

# Child Development Today

2015 volume 3, issue 2 The Newsletter of the Child Development Council

## Play, Learn, Grow

We all talk about “developmental milestones,” but what does that mean? How a child plays, learns, speaks, and acts offers important clues about the child’s development. Developmental milestones are things most children can do by a certain age.

You can’t “teach” development. Children will grow in their own way and at their own speed. However, by knowing the developmental milestones, and observing children as they grow, you will be able to give them the experiences and supports they need to reach the next milestone. By knowing the milestones you will also be able to spot any warning signs as children develop.

You can find a lot of information about developmental milestones on the Center for Disease Control website:

<http://www.cdc.gov/ncbddd/actearly/ccp/index.html>

One important lesson we can take away from all of the information about development is that young children reach milestones through practice, and much of this practice is in the form of “play”.

Infants participate in social play with parents and caregivers, games like peek-a-boo and patty-cake. Toddlers start playing pretend. Preschool children will build structures with blocks and play elaborate

pretend games with friends. All of these activities are intrinsically rewarding, and all of them lead to more advanced developmental milestones.

The more chances children have to freely practice their skills through play; to play, learn and grow; the farther they will get on their developmental journey.

Anne A. Withers  
Editor



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Diane Feldman, Chief Financial Officer  
Chris Hart, Program Assistant  
Sylvia Lott, Executive Assistant

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Susan Sopp, CACFP Specialist  
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Darla Van Ostrand, Referral and Eligibility Specialist  
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Jessica Custer-Bindel, Child Care Specialist (R & I)  
Darcy Hermann-Raponi (CCSS Director)  
Molly McGriff, Child Care Specialist (R & I/SACC)  
Barb Mechalke, Child Care Specialist (TA/QAC)  
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Judy Lauper, Family Support Worker  
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Maureen Reedy, Family Services Director  
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University  
Nancy Potter  
Issue Leader, Cooperative Extension of Tompkins County  
Carol Sammis  
Instructor, Early Childhood Education, TC3



Find us on facebook!

## Our Early Childhood Community

**We asked you : "Tell us of a time one of your children reached a developmental milestone."**

We have a student with an IEP who was still not potty trained and also had no interest in starting. However, in the past few months, with the work of her teacher, she has successfully become potty trained!  
YWCA UPK

We have a student who spoke very little English, which made it so difficult for her to make friends when she started in the fall. After only 6 months of her being enrolled she has become extremely vocal in English and has made many good friends. We even discovered she has a very good sense of humor!  
YWCA Nursery & Day School

## News & Notes

### Welcome to Chris Gratz in Cortland

I would like to introduce myself. I recently joined the staff of the Child Development Council in Cortland as a part time Outreach and Referral Specialist. My background includes a lot of human service work in the Cortland Community starting with Family Support and Recreation Services Director at the ARC many years ago. Since then I have been a service coordinator at the Mental Health Center and Racker Center and a Teaching Assistant at the local BOCES. I attended colleges and universities for various degrees and credits in human services, teaching and art (my first love – but not profitable, as my parents carefully pointed out!). I have two adult children and 4 grandkids which are the new 'loves'. I also dabble in flea market and internet sales. My part time position seems to be a perfect fit for me and I certainly enjoy meeting and working with the staff, child care providers and families.

### Welcome to Jessica Custer-Bindel in Ithaca

Hello, my name is Jessica Custer-Bindel, and I am thrilled to be a part of the Child Development Council team! I have worked as a teacher for the past 13 years, and my teaching experiences range from pre-k to 12th grade, giving me great insight into our children's varied learning stages. In addition to teaching, I also worked for the Latin American Studies Program at Cornell as an Educational Outreach Coordinator. This position allowed me to build partnerships with local schools, organize cultural events, provide educational materials and teacher training, serve as a visiting teacher, and offer workshops for both ICSD and GIAC. I moved to Ithaca 5 years ago, after years of living in NYC, Barcelona, Riyadh, and Rome. Since then, my family has doubled in size (from 2 to 4!), and I have discovered the world of early childhood education from both a teacher's and a parent's perspective. My multicultural background, international experience, and fluency in Spanish, Italian, and English have given me a great appreciation of languages and a distinctive take on culture. I bring to this position experience working and thriving in a multicultural environment, creativity and drive to think beyond the expected, and a deep dedication and love for all children.







## News & Notes

### Welcome Back FLAEYC!

A core group of eager early childhood education professionals held two successful meetings recently, and a local affiliate – Finger Lakes Association for the Education of Young Children has been reactivated. Several free activities are planned for everyone who works with young children – at home or in centers, pre-schools, Head Starts, or other programs. Take the opportunity to join with other people who do what you do and share successes, frustrations, and new ideas!

Volunteer leaders of the group are: Co-Presidents – Heather Mount and Patricia Sinclair; Vice President – Taisha Dickerson; Treasurer – Elizabeth Mahon; and Secretary – Cassandra Robenolt.

On Friday April 17, a welcome reception for all who work in early childhood education will be held at Corks and More in Ithaca starting at 7 pm. Enjoy dessert, network with colleagues and maybe take home a prize!

Also in April, FLAEYC will sponsor a visit to Ithaca by Holly Elissa Bruno, MA, JD. Holly Elissa is an educator, best selling author, keynote speaker, ‘recovering’ attorney and team builder. She will do an inservice training for IC3 and Racker Center staffs, and present a talk for all early childhood professionals on Thursday April 30 from 6 – 8 pm at the Cornell Child Care Center. The training is free and dinner is provided compliments of FLAEYC and the Cornell Child Care Center.

Holly Elissa’s topic, Turning Bad Hair Days into ‘No Problem’ Days, addresses a common problem, and deals with learning how to conjure up your own resilience and resourcefulness when your buttons get pushed, and it happens to us all. To learn more about this dynamic presenter, visit [www.hollyelissabruno.com](http://www.hollyelissabruno.com). and save the date on your calendar.

The next FLAEYC meeting will be on Tuesday May 5, 6:30 pm at the Child Development Council. You might just decide to join those who plan to walk in the Ithaca Festival parade with your early childhood colleagues. See next article.

### Before the Parade Passes By – Join the FLAEYC Group for Ithaca Festival!

FLAEYC is a long standing affiliate of both the national (NAEYC) and the state (NYSAEYC) professional organizations. As an affiliate chapter we are committed to adding more high quality early childhood programs and services to our community. We also provide resources and opportunities for professional development to our local and regional colleagues.

The 2015 Ithaca Festival’s theme is “Better Together” – a great opportunity to join with all the early childhood programs to demonstrate professional solidarity, show the diversity of our community, and have some fun while walking together in the parade on Thursday May 28. If you’re interested in taking part,

please contact Taisha Dickerson by April 17<sup>th</sup>, at [Tdickerson@icthre.org](mailto:Tdickerson@icthre.org) or call her at (607) 257-0200.

### Poem in Your Pocket Day

In celebration of National Poetry Month, Tompkins County Public Library staff members will spend April 30, “Poem in Your Pocket Day,” distributing free poems throughout the community.

Launched in New York City in 2002, “Poem in Your Pocket Day” celebrates the rich history of pocket poems – from commonplace books during the Renaissance to pocket-sized publications carried by World War II soldiers. Since 2008, bookstores, schools, libraries, parks and businesses across the country have embraced “Poem in Your Pocket Day” by encouraging open readings of pocket poems.

Locally, this year’s poems were written by poets who submitted over 100 original poems in January. TCPL librarians will distribute the poems in the Library, on the Ithaca Commons, and in other locations throughout the day. For more information contact Teresa Vadakin at (607) 272-4557 Ext. 272, or [tvadakin@tcpl.org](mailto:tvadakin@tcpl.org).

## 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?”

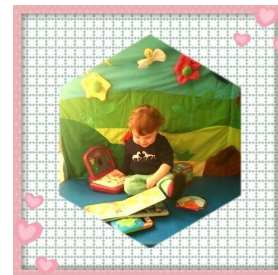
The knowledgeable staff at the Council can help you see your program through new eyes. Together you can brainstorm ideas to make your program even better.

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

Here’s a thank you from an appreciative child care provider: “Dear Child Care Council, Thank you for the recent grant you gave me for my daycare. As you can see, the children are enjoying all the new additions that have enhanced our daycare area. Your time and effort assisting me with this grant money is greatly appreciated. With Regards, Lorrie and her daycare children “

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, June 13th  
10:00 am to 1:00 pm**



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

**Free one hour training for members from 10:00-11:00:**

*How to Make a Child's Portfolio*

You will learn how to maintain a record of a child's growth and development. Go home with pocket portfolios for your children. Covers OCFS topic 5: business record maintenance and management

**Not a Member?**

**Get the training for \$5**

**RSVP for training credit:** call 753-0106 or email [anne@childdevelopmentcouncil.org](mailto:anne@childdevelopmentcouncil.org)

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.**

**Refreshments served.**

**Child  
Development  
Council  
Membership  
Year runs from  
April through  
March**

**Renew your  
membership  
now!**

**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:** \$ \_\_\_\_\_

Week of the Young Child  
April 12-18, 2015

# KIDSVILLE

## Play LEARN GroW

**Saturday April 18<sup>th</sup> 10am – 1pm**

**Cortland County Office Building**

60 Central Ave. Cortland, NY

**Celebrate the Week of The Young Child  
At KIDSVILLE**

*where Cortland County comes together with  
hands-on fun and information  
for children and their families!*

**child  
development  
council**

This FREE Children's Fair is sponsored by  
The Child Development Council  
For more information call 607-753-0106

## Art from the Start Cortland Early Childhood Art Auction 2015

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

**When:** May 13th 5:00-7:00 pm

**Where:** Cortland Repertory Theater Downtown  
Held during the Chamber of Commerce Business After Hours  
sponsored by Cortland Repertory Theater

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

**RSVP** to the Chamber: 756-2814 or [info@cortlandareachamber.com](mailto:info@cortlandareachamber.com)

The Chamber of Commerce, 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.*



Art materials donated by  
M&T Bank



It's not too late to add your children's artwork to Art from the Start! Contact Anne at 753-0106 or [anne@childdevelopmentcouncil.org](mailto:anne@childdevelopmentcouncil.org). We have canvas, paint, watercolors, paper, etc. available to help you with your creative contribution to this fun fundraiser.



## Birth to Three A to Z

May 20, 2015 3 to 7 pm @ The Space



Free and Open to Families and Caregivers of children birth to three years

Join the Early Childhood Collaboration for free information and resources on the development of children ages birth to three. This event will help parents and caregivers celebrate milestones in their child's development, provide information about what comes next as your child grows and develops, and provide an opportunity for families to meet and talk with early childhood professionals about resources in Tompkins County.

Families and caregivers who come to the event will also benefit from ideas they can incorporate in everyday activities that will boost children's learning, and build important networks that help future learning.

This event was organized by the Child Development Council, Family Reading Partnership, Franziska Racker Centers, Tompkins Community Action and the Tompkins County Health Department on behalf of the Early Childhood Collaboration.



# Developmentally Appropriate Practices in Foreign Language Instruction

By Jessica Custer-Bindel, Child Care Specialist

What is encompassed in language? As we interact with children, we watch their vocabulary expand and witness the spark of discovery and connection. But is there more to language? What is hidden behind the words we speak? Thinking back to my own first words, I travel to distant memories, often tied to people, food, and experiences. Our native language is given; we are born surrounded by familiar sounds, and continue in our natural progression towards fluency. But how do you approach teaching or learning a language that is not your own?

Many studies show the benefits of foreign language acquisition. Children form neural connections with each new language they learn; they improve communication skills in their native language; and they develop a greater degree of creativity and self-confidence. Learning a foreign language also provides a natural context where children learn about the culture, customs, and ideas associated with the native speakers of that language. These findings, along with children's natural sense of curiosity, low affective filter, and receptiveness to learning about other cultures makes a good case for introducing a foreign language element in your program.

Children learn primarily by doing, observing, and participating in play or activities. By connecting words to actions, especially with songs, games, and hands-on activities, learning becomes fun and memorable. Start today! Sing a song in Spanish! Practice your colors in Mandarin! Print a poster of the Amharic letters and notice how sounds are represented differently around the world! Make onigiri for snack and learn how to pronounce the ingredients in Japanese! If you are learning the foreign language yourself, take a cue from the children, and approach teaching with the mix of curiosity, openness, and vulnerability which often accompanies growth. Take baby steps, but start moving! By the end of the school year, you will be surprised to see how far you all have traveled.

Here are some examples of how to introduce foreign language instruction to your program. Please note these tips work best in an early childhood setting, with children ages 3-5.

## Music:

Here is a Spanish song to practice greetings:

*Buenos Días* (tune of Frere Jaques) \*

Buenos días, buenos días  
Como estás, como estás

Muy bien, gracias, muy bien, gracias  
¿Y Usted?, ¿Y Usted?

\*this song can be used as a call and response song in the beginning. As students familiarize themselves with the song, they can sing along from start to finish!

## Reading:

Read *Go Away Big Green Monster* and use a foreign language to name the parts of the face. Encourage children to make faces like the monster. Connect the emotion in the child's face to a foreign language.

## Circle Time:

Cut out 3 differently colored felt circles. Create a pattern. Pronounce the colors in a foreign language. Repeat the pattern a few times and see if the children can figure out what color comes next.

## Free Play:

Reinforce foreign language vocabulary while playing. Count in a foreign language while scooping up sand to see how many scoops fill a cup. Learning while playing is a wonderful approach because it creates emotional attachments, and emotion is the door to learning.

## Group Games: (Using Total Physical Response)

Play Simon Says! Learn parts of the body in a foreign language, and sprinkle the vocabulary throughout!

Please remember that there is absolutely no pressure to produce language, but because the techniques used are interactive, hands on, and in many cases, require group participation, children will join in.







## Are You a Cavity Free Kids Child Care Program?

Cavity Free Kids is oral health education for young children and their families. Cavity Free Kids is designed for Head Start, Early Head Start, child care, preschool, home visiting, other early learning programs and for families to use at home.

### WHY ORAL HEALTH?

Oral health is a part of overall health. When children are not healthy, it affects their ability to develop, learn, and thrive. Poor oral health can lead to:

**Pain:** Tooth decay can cause intense pain. Because young children may not be able to describe pain or learn to live with it, they may act out or seem uncooperative.

**Attention problems:** Children with infected and painful teeth may have a hard time relaxing, sitting still, and paying attention at school.

**Delayed social development:** Children with tooth decay may feel anxious or depressed and may withdraw from normal activities. When missing teeth lead to speech problems, children may appear shy and avoid social interaction.

**Sleep deprivation:** Children with tooth pain may have trouble getting a good night's sleep.

**Poor Nutrition:** Painful teeth may make chewing and swallowing difficult and uncomfortable. Children with

tooth decay often do not get the nutrition they need to grow.

**Missed school days:** Children with tooth decay miss school, disrupting their educational and social experiences.

**The good news is that tooth decay is almost entirely preventable.** Cavity Free Kids includes a rich collection of lessons, activities and resources that actively engage young children in fun-filled, play-based learning and helps parents practice good oral health habits at home.

Our Cavity Free Kids Master Trainers, Sue Sopp and Judy Kern, will be scheduling more CFK Curriculum trainings in the Fall. Don't miss this free opportunity to receive this curriculum and other oral health materials.

If you have questions, CONTACT: Sue Sopp or Judy Kern at 273-0259 or [info@childdevelopmentcouncil.org](mailto:info@childdevelopmentcouncil.org)



## From the *Cavity Free Kids Curriculum*

### Fresh Fruits and Vegetables

**Cut open fresh fruits or vegetables and let children see, touch, and scoop what is inside.**

**Talk about each fruit and vegetable. Discuss how they are similar and different—color, texture, shape, seeds, peel and skin, strings, where they come from, and the nutrients.**

Domain Elements: Conceptual Knowledge of the Natural and Physical World, Patterns, Measurement and Comparison, Initiative and Curiosity



#### Supplies:

Pumpkin  
Sweet potato  
Cucumber  
Strawberries  
Grapes  
Apples  
Pears  
Peaches  
Bananas  
Carrots  
Spinach  
Spoons

## Know Your Regulations

### 417.7 Program requirements

(a) The program must establish and implement a daily schedule of program activities that offers reasonable regularity in routines, including snack and meal periods, nap and rest periods, indoor activities, outdoor play time and a variety of large muscle activities throughout the day. There must be physical activity, appropriate to the ages of the children in care, every day.

## What's Eating Your Child?

### The Hidden Connections Between Diet and Common Ailments

"The program was great!" , "The information was in-depth with clear explanations" , "I can use this information to make better choices for children, and provide better snacks" , "I will share this information with parents and other staff".

On November 6, 2014, the Child Development Council, in collaboration with the Franziska Racker Center and Ithaca Community Child Care Center, brought nutritionist and author, Kelly Dorfman to Ithaca for a community event. Dorfman spoke with more than 50 parents and early childhood staff about the importance of nutrition in children's development. One audience member said she found it interesting "how nutrition can vary from child to child."

Dorfman shared that "movement" or physical activity is an important component for children's healthy development. As well as affecting physical development, Dorfman discussed how nutrition affects both cognitive development and behavior. What children are eating does

not necessarily meet their needs. So what should parents do? Dorfman explains "nutritional intervention" this way: Remove the irritants and replace what is missing. And that varies from child to child, with the biggest irritant often being sugar.

For those who want more information, Kelly Dorfman's book is titled Cure Your Child with Food. We have a copy to loan at Child Development Council.

Watch for more community events hosted by the Child Development Council in collaboration with other agencies.

Excerpt from Cure You Child with Food by Kelly Dorfman, "The American Heart Association recommends feeding children a fruit or vegetable with every meal....Most health care professionals generally recommend four to five servings of fruits and vegetables (not just fruits) per day. Only about 20 percent of children in the United States are meeting this standard." Add some vegetables to your child's meals!

### Easy Roasted Harvest Vegetables

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered and separated
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- salt and pepper

Preheat oven to 425 degrees. Mix all ingredients in a mixing bowl. Spread evenly on a large roasting pan. Roast for 35 to 40 minutes, stirring every 10 minutes until vegetables are cooked through.

This recipe is very versatile. Use other vegetables of your choice (Brussel sprouts, parsnips, carrots, or turnips) or change the spices to your favorites.



Don't miss this exciting workshop!  
**Connecting Children With Nature Every Day**

*Presented by: Elaine Sturges*



You are invited to participate in this active, hands-on workshop! We'll focus on fun activities, songs, games, children's books, nature themes and materials that connect young children with nature during the spring and summer.

Elaine has 10 years of teaching experience at the early childhood level (preschool – 1<sup>st</sup> grade) and an additional 15 years of experience connecting children and teachers with nature.

\*Cost: \$30

OCFS Topics: 1 and 3



**June 10, 2015 6 to 8 pm**

Child Development Council Cortland Office

\*\$5 Member Discount and \$5 Early Bird Discount applicable

**Natural Playscapes and Adventure Play**

*Presented by: Rusty Keeler*

Rusty Keeler is an author, designer, and speaker who works to inspire and collaborate with communities to create beautiful outdoor environments for children. He has designed and built natural play spaces around the world and his favorite new project, the Hands-on-Nature "Anarchy Zone" is right in our back yard at the Ithaca Children's Garden.

In this workshop, Rusty will talk about the importance of play, connecting children to nature, and how to create natural playscapes in your own back yard. He will share his knowledge on how all educators can dream, design, and build natural playscapes.

Rusty will talk about adventure play and show lots of examples of great places from around the world. He will inspire you to dream and plan own projects for free, kid-directed play with loose parts, natural materials, tools, dirt, and even trees.

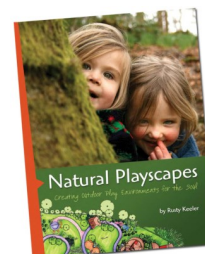
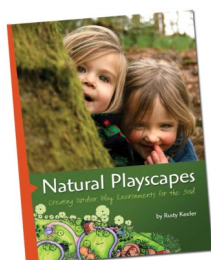
\*Cost: \$30

OCFS Topic: 3

**May 6, 2015 6 to 8 pm**

Child Development Council Ithaca Office

\* \$5 Member Discount and \$5 Early Bird Discount applicable





**child development council**

609 West Clinton Street

Ithaca, NY 14850-5255

**Save the Date!**

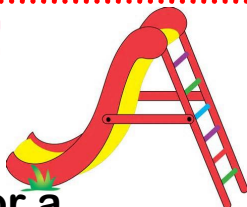
**June 10<sup>th</sup>**

**4:30 - 7:00 pm**

**Please join us for a**

**Playdate In The Park**

**More details coming soon!**



## Meetings

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

April 15, 2015 1:00pm

Ellis Hollow Nursery School

May TBD

June no meeting

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

April 29, 2015

May 27, 2015

June 24, 2015

**Cortland Center Directors, 2nd Friday @ Noon**

April 24 - Diane McLaughlin will discuss new Center and School-Age Child Care Regulations

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

April 14, 2015

May 12, 2015

June 9, 2015

\*At the Council, 609 W. Clinton St., Ithaca

## Events and Closings

**We will be closed :**

Memorial Day

Monday, May 25

**naeyc**  
**WEEK of the YOUNG CHILD**

**2015**  
**Celebrating Our**  
**Youngest Learners!**

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

