



# CHILD DEVELOPMENT COUNCIL

# Network News

Volume 31 Number 3

July/August/September 2010

The Council has expanded!  
We have added an Early Head Start component to our Family Support Services and hired new staff.

Additionally, we have hired three new people in the Child Care Resource and Referral areas. As you read through this issue, please 'meet' new and experienced staff members on the pages where their activities are described.



*Diane Feldman - Fiscal Manager, Maureen Reedy - Family Services Director, Laurie Hobler - Child Care Support Services Director, Lynne Whetzel - Child Care Resource and Referral Director, Sue Dale-Hall - Executive Director*



*Sylvia Lott - Executive Assistant and  
Chris Hart - Program Assistant*

## **A Sad Goodbye**

We are sad to report the closing of IACC (Ithaca Area Church and Community) Child Care Center. The area's oldest center, started in 1968, IACC offered a secure, loving, learning environment in downtown Ithaca. Classrooms were located in the four churches around De Witt Park, and many hundreds of families have enjoyed the benefits of the skilled, caring and dedicated staff who cared for and educated children from toddlers to school-age. The center's presence will be missed by many, including all their colleagues in early childhood programs.

## A Summer Movie - “Where Do The Children Play?”

In June, the Ithaca Children’s Garden and Cornell Plantations sponsored a local screening of the documentary, “Where do the Children Play?”. Produced by Michigan Television, the film grew from Dr. Elizabeth Goodenough’s work on *Secret Spaces of Childhood*. “Children need free time every day to discover their own abilities, desires, and limitations,” says Goodenough. “Open-ended exploration and play in woods, fields, vacant lots, or other semi-wild spaces enhance curiosity and confidence throughout life.” A marked decline in children’s spontaneous and creative play is a key factor in their increasing mental health problems, according to a recent statement from an international group of educators who call for “a wide ranging and informed public dialogue about the intrinsic nature and value of play in children’s healthy development.”

Their letter echoes a recent warning from the American Academy of Pediatrics (AAP): children have far too little time for unstructured play, which leads to increased stress in their lives. Causes of the demise of play include parental fears of “stranger danger” and the explosion of electronic entertainment - to the point of addiction for some - in the lives of today’s children. These and other issues are explored in the film.

Lead author of the AAP report, Dr. Kenneth Ginsburg, appears in the documentary, along with other experts in child development, psychology, and urban design. Most striking are scenes of children engaged in self-directed play and then talking about the importance of time for this opportunity in their increasingly hectic or restricted lives. The Council has a copy of this film to loan. Please call Judy Kern to arrange borrowing.

Locally, many programs such as the Ithaca Children’s Garden, Cornell Plantations, Cornell Cooperative Extension’s Primitive Pursuits and Cayuga Nature Center offer families the opportunity to experience a connection with nature. Explore the Finger Lakes area with your children this summer.

### Buzz... buzz...buzz. Here’s the buzz about bees.

How not to attract bees:

Bees love color, so try to wear light-colored clothes and avoid scented soaps and perfumes. Cover your food, drinks, and garbage.

If a bee lands on a child, tell the child to stay still and pretend to be a statue. Bees get more agitated if people make excessive movements. Blow gently on the bee to help it move in another direction.

When a child gets stung:

**Calm** the child with a gentle reassuring voice.

**Scrape** the stinger away with a fingernail or credit card. Hint: If you see a black dot, the stinger is still there. Do not pinch the stinger or use tweezers for removal because this may push more venom into the skin.

**Clean** the area with soap and water to prevent germs from getting into the wound.

**Cool** with ice pack (wrapped in a cloth) for 10 to 30 minutes to relieve pain and minimize swelling.

**Soothe** by applying over-the-counter pain-relieving creams or a baking soda and water paste.

**NOTE:** A child care provider can only administer an EpiPen to a child in care (or have the child administer to him/herself) if he/she is MAT certified (Medication Administration Training) or has an approved waiver to administer emergency medications. If you have questions about MAT or the waiver to administer emergency medications, please call the Council at 273-0259.



## NYS Regulations Address Summer Pool Use

Get out your copy of the appropriate regulations and follow along. If you have questions about regulations, call one of our child care specialists.

### FDC & GFDC

417.5, 416.5

(g) (1) The use of spa pools, hot tubs and fill-and-drain wading pools is prohibited. The use of non-public and residential pools is also prohibited, except in those instances where a provider can demonstrate the ability to operate and adequately supervise the use of a non-public or residential pool in a clean, safe and sanitary manner. The provider must receive Office approval prior to use of a non-public or residential pool for children in day care.

(see sections (g) through (h))

417.8(a), 416.8(a)

(4) With the prior written permission of the parents, providers meeting the requirements of subdivision (g) section [417.5/416.5] of this Part, may allow children in day care to participate in residential pool activities providing the following supervision criteria are met:

(i) The provider must develop a plan of supervision which ensures that there is a person supervising the children in the pool at all times children are using the pool. This person must be able to swim. Where some children in care are using the pool and others are not using the pool, the plan of supervision must ensure that there will be adequate and appropriate supervision of the children using the pool and those not using the pool.

(ii) As of August 1, 2001, any person supervising children in pools must possess a current American Red Cross Cardiopulmonary Resuscitation Certification (CPR) or equivalent certification, as approved by the Office.



*Amy Bartimer, Gian D'Orazio,  
Diana Crouch and Molly McGriff -  
Child Care Specialists*

### SACC & DCC

414.5, 418-1.5

(g) The use of non-public swimming pools, spa pools and all fill-and-drain wading pools is prohibited.



(h) Public swimming pools and adjacent areas used by the children must be constructed, maintained, staffed and used in accordance with Chapter 1, subpart 6-1, of the New York State Sanitary Code, and in such a manner as will safeguard the lives and health of children.

## Ages and Stages – Getting the Best Start for the Youngest Children

Ages and Stages Questionnaire (ASQ) is a child development assessment tool used in family programs for many years. Now, through a grant from the New York State Infant/Toddler Resource Network, this method is available to Tompkins County child care programs.

As a teacher in a center or a home setting, you are strategically placed to work with the families of infants and toddlers in your program. This professional experience will teach you how to observe children's development, document what you have observed, and communicate to the other team members - the children's parents - as you work together to create the best situation for quality early education.

Fifteen participants, ideally from fifteen different sites, will be accepted into this training session. You will receive an Ages and Stages Questionnaire (ASQ) starter kit valued at \$250, which includes a DVD, the reproducible ASQ scales and scoring sheets for parents and caregivers.

Through the training, you will learn to use the ASQ to engage parents in assessing early child development and learning activities. You will practice communication techniques and learn ways to address strengths, delays or challenges in children's development. The Council will provide you with support by phone or on-site to reinforce your learning and work with your families.

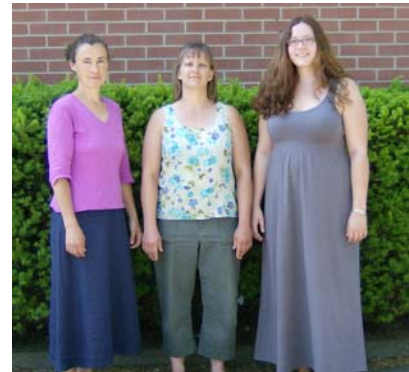
The course begins with a 2 hour training on Thursday, October 28 with Sylvia Alinger and Roseanne Lahr, from Tompkins County Early Intervention Program. For more details, see our training section.



*Judy Lauper and Nicole Linn - Family Support Workers*



*Leah McMullin, Lourdes Cabrera and Margaret Slattery - Early Head Start Home Visitors*



*Peggy Arcadi, Marie Boyer and Becca Curren - Teen Pregnancy/Parenting Case Managers*

## Early Head Start

Tompkins Community Action has been awarded a federal grant for Early Head Start (EHS) in Tompkins County. The Child Development Council is happy to be a delegate agency for home-based programming. Early Head Start serves infants, toddlers, pregnant women and their families. Home visits are once a week and promote parents as the child's first teacher. Tompkins Community Action is also building an infant/toddler center in Groton, an addition to their regular Head Start center. An opening date for the center has not yet been announced.



# Parenting Playground

brought to you by  
Child Development Council  
609 West Clinton Street, Ithaca, NY 14850  
(607) 273-0259  
[www.ChildDevelopmentCouncil.org](http://www.ChildDevelopmentCouncil.org)  
July/August/September 2010

## Challenging Behaviors

### Typical Versus Challenging Behavior

At some point, all parents deal with the frustration of having their toddler spread eagle, crying or kicking, in the middle of a store aisle, or having their 6-year-old disobey and challenge rules or limits. Although those behaviors are often hard for parents to deal with, they are very normal for children in these age groups. With time and positive guidance from adults, these 'trying' behaviors usually go away.

The term 'challenging behavior' is often used to describe children's trying or 'problem' behaviors that do not go away over time or after using typical tried-and true discipline methods. It is important for you and your child care provider to have a variety of strategies to use when raising and caring for your child. Every strategy may not work for every child. Also, as your child gets older and changes, you may need to change strategies and approaches. You and your child care provider should focus on the behavior and not the child.

### Why Do We Discipline Children?

**To teach children to be responsible (control their behavior and impulses, and to respond appropriately) and to understand that their behavior has consequences. Discipline is not to punish or harm the child, but rather to teach better behavior.**

There is always a reason for challenging behavior, but it may not be that easy to figure out. It is rarely the result of bad parenting, and it is never because a child is just 'bad' or 'wild'. Children's behavior is the result of many factors including frustration and trying to be independent. However, some behaviors may have a physical cause, such as a child with a hearing loss who doesn't understand what is being asked of him, may 'act out' to communicate his frustration. All behavior is a way to communicate. The best way to prevent challenging behavior is to foster children's social and emotional needs and skills.

Teamwork is essential to come up with a positive behavior support plan for any child and family dealing with challenging behaviors. Consult the child's doctor, child care provider or teacher or other family members or people who interact with your child in a significant way.

Information provided by NACCRRA, the National Association of Child Care Resource & Referral Agencies. NACCRRA is partly funded by the Child Care Bureau, Office of Family Assistance, and Administration for Children and Families of the U.S. Department of Health & Human Services.



## **Why do you parent the way you do?**

The Parenting Styles Workshop Series  
FREE

Workshop discussion topics include:  
Styles and Discipline, Child Development, Influences, Environmental Issues

Facilitators: Travis Winter and Lisa Pate

Wednesday evenings, 6:30 -8:30 p.m., July 7, 14, 21, 28, August 7 & 14

Tompkins County Cooperative Extension, 615 Willow Ave. Ithaca

To register or request a flyer call 272-2292 or email [ams69@cornell.edu](mailto:ams69@cornell.edu).

Space is limited for this workshop.

For free child care please register at least a week ahead of time.

Join us because parenting can be “Better Together”

Brought to you by Tompkins County Cooperative Extension - Family and Community Development.

## **What is Parents Apart®?**

Parents Apart® is a workshop for parents who want to learn how to help their child(ren) cope during their separation and divorce.

Parents may attend voluntarily or may be referred or ordered to attend by Family Court or the Supreme Court, Matrimonial Part. Parents of the same child(ren) are placed in different workshops.

### **Helping Children Cope with Separation and Divorce Workshop**

Pre-registration is required, please call CCETC at 272-2292.

For more information and the registration form go to <http://cctompkins.org/ParentsApart/index.htm>

Attendance requirements, concerns about safety or other special circumstances may be discussed with the Parents Apart® Program Coordinator, 607-272-2292 ext 243.

The workshops are held 6 - 9pm on two Monday evenings, or on Saturdays from 9am - 4pm with a 1 hour break.

July 10, Saturday  
August 16 & 23, Mondays  
September 18, Saturday  
October 4 & 11, Mondays  
November 6, Saturday  
December 6 & 13, Mondays

The New York State Parent Education & Awareness Program of the New York State Unified Court System (see [www.nycourts.gov/ip/parent-ed](http://www.nycourts.gov/ip/parent-ed)) certified and oversees Parents Apart® .



# Child Development Council Educational Opportunities

## How to Register

Early registration is suggested for all workshops. We will not be able to consider you registered until we receive payment. Cost is \$15 per workshop. However, if you register and pay for 3 workshops in advance, the fee will be \$10 each, \$30 total. Total payment must be made by the early registration date of the first workshop you want to attend. **We cannot refund registration fees or exchange workshops.** You may transfer the workshop to another provider if you cannot attend. We hope this helps with your planning and avoids any last minute cancellations of workshops due to low attendance.

If a workshop is cancelled due to bad weather or low registration, we will make every effort to contact those who preregister and give you credit.

Emergency Contact phone number during trainings is 607-273-6590 ext. 237.

At every training you are asked to complete an evaluation. The last question – “What ideas do you have for other workshops?” is an opportunity for Council staff to survey your needs and try to schedule workshops you have asked for. In addition to topic areas, if you have heard a particularly good presenter, feel free to pass on the suggestion; please include your name so we can contact you for details.

**August 23, Monday 6:30 – 8:30 p.m. Secrets from the Chef.** Planning menus, buying wisely and pleasing the customers are essential ingredients of a successful food operation – whether it’s a family day care home or a five-star restaurant. **Chef Alex Brown**, from the Statler Hotel at Cornell, has experience helping families discover healthy meal preparation ideas that don’t disrupt the monthly budget, as well as catering celebrations that feed hundreds. He will share techniques for quantity preparation, food safety, involving young helpers and other tips; come prepared to participate and sample the results! **Location - Cooperative Extension of Tompkins County**, 615 Willow Ave., Ithaca **FREE TO CACFP PROVIDERS** (new and experienced, 2 hrs. \*N, \*S, \*BR)

\*(Requirements: CD=Principles of Child Development, N=Nutrition and Health, P=Program Development, S=Safety and Security, BR=Business Record Maintenance & Management, CAID=Child Abuse & Maltreatment Identification & Prevention, DCR=Statutes & Regulations Pertaining to Child Day Care, CAR=Statutes & Regulations Pertaining to Child Abuse & Maltreatment, SBS=Shaken Baby Syndrome.)

## Registration Form - Child Development Council Workshops

Please note the changes in this registration form

8/23, Mon. 6:30-8:30 p.m. <i>Secrets from the Chef</i>	Free to CACFP Participants _____
9/30, Thurs. 6:30-8:30 p.m. <i>Toys Not Test Tubes</i>	\$15 by Sept. 23, \$20 after _____
10/4, Mon. 6:30-8:30 p.m. <i>Roundtables Are Not Just for Knights!</i>	FREE _____
11/9, Tues. 6:30-8:30 p.m. <i>Sexualized Behavior in Young Children</i>	\$15 by Nov. 2, \$20 after _____
12/4, Sat. 10 a.m.-Noon <i>Everybody Celebrates!</i>	\$15 by Nov. 26, \$20 after _____
12/9, Thurs. 6:30-8:30 p.m. <i>Simple Steps To Going Green</i>	\$15 by Dec. 2, \$20 after _____

Name \_\_\_\_\_ Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Name of Program/Provider \_\_\_\_\_ Type of Care \_\_\_\_\_  
(GFDC, SACC, Center) (FDC, GFDC, SACC, Center, Legally Exempt)

Please send completed form and payment to: Child Development Council, 609 W. Clinton St., Ithaca, NY 14850

**September 30, Thursday 6:30 – 8:30 p.m. Toys Not Test Tubes.** What does a child development lab look like and what goes on there? Learn how scientists learn how children learn. Young children are naturally curious about cause and effect, and are naturally motivated to learn about the “hows” and “whys” of the world. To figure out how children’s minds work, scientists play with them! In the Early Childhood Cognition Lab at Cornell University they study the process and mechanisms by which young children learn about cause and effect through their everyday experiences. **Dr. Tamar Kushnir**, Assistant Professor of Human Development, is Director of the Laboratory and teacher of several courses. Using videos of current investigations and previous research, Dr. Kushnir will describe the process of doing science with human beings, and give us a glimpse into what is being learned by very young children (toddlers and preschoolers) and curious scientists as they play. (new and experienced, 2 hrs. \*CD, \*P)

**October 4, Monday 6:30 – 8:30 p.m. Roundtables Are Not Just for Knights!** But they are good training for all home-based child care providers. Participants can contribute ideas they have tried, share tips on a new website or making paperwork easier, or enjoy listening to the wealth of information from Council staff about how others around the state are engaging in our profession... Get the current updates on OCFS regulations and other topics that will impact your business. For FDC, GFDC and their staff. **Laurie Hobler and Amy Bartimer** FREE (2 hrs. \*BR, \*DCR)

**November 9, Tuesday 6:30 – 8:30 p.m. Sexualized Behavior in Young Children.** Join **Heather Campbell**, from the Advocacy Center, for a conversation about sexualized behavior in children birth to 5 years old. Learn research-based information about children’s natural and healthy sexual development, and how you can respond when children’s behaviors fall outside the range of expected development. This training is based on questions and experiences from child care providers and early childhood educators. (2 hrs. \*CD, \*N)

**December 4, Saturday 10 a.m. – Noon Everybody Celebrates!** Presenter **Suzanne Foote** has over 30 years experience with early childhood education in Head Start and pre-school programs. Since 2004 she has directed the program at East Ithaca Preschool where her classroom includes children from many countries. As a cooperative, parents are intentionally involved and have very willingly shared their traditions and customs. Join Suzanne at East Ithaca Preschool for an inspiring morning of craft projects to make and take, along with Suzanne’s explanations of how activities contribute to and reinforce development and diversity. Her enthusiasm will leave you wanting a longer workshop! (2 hrs. \*CD, \*P) **Location – East Ithaca Preschool in the Bethel Grove Community Center**, 1825 Slaterville Rd. (Route 79 EAST of Ithaca)

**December 9, Thursday 6:30 – 8:30 p.m. Simple Steps To Going Green: Eco-Healthy Child Care in Your Program.** Research shows that the first years of a child’s life are extremely important in shaping their future health and development. Child care providers can make small changes that can make a big impact on children in their care. We will discuss how certain chemicals, pesticides, plastics and play equipment might interfere with a child’s growth and development. Participants will receive the Eco-Healthy Child Care Checklist offering 25 easy-to-follow steps that will immediately benefit the health and well-being of all the children in your program. Presenter **Dixie Vaber**, Child Care Services & Education Coordinator at Cortland Area Child Care Council, has been training child care providers for many years. She recently became a trainer in the national Eco-Healthy Child Care program, being used by child care centers and family/group family child care homes across the nation. (2 hrs. \*N, \*DCR)

July 11, Sunday Noon – 7:00 p.m.  
CPR (Cardiopulmonary Resuscitation)

Offered by and at the American Red Cross, 201 W. Clinton St., Ithaca. FREE thanks to a grant from the Park Foundation. The class covers Infant, Child and Adult CPR, and is good for one year. (new and experienced, \*N, \*S)

For registered or licensed child care owners or employees in family day care, group family day care, school-aged child care programs or child care centers.

To Register – Call (607) 273-1900, ext. 14 with the following info:

Full name as it is spelled on your registration or license  
Mailing Address  
Home or Cell Phone Number  
NYS OCFS License or Registration Number

Class size is limited.



### SUNY Video Conferences

**Time and Location:** Thursdays - 6:45-9:15 p.m. at the Child Development Council.  
All video conferences are free. **Doors are locked at 7:15 p.m.**

**UPDATED INFORMATION:** If you are counting on SUNY video conferences as a significant portion of your training requirement, be aware that the offerings will be less than half of the number we have had previously. Only five more sessions will be offered in 2010. In past years, SUNY produced a dozen video conferences annually. As you plan your required training to meet registration/licensing requirements, keep this alteration in mind. Video conferences are only one of many different kinds of trainings that you can choose.

#### SUNY Video Conference topics for 2010

**September 16** - Developing Literacy in an Electronic Age - Safety is not optional. During this very important training we will discuss general safety rules you should follow every day. We'll discuss how developing a plan, preparing an emergency bag and making sure your program is well stocked with basic staples will help you get through any unexpected situation. Through the use of case studies, we will also investigate what you should do if you are faced with an unexpected medical emergency or disaster.

**October 14** - Emergency Preparedness - Not all media is bad. During this training we will discuss the recommended guidelines for screen time as well as the pros and cons of allowing screen time in your program. You will learn about children's literacy development and how you can use books, activities and sometimes screen time to enhance this learning. We will also examine ways you can use the "Ready to Learn" model of view, read and do to make educational media products an appropriate part of providing literacy experiences in your child care program.

**To register for Video Conferences:** Send your name, address, phone number, the dates and titles of sessions you'd like to attend and Site #619 (Tompkins/Ithaca) to: Early Childhood Education and Training Program, 22 Corporate Woods Blvd., 3rd floor, Albany, NY 12211. Fax to (518) 443-5941 or register online at [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu) **Note:** All registrations must be made through SUNY Albany. To confirm your registration, call toll-free # 1-888-399-0549.

**SAVE THE DATE**  
**October 23, 2010**  
**8th Annual SACC Conference**  
**9 a.m. - 3 p.m.**



### **Ages and Stages – Getting the Best Start for the Youngest Children**

Through this training, you will learn to use the ASQ to engage parents in assessing early child development and learning activities. You will practice communication techniques and learn ways to address strengths, delays, or challenges in children’s developments. The Council will provide you with support by phone or on-site to reinforce your learning and work with your families.

The course begins with a 2 hour training on Thursday, October 28, with Sylvia Alinger and Roseanne Lahr from Tompkins County Early Intervention Program.

Cost to participate is \$50 per person. Each participant who completes the project, including feedback and evaluation of the use of the ASQ in your child care setting within 6 months, will receive a \$40 refund. The first 15 sites to register will be given an Ages and Stages Questionnaire (ASQ) starter kit valued at \$250, which includes a DVD, the reproducible ASQ scales and scoring sheets for parents and caregivers. The ASQ packet is yours to keep to continue doing assessments with infants and toddlers.

For more information call Lynne or Laurie at 607-273-0259.



### **Registration Form** **Ages and Stages Project**

Name \_\_\_\_\_ Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Name of Program/Provider \_\_\_\_\_ Type of Care \_\_\_\_\_  
(GFDC, SACC, Center) FDC, GFDC, SACC, Center, Legally Exempt)

Please send completed form and \$50 payment to: Child Development Council, 609 W. Clinton St., Ithaca, NY 14850  
Deadline for registration and payment is October 14, 2010.

## Making the Most of Family Meals!

*We all know the importance of eating together as a family.* In busy times, it is hard to find the time to all sit down together. To enhance your family meal times, serve the meal family style. Serving family style means putting the food into serving dishes and letting each family member serve himself the desired amount. Ellyn Satter, a Family Therapist specializing in feeding behavior, provides convincing evidence to support her Division of Responsibility stance. The Division of Responsibility states that as parents (or caregivers) it is our responsibility to provide healthy meals and snacks at regular intervals. It is the children's responsibility to decide what and how much to eat. This is how children learn to make good choices...through practice. Serving Family Style not only leads to good eating habits (eventually), but children also learn independence, fine motor skills, manners, portion control, language, cooperation and a positive attitude (I can do it!).

*What should you consider when planning to serve family style meals?* Young children will not do well trying to pour milk from a gallon container. Fit the serving dishes and utensil sizes to the ages and development level of the children. Tiny metal restaurant creamers work well for even toddlers pouring milk. Make sure the atmosphere is calm and relaxing. Avoid negative feedback and have pleasant conversations, not necessarily about food. Children can help with meals from preparation through clean up.

If you are still hesitant, try serving just one food family style, or one meal per week, and see how it goes. It is worth it!



### Family Style

I attended the workshop on April 20, 2010 because I am enrolled in the CACFP (Child and Adult Care Food Program). The class involved maintaining records, how to use your computer, and also serving family style. I listened to the providers who already served using family style and really had doubted that my daycare could do this. I asked lots of questions concerning the topic of serving family style and lots of those questions were answered. I came home with information and thought it couldn't hurt to try. I talked to the children, explained it to them, and asked if they would like to try it. They were very excited to try it, so we did. I presently do daycare for children between the ages of 23 months and 4 years old. All of them seemed to love it and they all did really well. They all impressed me so much. The children asked if we could do it every day and we have been doing it ever since. So my advice to all of the providers is just try it to see what the reaction of the children is, and if it is for you. If it is, you will know it through the children. Happy lunching...Family Style! (we do)

Thanks much,  
Sherry Harvey and Daycare

**New CACFP Participants:**

Devon Buckley  
Kimberly Harris  
Kristian Sanders  
Stacy Ayres

**New Registered FDC Providers:**

Stacy Ayres, Freeville  
Tammi Bush, Groton  
Pamela Rockett, Ithaca  
Sheryl White, Freeville

**New Licensed GFDC Providers:**

Angela Randall, Berkshire  
Cheryl Rose, In HIS Hands Daycare, Groton  
Ariana Roman-Schoen, All Beautiful Children Day-Care, Newfield

**Provider Corner**

Child care providers share their favorite outdoor activities/games:

**Finger painting outside**

Don't have an art easel? Make use of the outside of your garage door. Cover it with a plastic tablecloth (one from The Dollar Store works fine). Use masking tape to secure it. Then tape a blank paper for each child to the plastic covering. Put out finger paints on waxed paper or newspaper. Yes, of course, they will get messy. What's best on a hot day, but a cool water spray to wash the paint off the hands when done! Leave pictures up to dry outside. No mess inside and the kids love it. This was done with a one and half year old, 2 two-year olds and a three-year old.



(Submitted by Lori Bellavigna-Robbins)

**Outdoor Game**

My favorite outdoor game is "Cookie Monster." It's loud, crazy and lots of fun. One child is "Cookie Monster" and stands at one end of the yard. All the other children stand at the other end. The group of children yells (as loud as they possibly can), "Are you hungry Cookie Monster?" The Cookie Monster can answer either yes or no. If the Cookie Monster answers "no," the group of children take three giant steps towards the Cookie Monster and they yell the question again and so on...If the Cookie Monster yells "yes" to the question, everyone has to run, because the Cookie Monster will chase the group of children until they catch one. The child caught then becomes the Cookie Monster. The game goes on until all children who would like to be the Cookie Monster have had a turn or until they lose interest, whichever comes first! Eventually, the children get the idea that if they don't say "yes" until the group gets closer, they have a better chance of catching someone. I love looking at the anticipation in their eyes as they wait to see whether they have to run or not!

(Submitted by Janette McCord)

**Nursery School Network**

Second Wednesdays  
1 - 2:30 p.m.  
**No Meetings**  
**July**  
**August**  
September 15 - East Ithaca  
Preschool

**SACC Forums**

Second Tuesdays  
10:30 - Noon  
at Child Development Council  
**No Meetings**  
**July**  
**August**  
**September**

**Center Directors' Group**

Second Thursdays  
1:30 - 3:30 p.m.  
at Child Development Council  
**No meeting**  
**July**  
August 12  
September 9

## Fun Picnic Sandwiches

### A “Star” Sandwich

Thaw frozen bread dough. Roll out and cut into shapes with a star, or other shape, cookie cutter. Bake according to package directions. Fill with your favorite sandwich filling.

### Peanut Butter with a Twist

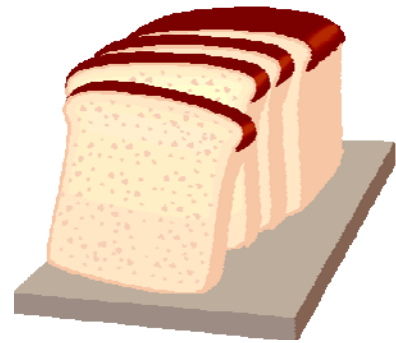
Spread a flour tortilla with peanut butter. Sprinkle with diced apples and low fat granola. Roll up and go!

### Rainbow Sandwich

Spread one half a pita with cream cheese. Arrange in arcs: diced tomatoes, peppers, spinach and grated carrot OR diced strawberries, kiwi, bananas, blueberries and mandarin oranges. Serve open faced.

### Breakfast on the Go

Make several four-inch pancakes. Top one pancake with cooked eggs, Canadian bacon or ham, and shredded cheese. Top with another pancake. Can be served for lunch too!



## Helping Parents Pay for Child Care

Child care programs are on the front lines when it comes to being aware of the stresses parents face. While you can't be an expert in everything, awareness of community resources can be a great benefit to families. One resource is the Emergency Scholarship fund available at the Council. When a family has a crisis that affects income, child care payments may suffer. Parents who live, work and/or use child care in Tompkins County may apply to the fund. Guidelines include family income, number in the family, and circumstances of the emergency. If an award is made, payment goes directly to the child care program. Encourage parents to call Darla or Lynne for information and an application. Funding for the program is provided by the City of Ithaca Community Development Block Grant and other public and private donations.



*Darla Van Ostrand - Referral and Eligibility Specialist, Ann Turcsik - Program Assistant and Judy Kern - CACFP Specialist*



## Easy Activity for a Nature Walk

### Nature Bracelet

With a roll of wide duct tape or masking tape, make a bracelet around each child's wrist, sticky side out. As you walk, collect flowers, leaves, small sticks and seeds and stick on the bracelet. When you go inside, you can remove the bracelet and hang to display.



**Child Development Council**  
609 W. Clinton St.  
Ithaca, NY 14850

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**The Council will be closed:**  
July 5th and September 6th

## Staff

### Administration

Sue Dale-Hall, Executive Director  
Diane Feldman, Fiscal Manager  
Chris Hart, Program Assistant  
Laurie Hobler, Child Care Support Services Director  
Sylvia Lott, Executive Assistant  
Maureen Reedy, Family Services Director  
Ann Turcsik, Program/Administrative Assistant  
Lynne Whetzel, CCRR Director

### Program Staff

*Child Care Resource and Referral (CCRR), Child Care Support Services (CCSS), Early Head Start Home Visitor (EHS), Family Support Services (FSS), Teen Pregnancy/Parenting (TP3)*

Peggy Arcadi, Case Manager TP3  
Amy Bartimer, Child Care Specialist CCSS  
Marie Boyer, Case Manager TP3  
Lourdes Cabrera, Home Visitor EHS  
Diana Crouch, Child Care Specialist CCSS  
Rebecca Curren, Case Manager TP3  
Giancarlo D'Orazio, Child Care Specialist CCSS  
Judy Kern, CACFP Specialist CCRR  
Judy Lauper, Family Support Worker FSS  
Nicole Linn, Family Support Worker FSS  
Molly McGriff, Child Care Specialist CCSS  
Leah McMullin, Home Visitor EHS  
Barb Mechalke, Quality Assurance Consultant  
Margaret Slattery, Home Visitor EHS  
Darla Van Ostrand, Referral and Eligibility Specialist CCRR

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Amy Kuo Somchanhmvong, Assistant Director, Public Service Center, Cornell University  
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