

Child Development Today

2016 volume 4, issue 2

The Newsletter of the Child Development Council

2016 Parent Survey About Child Care

The Child Development Council is conducting a survey about child care in Tompkins and Cortland Counties. The information we gather will help us to improve our services to families in our areas; the survey is being done statewide in every county, so the results will give us a current picture of child care issues in all of New York State.

If your children are currently in child care, if you are looking for child care, or if you have used child care in the past, WE WANT TO HEAR FROM YOU!! The survey is open to families with children aged 12 or under, and your responses are confidential.

How to get a survey:

E-mail (info@childdevelopmentcouncil.org) or phone (607-273-0259) for a paper copy. Complete the survey on-line: <http://bit.ly/2016ParentSurvey>.



Surveys must be submitted by June 30, 2016. Thank you for helping us support children!

New Private Facebook Group

The Child Development Council has set up a closed Facebook group for currently Licensed and Registered providers of Family and Group Family child care programs in Tompkins and Cortland counties. We hope this will be a resource for you to ask questions, share ideas and sell or trade equipment. Twenty-five providers have already joined this unique group. Please avoid posting any identifying child or family information in your discussions. The Council reserves the right to remove any member for any reason.



<https://www.facebook.com/groups/1715066895404137/>

The Child Development Council, Cortland Office has moved!

Come visit us in our new home.
100 Grange Place, Room 205
Cortland, NY 13045



**Staying Home With Your Children
AND Having A Career IS Possible.**

Families in your area are looking for child care. Let us answer all your questions about starting your child care business.

From the Editor

Transitions

"Transitions are almost always signs of growth, but they can bring feelings of loss. To get somewhere new, we may have to leave somewhere else behind."

-Mr. Rogers

This quote from the beloved Mr. Rogers hangs on my wall at work. When I am feeling overwhelmed by change I look at these words and allow myself a moment to acknowledge the person, place or things I am leaving, and then move ahead to the new future.

The last few months have been times of transition for the Child Development Council. Some staff members have retired or moved on to other jobs, new staff members have been hired and people's job responsibilities have changed. The Cortland office has moved to a new building after 28 years, and we also moved the location of our Kidsville fair.

Elsewhere in this issue you will see some more info about these changes, but I would like to concentrate on how it feels.

- **Exciting** - It is a time of discovery, whether it is watching the ducks outside our new windows, or realizing the people, places and interests that we have in common with a new employee.
- **Melancholy** - Saying goodbye to people we have worked with for years brings mixed feelings: sadness that they are leaving, but joy for their plans for the future.
- **Confusing** - Several times I have started driving towards our old office! And then there is trying to figure out the answer to a question that you know your retired coworker could have answered easily!
- **Joyful** - That is how we feel when we look around at all the changes and realize that change can be good.

So as we go through this hectic, crazy, sometimes disorienting period of transitions, it helps us all to keep this idea in mind: *"To get somewhere new, we may have to leave somewhere else behind,"*

Anne A. Withers

Editor

Staff

Administration

Sue Dale-Hall, Chief Executive Officer
Diane Feldman, Chief Financial Officer
Chris Hart, Program Assistant
Sylvia Lott, Executive Assistant

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Siobhan Kelly, Child Care Specialist
Octavia Solá, CACFP Specialist
Susan Sopp, CACFP Specialist
Darla Van Ostrand, Referral and Eligibility Specialist
Lynne Whetzel, CCRR Director, Tompkins Office
Anne Withers, CCRR Director, Cortland Office

Child Care Support Services (CCSS)

Diana Crouch, Child Care Specialist (LE)
Molly McGriff, Child Care Specialist (R & I/SACC)
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Darcy Hermann Raponi, CCSS Director

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Jean Grandizio, Family Support Worker
Judy Lauper, Family Support Worker
Margaret Slattery, Family Support Worker
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Cornell University
Nancy Potter
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County
Carol Sammis
Instructor, Early Childhood Education, TC3
Seth Thompson
Director, Multicultural Services and Peer Mentors, TC3



Our Early Childhood Community

What is exciting in your program right now?

Since September the YWCA's Nursery School children have been learning and developing their social/ emotional skills. The program/curriculum we use is called *The Incredible Years*. We started off the year with school rules and general rules of life. This led us into what it means to follow rules and why it is important. Then to understand the following topics, we needed to teach the children about feelings, more than happy/ sad and mad/glad. The children learned what the difference is between anger and frustration, happy and excited, being relaxed and tense. They became very good at recognizing their feelings they were ready to understand what a problem is and how to solve them. We worked on many different scenarios and figured out how to solve them. This is no easy task! Children are coming out of a "me, mine, me" stage and to understand that others have feelings is a big step in development.

Following problem solving, children learned that sometime things make us angry and that's OK. It is not about having anger; it's about how to control your anger. This has lead us to our final step in our curriculum and learning how to be a good friend. The children have formed new friendships, gained more self-control, and had a lot of fun learning about who they are. I am confident the nursery school children are ready to embrace the big transition of going to kindergarten and will thrive socially and emotionally.

Mindy

I have a new chicken coop with 14 baby chicks that my kids just adore. They are so excited when we visit them !

Rita

At Explore and Learn Daycare, we have worked hard in raising money through cookie dough sales and Scentsy fundraisers etc. and raised \$1400.00 toward our new daycare playground. We are raising funds for an Amish built wooden boat or castle play set and also upgrading our mulch to rubber instead of wood. The kids are super excited!

Debbie

Training Calendar

May - July 2016

5/21/2016 Youth Mental Health First Aid - 8 Hour Course

Cortland Office 8:30-5:30pm Morning registration at 8:15am

Don't miss this excellent, free class! See registration information on page 7. (can't register through the Council)

5/21/2016 Pediatric and Adult Cardiopulmonary Resuscitation and First Aid (CPR/FA)

Ithaca Office 9:00am to 4:30 pm

Julie Clark, CPR/FA Trainer

Adult, Child and Infant CPR and First Aid training is required for child care employees in many kinds of programs. Completion of this seven hour course will satisfy the requirement; it will need to be renewed in two years. There will be a lunch break; participants may bring their lunch or leave the site for lunch.

Cost - \$45 per person (non-refundable) Registration is not permanent until fee is paid. Limited spaces.

OCFS Topics: 2,4

6/14/2016 Mindfulness and Yoga for Children

Ithaca Office 6 pm to 8 pm

Marie Vitucci and Nancy Lee Koschmann

No yoga experience necessary, and no mats! Mindfulness is about being completely present in the here and now. As life-long learners, this may be the most important skill we teach children, especially the young learners. The presenters, both trained instructors, will engage the participants in a fun, easy way of learning how to help children focus, handle stress and calm down. Adults will learn how to encourage positive social skills such as empathy, generosity, kindness and cooperation to affect the environment in your classroom or home-based child care program. Exploring new and user friendly techniques may also lessen your own stress.

Cost \$30 (Early Bird and Membership discounts apply) OCFS Topics: 1,2,3

6/15/2016 Safely Growing: Social Media & Your Business

Cortland Office 6 pm to 8 pm

The why, the what, and the how for your small business or nonprofit

They're Out There – How Do You Reach Them and What should you say?

You know your prospects, clients are active on social media.

Are you asking: can social media really be harnessed for your business or nonprofit? Perhaps you're not convinced that it works – or you are, but you're feeling overwhelmed and are not sure how to get started marketing your business with social media. While doing this, how can you do it safely to protect the children you care for and not upset parents?

This seminar will show you the value of using social media to reach your customers, members and prospects – plus how it can drive repeat business from your current customers, and how it can lead to new customers, members and volunteers!

We'll take a look at the 5 most popular social media networks – Facebook, LinkedIn, Twitter, Pinterest and Instagram – and discuss:

- What each network is about
- What to post
- How often to post
- The business benefit of using each social network

We'll also look at what comes next: what kinds of engaging, share-worthy content to post to social media, how to get started, and how to use a content calendar to plan your social media posts. We'll also cover some online safety basics that will protect the children in your care and your business from unseen pitfalls.

Cost: \$30 (Early Bird and Membership discounts apply) OCFS Topics: 4,5 CDA Topics: 1,4,5

Pediatric and Adult CPR, First Aid & AED RENEWAL course

6/22/2016 Cortland Office 6:00pm to 10:00pm

Julie Clark, CPR/1st Aid Trainer

Pediatric and Adult CPR, First Aid and AED Training. Certificate valid for 2 years. Training is for all licensed and registered providers and those in process for registration/licensing. All materials will be provided and attendees must provide their license or registration or in process number. This is a RENEWAL class only. Attendees must pre-register – no walk-ins, no refunds.

Cost: \$45 OCFS Topics: 2, 4 CDA Topics: 1

Toddler Literacy: What Counts and What Works

(This is a Distance Learning Course. Learn on your own computer and at your own pace, with personalized teacher interaction.)

When it comes to literacy, toddlers are right in the prime time to develop the foundation for all future learning. In this course we will look at what toddlers are like, how they learn and how we make decisions about our work with them. You'll learn literacy concepts that really count and literacy practices that really work with toddlers.

Receive six hours of training credit.

For more information, or to schedule your personal 10-day training period, call 753-0106 or email

anne@childdevelopmentcouncil.org

Cost: \$60 OCFS Topics: 1,3 CDA Topics: 8,2

SUNY Video Conferences -

SUNY Video Conferences are held at both Council offices - Site #619 (Tompkins) or Site #621 (Cortland)

Video Conferences are from 6:45 to 9:15

At Ithaca Office the doors are locked at 7:15 pm. No entry will be allowed after that time.

The Cortland site is our new location - 100 Grange Place - meeting room 203

THE VIDEO CONFERENCES FOR 2016 ARE:

5/19/2016 Identifying and Helping Children Who Have Experienced Trauma OCFS Topics # 1,3,7

6/23/2016 Addressing Challenging Behavior: An Overview of the Pyramid Model* OCFS Topics # 1,3,4,7

11/3/2016 Addressing Challenging Behavior: The Pyramid Model in Action* OCFS Topics # 1,3,4,7

*Both video conferences discuss the Pyramid Model, a framework for promoting social emotional competence. Both will cover some common information, but individually will not cover all content about the Pyramid Model. You do not have to take one video conference in order to take the other. Taking them both will give you a more complete picture of the Pyramid Model and how it can be used in your program.

For more information check the website: www.ecetp.pdp.albany.edu

To register, complete the registration form found at www.ecetp.pdp.albany.edu and return it to: Early Childhood Education and Training Program, 22 Corporate Woods Blvd., 3rd Floor, Albany, NY 12211 or fax to: (518) 443-5941 or register online at www.ecetp.pdp.albany.edu . If you have questions, please call ECETP at (518) 443-5940 or toll-free at (800) 295-9616.

REGISTRATION FORM

Please help us keep your information up-to-date. Fill in all the fields below.

| | | | |
|---|--|-------------------------------|--|
| First Name: _____ | | Last Name: _____ | |
| Local Address: _____ | | | |
| Phone: _____ Email: _____ | | | |
| Primary Language: _____ | | Other Language: _____ | |
| Highest Level of Education: _____ | | Date Attained: _____ | |
| Current Employer: _____ | | Date Started: _____ | |
| Current Position: _____ | | License/Registration #: _____ | |
| Please check one: <input type="checkbox"/> Info hasn't changed since last registration <input type="checkbox"/> Info has changed. | | | |

| Date | Name of Class | Training Cost |
|---|---------------|---------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| I am a current member of the Council <input type="checkbox"/> Membership Discounts: | | |
| Early Bird Discounts: | | |
| Total Payment Enclosed (Training Cost minus Discounts): | | |

***CHILD DEVELOPMENT COUNCIL TRAINING DISCOUNTS**

*Membership Discount: A current Child Development Council membership qualifies you for a \$5 member's discount.

*Early Bird Discount: Registration and payment received one week or more before training date can qualify for a \$5 Early Bird Discount.

Being both a Member and an Early Bird gives you a \$10 discount per training!

Early registration is highly recommended for all workshops. Registration is not complete until a registration form and payment are received. 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. If the Council cancels a workshop due to low attendance, bad weather or some other unforeseen circumstance, we will make every effort to contact those who have been registered for the class and credit will be provided for use towards another workshop.

Please send completed form and payment to:

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

Or

Child Development Council, 100 Grange Place, Cortland, NY 13045

Child Development Council Early Childhood Training Program is partially funded by United Way

OFFICE OF CHILDREN AND FAMILY SERVICES REQUIRED TOPICS

Providers are required by the New York State Office of Children and Family Services (OCFS) to take a minimum of thirty (30) hours of training during every 2 year period. Fifteen hours of such training must be received during the first six months of a new licensure, registration or of new employment by a program. This training must address the following topics:

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



Youth Mental Health First Aid 8 hour Course

May 21st 8:30-5:30pm Morning registration at 8:15am

Child Development Council
100 Grange Place, Room 205
Cortland, NY 13045

Questions about location please call- (607) 753-0106

REGISTRATION

To register, please email the information below to ahuntingtonofner@cortland-co.org If you do not have access to email, call 607-428-5473 or mail this completed form to:

Cortland County Mental Health
attn: Alexandra
7 Clayton Ave
Cortland, NY 13045

Questions? Call 607-428-5473

Name _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



ALGEE, the Mental Health First Aid Action Plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

Questions? Contact ahuntingtonofner@cortland-co.org or call (607) 428-5473

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Week of the Young Child Celebrations

Week of the Young Child was celebrated in April. Children's artwork from nine child care programs was displayed in six local libraries - Newfield, Dryden, Groton, Trumansburg, Lansing and Ithaca. The participating child care programs represented family and group child care, child care centers, school-aged child care and preschools. Thanks to all the young artists from Aspen Grove, Ithaca Community Child Care (IC3), Cheryl Nemecek, Jennifer Coleman, Jolinda Dockstader, Sherry Harvey, Little Sunshine, Magical Garden, and Trumansburg After School Program. Staff members from the Council also visited each library to enjoy and participate in the weekly story hours or craft activities.



Another major event in April was Kidsville, held every year in Cortland on the Saturday of Week of the Young Child. This year's gathering was especially anticipated since the site was the new home of Child Development Council at 100 Grange Place in Cortland. Our staff members were still getting their new office arranged, and really enjoyed having access to the large Grange auditorium where Kidsville was held. As usual, families came out to enjoy the free fun and educational activities displayed by many community groups and agencies. The Child Development Council activity was the creation of a large art work (see picture below) that will be auctioned on May 25th, at Art From the Start 2016. Don't miss it!





Have you visited our Member's Corner?

We have three die-cut machines and an assortment of dies, a laminating machine and a book-binding machine. We also have a library of resource books, as well as some children's books. We have a lending closet of toys to supplement those at your program.

All resources are free for members of the Child Development Council

(Non-members can use equipment for a fee)

The Member's Corner is open from 9:00 to 4:30 Monday through Friday.

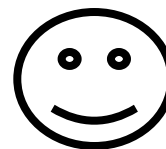
We know that it can be hard to get away from your program during the week. **If you would like to use the Member's Corner on a Saturday or evening**, contact Anne to make an appointment. 753-0106 or anne@childdevelopmentcouncil.org



Not a Child Development Council Member?



Join now!



Join Today!

Yes, I want to be a member of the Child Development Council for 2016.

(Membership year runs April through March.)

- 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 want to make a difference in the lives of children and families in Cortland and Tompkins County.

Please mail to:
Child Development Council
100 Grange Place
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: \$** _____

Art from the Start Cortland Early Childhood Art Auction 2016

*Add some color and cheer to your walls,
while supporting the
Cortland Child Care Scholarship Fund*



When: May 25th, 5:00-7:00 pm

Where: Cortland Local Food Market and Whole Heart Café
37 North Main Street, Cortland

Held during the Chamber of Commerce Business After Hours
sponsored by Cortland Local Food Market and Whole Heart Café

Cost: \$7, which includes hors d'oeuvres and adult beverages

RSVP to the Chamber: 756-2814 or

info@cortlandareachamber.com



The Chamber of Commerce, the Child Development Council and local Child Care Programs have teamed up to present this unique opportunity to support early care and education in Cortland County, keep families working, and keep children in stable, regulated child care.

Come ready to bid on the creative, inspired artwork of Cortland's youngest artists. All works are created with quality art materials, and are ready to display.



Welcome Octavia

Octavia Solá joined the Child Development Council staff as CACFP Specialist in early April. Octavia has a bachelor's degree in Environmental Studies from Warren Wilson College in Asheville, NC. She is passionate about helping to create and strengthen ties between people and the land where they live, eat, work, and play. Before joining the Child Development Council team, Octavia worked for U.S. Fish and Wildlife Service in Oregon, and at an organic vegetable farm in the Trumansburg area. She is looking forward to developing training opportunities to help child care providers incorporate fresh, local, seasonal food into their programs, and meeting the providers enrolled in CACFP. She is also a great champion of the benefits of gardening with children and outdoor play! We warmly welcome Octavia to the Child Development Council.



Are you working in child care and going to college?

Our former Cortland Area Child Care Council Executive Director for fifteen years, Susan B. Griffin, was passionate about encouraging child care providers to pursue higher education. She knew that the cost of textbooks could be a real burden. That's why the Susan B. Griffin Memorial Scholarship was set up in her name. If you work in a Cortland County child care program and would like to have help paying for textbooks for your early childhood classes, call our office and ask for an application.

Deadlines for applications are:

1st semester: September 15th

2nd semester: February 15th

3rd semester: June 15th



Best Wishes to Dixie and Hello to Siobhan

After 26 years, first at Cortland Area Child Care Council, and then after our merger, with the Child Development Council, Dixie Vaber is retiring. We wish her well as she enjoys her grandchildren and pursues new paths.

We are pleased to welcome Siobhan Kelly as our new Child Care Specialist in Cortland. Siobhan has worked at Bright Horizons, Tompkins County Head Start, and subbed in local schools. Siobhan will be working with Legally Exempt providers as they become enrolled, and will also be providing assistance to Registered and Licensed programs. She is looking forward to meeting providers, and visiting programs. One of the most rewarding parts of her job will be working with providers to improve their programs, and providing grants to help them purchase the things on their "wish list."

If you would like to invite Siobhan to visit your program, please give us a call.



Goodbye to Jessica

The Council staff said good-bye to Jessica Custer-Bindel who had been with us for a year as a Child Care Specialist in Registration and Inspection in the Ithaca office. Jessica shared lots of her talents with the child care community, including face painting at the first Playdate in the Park, and co-presenting a training workshop on Diversity at our conference last September. We wish her well in her new position as Director of Programs at the Southside Community Center.



child development council

609 West Clinton Street
Ithaca, NY 14850-5255



Meetings

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

May 18 Community Nursery School
June TBA
July TBA

Center Directors, last Wed. @ 1:30pm
Child Development Council (Ithaca)

May 25
June 29
July 27

Cortland Center Directors, 2nd Friday @ Noon - call
to confirm schedule and topics

SACC Directors, 2nd Tues. @ 10:30am
Child Development Council (Ithaca)

May 10
June 14
No meeting in July

Events and Closings

We will be closed :

Memorial Day Monday, May 30
Independence Day Monday, July 4

