

Child Development Today

2015 volume 3, issue 5 The Newsletter of the Child Development Council

January • February • March

"If you obey the rules you can have more fun."

With all of the changes to regulations recently, whether it was CACFP regulations, Family and Group Family regulations, or the new Center and School Age regulations going into effect in June, we thought regulations would be a good topic for this issue. However, I wasn't sure what I should write about (regulations seemed like a boring topic).

Then as I was rummaging in the discount book shelf in Tops I came across a little book titled: *Isabelle & Isabella's Little Book of Rules*, by Isabelle Busath & Isabella Thordsen. It is a true story about two cousins, ten and eight years old, who feel that there should be a book of rules for life, and decide to write it themselves. They ended up with over 200 rules. Then they lost the rule book in a store and a clerk found it. The clerk posted about it online and the two cousins became an internet and television sensation, and had their book published.

In talking about the book, Isabelle explains that, "If you obey the rules you can have more fun." The rules range from the very general rule #6: "No being gross," to the very specific rule #119: "Don't eat your boogers from picking your nose."

There are the words of wisdom in #13: "Be positive," #14: "Be a good communicator," #15: "Be responsible," and #16: "Be respectful."

My favorite is #10: "Have fun at all times." But don't forget, when you are having fun, to follow the rest of the rules. For example, # 41: "Don't color on people," and # 146: "Don't get into people's way if they are playing with a hoola hoop."

Obeing the rules *can* be more fun. Think about our regulations that limit the number of children one person can care for. Trying to care for too many children is no fun for anyone! Our regulations discourage overuse of television and encourage active outdoor play. Now that's fun!

As Isabelle & Isabella remind us, children need rules to feel safe and happy, and so do adults. So do your best to follow all the rules and regulations that keep our children safe, healthy and happy, and meanwhile try to follow rule #144: "act in a mature way with self control and respect others." And of course, follow rule #10: "Have fun at all times."

Anne A. Withers

Editor



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Our Early Childhood Community

We asked you : “What’s your favorite regulation?”

My favorite regulation was that providers needed to be trained in CPR and First Aid. This only made sense to me seeing that anyone that comes in regular contact with children should be prepared for an emergency. I have kept my certificates updated for the past 23 years.
Doreen

I like the ratios that NY state follows. Some states do not think ratios are important and have too many children in a room with too little staff.
Stephanie

I have to say my favorite regulation is the one about outdoor play. It is always a nice reminder to staff (and parents) that kids need and love the outdoors so take them out! It is ok to play in snow, dampness, sunshine! It is one of my highlighted items to tell new staff and parents when they join our team.
Mindy

News & Notes

Tompkins County

Recently the Tompkins County Emergency Scholarship guidelines and application were revised. Within the next few months we will be emailing you the revised Tompkins County Emergency Scholarship Application packet. Please feel free to print the packet documents and hand them out to parents as necessary. If you have an older version of this packet, please discard it.

Cortland County

The Cortland County Child Care Scholarship Fund is primarily meant to serve families that are on a waiting list for the Low Income Day Care program. However, at the moment, Cortland doesn't have a waiting list. We are currently considering families who have a different need for a child care scholarship on a case-by-case basis. If you know of a family in need of a child care scholarship, have them contact Anne Withers at the Child Development Council: 753-0106 or anne@childdevelopmentcouncil.org

Library to Host Baby and Toddler Playtime

ITHACA—Families of babies and toddlers are invited to enjoy free play and socialization at the Tompkins County Public Library's twice-weekly “Baby and Toddler Playtime.”

An hour-long, unstructured play and social time for children and adults, “Baby and Toddler Playtime” offers a warm, child-friendly play space with coloring supplies, books, music and a variety of age-appropriate toys.

Beginning January 2, Playtime will be held Tuesdays from 11:30 a.m. to 12:30 p.m. and Fridays from 11:00 a.m. to noon. These programs are held in the Thaler/Howell Programming Room, which features a fairytale-themed mural designed to encourage a love of books and imagination.

For more information, contact the Youth Services Department at (607) 272-4557 extension 275.



News & Notes

Handwashing Campaign Resources

According to the Centers for Disease Control, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.

In support of this goal, the Rotary Club of Ithaca sponsors a year-round activity that is available to child care programs. Resources, including colorful posters, activity flyers and a short video can be obtained under "Handwashing Campaign Resources" at www.ithacarotary.com.

Another community resource is an on-site program appropriate for children ages 4 – 7. The more you promote healthy practices, especially at this time of year, the more likely children and their families will use the messages and everyone will benefit. Sometimes just having a visitor to your program makes a big impression, and new materials about germs, handwashing and covering your cough will make their way home in backpacks – along with the bar of soap that is given to each child!

Contact Heidi W. Goldstein, a grandmother, Groton resident and Rotary member, at (607) 898-3221. She has experience presenting the message of hand washing to child care programs in both Tompkins and Cortland Counties, and would love to come to yours!

Revised Regulations for School-Age Child Care (SACC), Day Care Center (DCC), Small Day Care Center (SDCC)

The Office of Children and Family Services, Division of Child Care Services is pleased to announce that the revised school age child care, day care center, and small day care center regulations have been adopted and will go into effect on **June 1, 2015**. This six-month lag period is built into the process to allow programs the time they need to become familiar with and come into compliance with the changes made to these regulations.

The revised regulations offer improved health and safety standards as well as increased clarity and organization. The Office is prepared to work together with our committed child care providers in the field toward the increased safety and health of New York's children.

Catholic Charities Fatherhood Initiative is a family-centered & solution-focused case management program which promotes engagement with each child's village.

We partner with fathers and potential fathers to provide individualized services to those who are involved in divorce, shared parenting, custody, child support and other related challenges. In addition we have created an emotionally safe space to facilitate support groups to assist fathers in gaining increased skills that lead to more effective fathering of children.

Formal or informal self-referrals are welcome and encouraged for custodial and non-custodial fathers.

Services are free & open to all community members. Pre-registration for support group meetings is available - however walk-ins are welcome.

Groups are presently held Mondays 1 - 2:30 pm at Catholic Charities on Buffalo Street, Ithaca but are subject to change based upon preferences of participants.

To enroll in the program or support group please contact: Tommy Miller - Family Services Department Director at 607-272-5062 X 28 or Gale Smith, Mentor/Support Group Facilitator at 607-272-5062 x16.

What is a Quality Improvement Grant?

You love your job caring for children, so sometimes you look at your program and say, "I wish we could improve our outdoor play area." or "I wonder how we could introduce books to our toddlers" or "do we have enough materials to encourage small motor development?"

The knowledgeable staff at the Council can help you see your program through new eyes. Together you can brainstorm ideas to make your program even better.

Then, through a grant from NYS OCFS, the Council can help you make your dream a reality.

A Quality Improvement Grant is more than a hand-out. With the help of the Council you can plan improvements to your program that will help your children grow and make your job more rewarding.

Call the Council to find out if you are eligible.



You are Invited to

The Member's Corner Open House!

Cortland Office -111 Port Watson St., Cortland

Saturday, December 13th
10:00 am to 1:00 pm



Members can use the die-cutters, laminator, bookbinder, etc. and borrow books and toys.

We'll have plans and materials for a special "Make & Take" project.



Not a Member?

Get a one-day introductory membership for one dollar! Try out all the equipment, and browse our books and toys.

Laminating and bookbinding supplies are available free of charge. Some paper is available for die-cuts, but if you have something special in mind, bring your own paper.

Stop by for a few minutes or all three hours.
RSVP Appreciated call 753-0106

Refreshments served.



Child Development Council Membership Year runs from April through March

Renew your membership now!

Not a member? Join now and get 1st Quarter 2015 for free

Join Today!

Yes I want to be a member of the Child Development Council for 2015.

(Membership year runs April through March. Join in January and get first quarter free)

- My Membership Certificate shows my professionalism.
- I will use the training discount to get great training at a reasonable price.
- I want to use the resources in the Member's Corner to enhance my program.
- I will use discounts in local stores (coming soon).
- I want to make a difference in the lives of children and families in Cortland and Tompkins County.

Please mail to:
Child Development Council
111 Port Watson St.
Cortland, NY 13045
or
609 West Clinton Street
Ithaca, NY 14850

**THANK YOU FOR YOUR
SUPPORT!**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

Please circle one: Individual (\$30) Group (\$45) Center (\$80) School Age (\$80) PAYMENT ENCLOSED: \$ _____

Emergency Planning and Sheltering in Place

What is Shelter in Place?

Shelter in Place is a response to an emergency that creates a situation in which it is safer to remain in the building rather than to evacuate.

Generally, Shelter in Place means simply staying indoors. In some situations, sheltering in place includes additional precautions like locking all doors, closing all window shades, remaining in a room away from large windows or turning off heat and air conditioning systems. Most situations calling for sheltering in place are in response to events that have a relatively short duration of hours, not days or weeks. A Shelter in Place drill does not include an overnight stay and typically requires no more than a half an hour to complete.

When to Shelter in Place

Some situations that might require sheltering in place are:

- Severe weather
- Extreme temperatures
- A public disturbance that escalated to violent acts
- Chemical or biological spill
- Rabid animal sighting
- Local authorities will provide you with information during an actual event. It is crucial that you follow their instructions during and after emergencies regarding Shelter in Place.

Where You Can Shelter

Choose room(s) in your home with as few windows and doors as possible. A large room, preferably with a water supply, is desirable. Different emergencies may require a different response. You should follow the directions provided by your local emergency services.

Design Your Plan

Designate safe location within the home

Method used to alert children, caregivers and household members of emergency

Method to alert emergency responders (*who calls 911 and how, if needed*)

Identify how you will ensure everyone arrived safely at safe location (*using daily attendance sheet and head counts, etc.*)

Method to engage children in quiet, safe activities while providing competent supervision.

Method to inform parents in advance of your drills as well as during an actual emergency.

Sheltering Supplies

You must have on site a variety of supplies including food, water, first aid and other safety equipment. In a real emergency, parents may be unable to pick up their children. For this reason, your plan must take into account a child's needs for an overnight stay. You must be ready to provide continuous care for the duration of the emergency. Food supplies must be non-perishable and of sufficient quantity for all children in care.

Required Items

- First aid kit
- Telephone
- Flashlight with extra batteries
- Food & Water
- Infant supplies (*if applicable*)

Items to Consider

- Toileting/diapering supplies
- Battery-powered radio
- Materials to cover windows & vents, if needed
- Games & books
- Medications (*if applicable*)

Practice, Practice, Practice!

It is necessary to perform & document drills twice per year.

The drill form is available online

ocfs.ny.gov/main/documents/docsChildCare.asp

Parents must be notified in advance of your Shelter in Place drills.



National Child & Adult Care Food Program Week: March 15 – 21, 2015

The primary goal of the Child and Adult Care Food Program (CACFP) is to serve nutritious meals to children attending child care homes and centers. Secondary goals are:

1. The establishment of positive eating habits at the earliest stages of development.
2. Reduction of future health care and education costs due to lack of proper early development.
3. Training and support of local child care personnel.

Research also indicates that the CACFP is one important factor in providing quality child care.

During National CACFP Week, The Child Development Council, a non-profit sponsor of the CACFP joins with Cortland and Tompkins family child care providers in acknowledging the many ways our community benefits from the CACFP.

Children that are cared for by providers participating in the CACFP benefit by being fed nutritious USDA regulated meals that ensure their proper development. These children gain from early nutrition education that helps them establish positive eating habits that will enrich the quality of their diet throughout their life. Parents of children in child care are assured that their child(ren) receives high quality meals. With proper nutrition, the child is less likely to experience illness and fatigue and will develop at a normal physical and intellectual pace. Good nutrition is the recipe for an all-

around happier child.

Providers receive nutrition education and support services from their CACFP sponsor that help them serve nutritious meals and create a positive eating environment for children. The quality of child care provided in our community is improved due to educational and financial resources

available to caregivers through the CACFP.

This program provides approximately 1.9 billion meals and snacks to over 3.2 million children daily in child care centers, family care homes, and after-school programs; over 115,000 elderly persons in Adult Day Care; over 52,000 child care centers; 137,000 family child care providers working with 865 sponsors use CACFP to provide children with high quality nutrition and learning experiences.

In our area, approximately 50 family child care providers are enrolled in CACFP, with approximately 500 children enrolled in their care. Most area child care centers and their children also participate in CACFP. Please join us in honoring all CACFP providers for their invaluable work done on behalf of our children.

CONTACT: Sue Sopp or Judy Kern at 273-0259 or

info@childdevelopmentcouncil.org

MORE INFO: www.cacfp.org



Salsa

from Brenda Davis, a child care provider sponsored in CACFP by the Child Development Council

Mix together:

- 1 can of corn rinsed and drained
- 1 can of black beans rinsed and drained
- 4 plum tomatoes
- ½ red onion

Pour on:

- 1/3 cup white vinegar
- 1/3 cup olive oil
- 1 pkg. Good Seasons Italian dressing mix

When ready to serve dice 2 avocados and stir in.
Serve with Tortillas





child development council

609 West Clinton Street
Ithaca, NY 14850-5255

SAVE THE DATE

KIDSVILLE

in Cortland
April 18, 2015
10 am - 1 pm



Meetings

Nursery School Directors, 3rd Wed. @ 1:00 pm

February 25, 2015

East Ithaca Preschool

March 18, 2015

Trumansburg Montessori School

Tompkins Center Directors, 4th Wed. @ 1:30 pm

February 25, 2015

March 25, 2015

Cortland Center Directors, 2nd Friday @ Noon

SACC Directors, 2nd Tues. @ 10:30 am

February 10, 2015

March 10, 2015

There will be a FLAIEYC held at our Ithaca Office on
February 25, 2015 at 6:30 pm.

Events and Closings

We will be closed :

Presidents' Day

Monday, February 16

naeyc
WEEK of the YOUNG CHILD

2015
Celebrating Our
Youngest Learners!

Celebrate NAEYC's Week
of the Young Child™
April 12 –18, 2015!

