mocha cookies (90 calories)
- 1 Jelly Belly 100-calorie pack (100 calories)
- One 100-calorie pack Trader Joe’s Chocolate Graham Toucan Cookies (100 calories)
- One 100-calorie Balance Bar (100 calories)
- 1 Starbucks Mocha Frappuccino bar (120 calories)
- 1 package Back to Nature Honey Graham Sticks (120 calories)
- 1/2 banana rolled in 1 tbsp frozen semisweet chocolate chips (123 calories)
- 2 tbsp Better ’n Peanut Butter, 4 stalks celery (124 calories)
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.
Games to Play with Babies

Babies Need and Enjoy Sensory Experiences with Nature!

With summer arriving, many children will be discovering nature for the first time, and you should try and make it a time to promote growth and development, while having a great deal of fun. There are a variety of outdoor activities you could do with infants to help them learn about the world around them by just using their senses. The sun, wind, grass, and sand are just a fragment of nature which helps stimulate a child’s senses.

New Sounds
When taking infants for a walk outside, they will experience many new sounds such as a lawn mower running, birds chirping, leaves ruffling in the wind.

New Smells
New smells are pleasing experiences for infants. Encourage infants to smell the flowers, the fresh cut grass and all the fragrances around.

New Sights
Take the infants near the flowers to see all the bright colors. If you are near a pond, allow the infants to watch the ducks and birds fly around.

New Touches
Let your infants to touch nature. Give them the opportunity to crawl around on the grass, feel the wind blow through their hair, touch the barks of trees and even the textures on large rocks and stones.

New Tastes
Consider bringing your snacks outside and let your infants experience their “first picnic” on a blanket, under a tree.
Games to Play with Toddlers

Painting with Water Outside
Painting and playing outside are two of a toddler’s favorite pastimes. When you put the two together, you have the makings of a great experience.

- Fill cups with water and have large paint brushes handy.
- Show your child the places that they can “paint”. Such as a fence, the house, the sidewalk, a swing set or climbing gym, anything that can have water brushed over it.
- While your child is painting, encourage them to feel the water and ask if it is warm or cold. Talk about what your child is doing and comment that his/her arm is moving up and down or back and forth. Ask your child questions about what is happening as he/she paints. “What are you painting on? Is it changing colors?”
- Toddlers love to dump and fill. Be prepared for your child to dump out the water in his/her cup. Talk to your toddler about what has happened to the water, “It’s all gone when you pour it out. Your cup is empty. Let’s fill it up with water from the pitcher, and the cup will be full.” This will help them to understand the concept of full and empty.

Recalls from the U.S. Consumer Product Safety

- Model Helicopters Recalled by Horizon Hobby Due to Impact and Laceration Hazards
- Dream on Me Recalls Drop-Side Cribs Due to Entrapment, Suffocation, Laceration, and Fall Hazards
- Additional Fingertip Amputations and Lacerations Prompt Re-announcement of November 2009 Recall of Strollers by Maclaren USA
- Eight Manufacturers Recall Pool and In-Ground Spa Drain Covers Due to Incorrect Ratings. Covers Pose Possible Entrapment Hazard to Swimmers.
- Kahn Enterprises Recalls Beeni Baby Hats Due to Asphyxiation Hazard
Possible Dangers of Car Seat and Swings

It seems that more and more infants these days are sleeping in devices other than cribs. Well-meaning parents and caregivers allow infants to sleep for extended periods in car seats, swings, and bouncy seats because they recognize the infant’s need for sleep and they can’t bear interrupting the peaceful slumber. There seems to be evidence, however, that waking a baby to place him in a crib, may be in his better interest.

Normal oxygen levels in a healthy full-term infant’s bloodstream range between 97% and 99%. When the oxygen level is below 90%, the infant is said to have hypoxia. Infants who experience hypoxia show more signs of:

- ADHD
- Decreased IQ
- Delayed motor development
- Impaired attention

In 1995 and 2005, a study found that healthy, full-term babies who were positioned correctly in car seats had oxygen levels as low as 83.7%. “In the hospital, such levels would bring teams of nurses scrambling to the infant’s rescue” (Heirtzler). While not all infants’ oxygen levels dropped this drastically, the study consistently found that the longer a baby spent in the car seat, the lower the oxygen level would fall.

◊ Parents and caregivers need to consider how much time they are allowing infants to spend in car seats and other devices that do not allow infants to lay flat. Especially with the very young, it is important to reposition infants often to ensure adequate blood flow and mobility

Sources:
BOTTLE TERRARIUM
You can make a bottle terrarium – a habitat for houseplants – out of old, recycled pop bottles. You can use wild plants or seeds for your terrarium.

What You’ll Need:
♦ 2-liter soda bottle with black plastic base
♦ Scissors
♦ Plants
♦ Seeds
♦ Potting soil
♦ Charcoal (the best kind comes already crushed and bagged for houseplants)

How to Make a Bottle Terrarium:

Step 1: Remove the black plastic base from the bottom of your soda bottle and set it aside. This will be the bottom of your terrarium.

Step 2: Use scissors to cut off the top of the bottle just below the "shoulder" of the bottle. When turned over, the bottle forms a clear dome over your terrarium.

Step 3: Sprinkle about 1/2 inch of crushed charcoal in the bottom of the black plastic base.

Step 4: Fill the base with potting soil up to about 1/2 inch from the top.

Step 5: Plant some small houseplants, woodland plants, seeds, or cuttings in the base.
Step 6: Water them until the soil is moist but not soggy.

Step 7: Cover the plants with the clear plastic dome you made from the rest of the bottle.

Step 8: Place your bottle terrarium in a sunny spot and water it regularly.

Happy Planting!
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.

Parenting Class Schedule

Tuesday, August 2(B), Tuesday August 9 (A)
Childhood Nutrition & Preventing Obesity (1,4)
The number of obese children has dramatically increased over the past several years. Come learn how you can make a big difference helping the children in your care develop a habit of good nutrition, healthy eating habits, and regular physical activity.

Tuesday, August 16 (B), Thursday, August 18 (A)
Child Abuse and Maltreatment: What You Need to Know (6, 8, 9)
Focus will be on a child care provider’s obligations as a mandated reporter as well as identification of child abuse and maltreatment. You will also learn the cause and effects of shaken baby syndrome as well as why this form of abuse occurs.
Child Care Resource & Referral

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