

# Child Development Today

2015 volume 3, issue 3

The Newsletter of the Child Development Council

## Let's Learn Outside!

What are your favorite memories of summer? I bet it's not the stuff you did in a classroom, or indoors at home. Summer is the time to be outside, the more, the better. So, you take the kids outside, on the playground or in the backyard. They run around, ride trikes, climb and slide, play with balls, and in an hour they are bored! What happened?

The outdoors is a great place to be engaged in learning, but because we think of the outdoors as the place for large motor activity, and design our play spaces around that theme, we miss out on a lot of great learning opportunities.

Try looking at your outdoor area the way you look at your indoor space. Do you have a housekeeping area? Is there a place for art? Music? What about manipulative and blocks? Are you including science and math in your outdoor activities? What about books? Let's look at these ideas.

**Art:** A fence is a great place to do painting. Hang up large paper or an old sheet and provide paint and brushes. You could even create a permanent easel on the fence where children could choose to paint every day. Paint the house with water! Having brushes and water available is a great art activity. Mud is also a great art material, whether you use it as paint that can be hosed off later, or as a modeling material. Sand is also a good modeling material.

**Music:** Bring the rhythm instruments outside and have a parade. Hang up wind chimes. Add chimes or drums to your permanent play structures.

**Blocks:** The outdoors is the perfect place for big building. Make ramps for cars, use cardboard panels to

build shelters. Get creative with branches and old sheets. Think outside the box!

**Science and math:** Counting, measuring, volume, one to one correspondence, are all explored when kids play with "loose parts" like sand, rocks, wood, cardboard, flowers, etc. Physics concepts are experience with swings, slides, ramps, etc. Give the kids the words to help them express these things: down, up, bigger, smaller, more, less, etc. Make sure your outdoor area has plenty of "loose parts" to manipulate.

**Nature:** It's all around you! Make sure your area has plenty of natural space. Let the wildflowers grow around the fences, and let the kids pick them. Plant a garden if you can. Point out the bugs, butterflies and other wildlife.

**Housekeeping Area:** Create a "mud kitchen" out of old pots, pans and utensils. Include a source of water and plenty of sand or mud. You will see a completely different type of housekeeping play emerge from this area.

**Literacy:** Books belong outside! Whatever the kids are exploring, provide books to go with it. Books about bugs, cars and trucks, building, fairy tales, whatever they are passionate about be sure you have books for them. Make a library area on a blanket under a tree. Include some pillows.

So think outside the box of four walls, and enjoy the outdoors this summer.

*Anne A. Withers*

*Editor*



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Darcy Hermann-Raponi, CCSS Director

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Carol Sammis  
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Seth Thompson  
Director, Multicultural Services and Peer Mentors, TC3



Find us on facebook!



## Our Early Childhood Community

**We asked you : "How do you bring your classroom outside?"**

One year, I had a VERY active group of preschoolers. I moved circle time outside because they needed outdoor activity first thing. Not only was I able to incorporate more movement activities into our circle time, the children benefited from the fresh air and their attention was actually much improved.  
Jenn

I bought some butterfly nets and right now the 3 older children are exploring my flower gardens and catching anything but bees!  
Rita

Use hula hoops for sorting activities. For example, when learning about nutrition and the food groups, take your dramatic play food and have the children run from one side of the outdoor space to the other to sort the food into the appropriate categories.  
YWCA Learning Adventure

We walk the community and enjoy its treasures... flowers growing in a neighbor's yard, the delicious smells of the bakery, the sound of trucks passing - endless opportunities to explore and enjoy their senses.  
Child Development Center

When we go outdoors there is only one slide so taking turns going up the ladder and down the slide rather than the other way round is necessary. When we play in sand or water we generally count the spoonsful or cupsful and we also count stones as we pick them up.  
I try to name my plants and trees when we stroll in the shade of the front yard or in my sunny backyard.  
Shirley

We have a school garden and small farm. The children are responsible for caring for both. They especially love our pet pig Matilda.  
Bridgid

In our program we bring musical instruments, song and dance, and even books outside. It is not uncommon for the kids to draw and pre-write outdoors. We have all hiked out to the hayfield and counted round bales, raced from one to another, and shared a story in the shade. We have prepared and eaten meals/snacks at the picnic table. Watermelon and finger-painting are best done outdoors. Just today we talked about our intention to get permission to nap/rest outside under our shade trees. No matter where we go, elements of the classroom come along.  
Jeanne



# June 10th was a Great Day to Play in Stewart Park

Playdate in the Park was a unique twist on our agency's Annual Meeting. We decided to offer this event in place of our Annual Meeting to better reflect who we are as an organization:

- one that values play and its importance to the development of young children;
- one that values the parents/caregivers -- including a little breathing space while kids have free play!
- one that involves and gives back to the community -- Playdate in the Park was our gift to you. Thank you all for joining us.

Activities included fun for both rambunctious and low key children. We focused on simple childhood fun: bean bag toss, chasing bubbles, music with Frank Raponi, hula hoops, Double Dutch jump roping, face painting, books on a blanket and basketball. Attendees received Child Development Council balls, bags, and



tattoos. Staff and Board Members enjoyed interacting with parents and community at our information table, which also included popcorn and animal crackers! We provided free carousel rides at Stewart Park for the entire day. The city told us that more than 900 rides were enjoyed by our community!

Many thanks to Tina Snyder, Cooperative Extension, who catered great snacks; Davi Mozie and the GIAC Jumpers for sharing their awesome Double Dutch jump rope; Jeanne Grace, Ithaca City Forester; and Heather Mount, Coddington Road Child Care; Explore and Learn Day Care, and Fall Creek Afterschool for helping to represent the child care community. The event could not have been possible without the leadership and vision of Board Chair Patrick Mitchell, planning committee members Taisha Dickerson and Darcy Hermann Raponi, CEO Sue Dale-Hall, and the participation and support of the entire Board and Staff.



## Healthy Changes to CACFP

KANSAS CITY, Mo. (AP) — As teachers lament seeing toddlers too large to fit in playground swings, a federal program that feeds millions of low-income children may be overhauled for the first time in almost 50 years, aiming to make the meals at day cares healthier and reduce obesity.

About 3.8 million young children are fed daily through the Child and Adult Care Food Program, which primarily reimburses day-care providers, and also provides food for children in emergency shelters and pays for after-school meals or snacks in areas where at least half the students qualify for free- or reduced-price lunches.

Millions of more affluent children also are affected because at least 30 states — including North Carolina, Michigan, Oregon, New York and Virginia — require day cares to use the program's nutrition guidelines to receive licenses. And beyond children, about 120,000 elderly or disabled adults are fed each day in programs designed to spell caregivers.

More vegetables and less sugar lead the U.S. Department of Agriculture's proposals, developed with guidance from experts. Grain-based desserts, such as cookies and cakes, would no longer be reimbursable, and children younger than 1 would no longer be offered juice. Facilities wouldn't be reimbursed when food is deep-fried on site, although prepackaged fried foods, such as chicken nuggets, could still be served, though recommendations urge that they be offered infrequently.

About one in eight low-income preschoolers is obese, according to a Centers for Disease Control and Prevention survey of 12.1 million children enrolled in federally funded nutrition programs from 2008 to 2011, the latest data available.

The changes to the Child and Adult Care Food Program, which started in 1968, were called for by the Healthy Hunger-Free Kids Act, passed in 2010 at the urging of First Lady Michelle Obama. The act's more well-known requirement boosted the quantity of fruits, vegetables and whole grains in school meals.

The program has an annual budget of about \$3 billion, and the USDA focused on proposed requirements that wouldn't boost costs because providers won't be paid more.

"The USDA should get tremendous credit for attempting to make the changes cost-neutral," said Kati Wagner, the president of the Wildwood Child and Adult Care Food Program Inc., which helps home-based child care providers in Colorado receive reimbursements.

The school meals changes have been met with mixed results, with some school officials complaining kids are throwing away fruits and vegetables. The solution, some experts say, is starting earlier, when children are more willing to try new things. Mary

Beth Testa, a lobbyist for the Salt Lake City-based National Association for Family Child Care, said food choices people make in early childhood are "the building blocks for the healthy habits of their lifetime."

The obesity numbers worry Geri Henchy, director of nutrition policy for the Washington-based Food Research and Action Center nonprofit. "Research shows obese children are more likely to become obese adults," she said. "Something has got to happen" she said, citing teachers who tell her about children who are too chubby for swings.

The USDA sought public comments until May 27 on the proposed changes, which also includes reimbursing day cares when mothers nurse babies at their children's day cares. It's unclear when a final decision will be made on the new guidelines, although the agency has started distributing handbooks to day cares about nutrition, with many of the tips aligned to the proposals.

Some day cares, including a YMCA-run one in the Kansas City suburb of Olathe, Kansas, are implementing the suggestions already. "Children should have access to healthy foods while they are here because the more they have them at a younger age, the more they will chose them at a later age," program director Erica Ritter said.

Christy Birt's 15-month-old daughter attends the YMCA day care. "It put my mind at ease," the 31-year-old human resources worker from Kansas City, Kansas, said about the proposals being implemented. "So, if we are running around at night having to feed her something not as nutritious, then I know she received something nutritious while she was at day care. It was one of the things that made us want to go to the Y."





## Child Care Scholarships

### Tompkins County

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, or work, in Tompkins County; or whose child care program is located in Tompkins County, may apply to the fund. Guidelines include family income, number in the family, and the circumstances of the emergency.

If an award is made, payment goes directly to the child care program. Encourage parents to call the Child Development Council for information and an application. Funding for the program is provided by the United Way, the Park Foundation and private donations.



### Cortland County

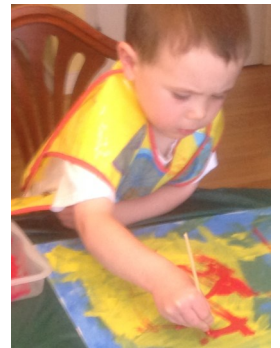
Thank you to all the young artists who participated in our Art From the Start Early Childhood Art Auction. Our art auction raised \$3,700 for our Cortland Child Care Scholarship Fund.

The scholarship fund helps families with short-term or emergency child care expenses when they can't access the Low Income Day Care funds. Some examples of scholarships we can approve are:

- People on the waiting list for LIDC funds (there is currently no waiting list)
- People who are behind on their child care payments because of other financial emergencies
- People with a short-term decrease in their employment
- People going to school
- People just starting a job

If you know of a family living, working or receiving child care in Cortland County that could benefit from a child care scholarship, contact the Council for an application.

Again, thank you to our young artists and their dedicated teachers/caregivers!



### Know Your Regulations

416.5(g)(1)/417.5(g)(1): "The use of spa pools, hot tubs and fill-and-drain wading pools is prohibited." This included Plastic "kiddie pools." Sprinklers are a safer alternative for hot summer days.

The provider must receive Office approval prior to use of a non-public or residential pool for children in day care. Call your licensor or registrar if you want to include pool use in your day care activities. For more information on residential pool use check out: [ocfs.ny.gov/main/childcare/pool\\_guidelines.asp](http://ocfs.ny.gov/main/childcare/pool_guidelines.asp)

If you're using a pool away from the day care home, remember it must have a health department permit or be operated by a NYS agency.





## 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](mailto: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 2015.**

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

# Training Calendar

July - September 2015

## 7/16/2015 Shaken Baby Syndrome

Cortland Office 6:00 pm to 8:00 pm

*Dixie Vaber, Child Care Specialist*

This workshop will provide an overview about shaken baby syndrome and its effects on a child. Included will be information on typical victim and perpetrator, triggers and injuries as well as factors that can increase a child's risk of SBS. Discussions about developmental crying and coping strategies will also be included.

Cost: \$30 OCFS Topics: 6, 9 CDA Topics: 1, 4, 7

## 07/14/2015 Business Records in CACFP

Cortland Office 6:30 pm to 7:30 pm

*Susan Sopp, CACFP Specialist*

The United States Department of Agriculture mandates that organizations participating in the Child and Adult Care Food Program (CACFP) provide the mandatory Civil Rights training annually for all CACFP participants. This training will be included in these Business Records trainings. For those of you that can't attend please go to [http://nydontraining.health.state.ny.us/civil\\_rights\\_frontline/](http://nydontraining.health.state.ny.us/civil_rights_frontline/) and review the information, print out the certificate and submit a copy to the Child Development Council.

Cost: Free to CACFP participants sponsored by the Council OCFS Topics: 5

Cortland Office 5:30 pm to 9:30 pm

*Dixie Vaber, Child Care Specialist*

Caring for children in family or group family child care is a big responsibility. The health and safety of children in care is the highest priority for both the provider and for the NYS Office of Children and Family Services. This training is required to ensure that new providers are prepared for the demands of the job. The training is presented in four sessions and covers many topics including: Creating a Safe Environment, Developing Health Care Policies and Procedures, Planning for Emergencies, Diaper Changing, Cleaning and Sanitizing, Food Safety, and Your Role as a Mandated Reporter. This competency-based curriculum requires the successful completion of written and demonstration tests. The series also serves as a good refresher for experienced providers.

Cost: \$235 for the series

Rebate is available for new providers. EIP is available for registered/licensed providers. Call for information.

OCFS Topics: 2,4,5,6,7,8,9 CDA Topics: 1,4,5,6

## Free Pediatric and Adult CPR, First Aid & AED course

7/18/2015 Ithaca Office 9:00 am to 4:00 pm

9/12/2015 Cortland Office 9:00 am to 4:30 pm

*Julie Clark, CPR/1st Aid Trainer*

Pediatric and Adult CPR, First Aid and AED Training, provided by the National Safety Council per contract with OCFS. Certificate valid for 2 years. Training is free for all licensed and registered providers. All materials will be provided and attendees must provide their license or registration number. Attendees must pre-register – no walk-ins.

Cost: FREE OCFS Topics: 2, 4 CDA Topics: 1

## 9/16/2015 Risk Assessment and Outdoor Play

Cortland Office 6:00 pm to 8:00 pm

*Linda Grisel, Child Development Center UPK and Supervising Lead Teacher*

Did you know that a play environment can be too safe? In the past twenty years play spaces have been “sterilized.” Learn how children can gain necessary risk assessment and problem solving skills in these ultra safe spaces.

Suggestions on how to tweak your play space will be presented.

Cost: \$30 OCFS Topics: 1, 3, 4 CDA Topics: 1, 2, 3



**9/17/2015 What's Cooking in the CCE Kitchen?**

Ithaca Office 6:00 to 8:00 pm

*Judy Kern, CACFP Specialist, and Tina Snyder, Cornell Cooperative Extension*

Practice making healthy recipes that meet CACFP guidelines. This will be held at Cornell Cooperative Extension, 615 Willow Ave. Ithaca

Free to CACFP participants sponsored by the Council. If there is space, \$30 to all others. OCFS Topics 2, 3

**9/26/2015 MAT Self-Study**

Cortland Office 9:30 am to 3:30 pm

*Melody Scanlon, RN*

If you feel like you don't have enough time to get away from your program to take the MAT course, but you want to become approved to give medication, then the MAT Independent Study course is for you!

You can study all of the training materials on your own and at your own pace. When you feel you're ready, you'll only need to meet with a MAT trainer for a few hours to complete the testing. When you pass, you will get 8 training hours and a MAT certificate.

The MAT Participant Study Guide will walk you through the steps to complete Part One. You can print out the Study Guide from the website or follow it online. You must also watch all parts of the MAT Video and refer to the MAT Participant Materials (Handouts). All materials can be found at: <http://www.ecetp.pdp.albany.edu/mat.shtm>

**\*\*Testing will take place at the Child Development Council – Cortland Office.\*\***

Plan on arriving 15 minutes early to get registered. Bring a photo ID along with the name, address, telephone #, and license # of your program. Dress comfortably.

Cost: \$80 OCFS Topics: 2,4,7 CDA Topics: 1,6

**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 273-0259 for Tompkins or 753-0106 for Cortland or email [anne@childdevelopmentcouncil.org](mailto:anne@childdevelopmentcouncil.org)

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



## Child Care Training Conference

at Tompkins Cortland Community College (TC3) in Dryden

Saturday, September 26th

8:30 am to 4:00 pm

**GET 5 HOURS OF TRAINING CREDITS ON ONE DAY!**

To Be Announced : Keynote Speakers, Workshop Topics and Trainers, Price (lunch included)

Watch the Mail!



## 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, 111 Port Watson St, Cortland, NY 13045

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



### **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.

At Cortland Office the doors are always locked after 5:00 pm. To enter training please ring doorbell.

### **THE REMAINING VIDEO CONFERENCE DATES FOR 2015 ARE:**

- |            |  |
|------------|--|
| 9/3/2015   | Moving and Grooving in Your Child Care Program   |
| 10/22/2015 | Child Abuse and Maltreatment with a Focus on Understanding Brain Injury and Prevention |
| 11/19/2015 | Town Hall Meeting: Managing Challenging Behavior                                       |

For more information check the website: [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)

To register, complete the registration form found at [www.ecetp.pdp.albany.edu](http://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](http://www.ecetp.pdp.albany.edu) . If you have questions, please call ECETP at (518) 443-5940 or toll-free at (800) 295-9616.

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

## **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.



## **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



## 7 Outdoor Activities for Toddlers and Preschoolers

From: [www.whattoexpect.com](http://www.whattoexpect.com)

### Play caterpillar hopscotch.

Chances are your little one's already met — and fallen in love with — Eric Carle's *The Very Hungry Caterpillar*. With a little sidewalk chalk, the endlessly munching insect becomes the star of this sidewalk or driveway game. Start by drawing a large chalk circle, two or three feet across, with a face and antennae, then add ten or 20 more circles to create your jumbo-size caterpillar. Challenge your toddler to run from one end of the caterpillar to the other (a stopwatch makes the race even more exciting). Preschoolers can try bunny hopping or leaping from circle to circle, or even challenge themselves not to step on any chalk lines. Vary the color of the circles and this becomes a learning game as you encourage your critter to jump from red to blue to green.

### Wash 'n' dry.

Water adds instant fun to outdoor activities, so try this bucket-of-suds spectacular on the next warm day. Fill a pail with water, add a few drops of baby shampoo for tear-free suds, and throw in some clean sponges. Then let some toddlers or preschoolers clean up their rides: tricycles, bikes, ride-ons, and scooters. After the vehicles get sufficiently soaped up, help those munchkins turn on the hose for a rinse-down, then dry the fleet with old rags or towels. The perfect way to cap off the fun: a trike-and-bike parade around the block.

### Grow a mini-garden.

Introducing your little one to the wonders of nature is a wonderful way to stimulate his curiosity about the world. Plus, growing a plant will give your toddler or preschooler a huge sense of accomplishment. Getting started is easy: Just transplant already-thriving seedlings into pots filled with a bit of potting soil. Keep your veggies in these containers as they grow or plant them in the ground if you like. Either way, tomatoes, green beans, and basil are reliable, kid-friendly options; but feel free to check out what's growing at your local nursery, which is yet another fun outdoor activity to do with your tot!

### Hit the streets.

Time to branch out from your own backyard? Try this adventurous outdoor activity that gives kids a chance to choose the route. Start by drawing arrows (left, right, forward, backward) on index cards, then pack your cards and get going. When you come to a fork in the road, let your preschooler

choose a card to determine which way you head next. Along the way, play a guessing game by taking turns hypothesizing what you'll see on the next block: a black door, a bird's nest, a blue mailbox...you get the picture.

### Play bear.

Your cutie will love this outdoor take on pretend play: The Sneaky Bear game. Tell your tot to set out three objects (like a ball, a shovel, and a toy car) before "going to sleep" under a blanket. Then along comes the sneaky bear — you or another child — to steal one item. Once that object is safely hidden away, yell, "Wake up!" The sleepyhead has to figure out which item was stolen (and if you have more than two players, who was the bear). Take turns so everyone gets a chance to play at being a sneaky bear. If you like, add a search for the missing item to this tricky activity.

### Make monster bubbles.



What kid doesn't love bubbles? This outdoor activity takes the fun to a whole new level by mixing your own bubble solution. To start, add one cup of dishwashing soap (like Dawn) to a gallon of warm water. Adding an extra two to three tablespoons of glycerin, available at your local pharmacy, is the secret to super-big bubbles. Pour your concoction into a flat, rimmed tray, like a sheet-cake pan, and dip in a large DIY wand, made by bending a wire hanger into a loop. Teach your toddler to lift the wand slowly and walk backward to let loose a gigantic bubble. If you like, experiment with making different kinds of wands with straws, pipe cleaners, even fly swatters. And if you really want to go big, pour your solution into a wading pool and use a hula hoop to make monster-sized bubbles.

### Create an obstacle course.

Mastering large-motor skills, like running, jumping, kicking, and throwing, is an essential part of toddler and preschooler development, so this backyard obstacle course is just the ticket. Preschoolers can do a set of challenges: Kick a ball toward a fence, then jump on and off a step, hop one-footed along a garden path, and, finally, throw a tennis ball into a bucket. For the younger set, practice one simple activity at a time — like stepping in and out of a hula hoop on the ground — before moving onto the next easy feat. Once you've attracted a few friends and neighbors, turn the course into a relay race that'll get everyone's heart pumping.

## Healthy Fruit & Vegetable Summer Snack Ideas

Judy Kern, CACFP Specialist

### Cucumber Canoes

Slice a cucumber length-wise. Scoop out seeds.

Fill with cottage cheese. Cut into individual size “boats” and serve with carrot stick paddles.



### BLT Bites

Slice cherry tomatoes in half. Place a small piece of crisp bacon and small piece of lettuce between the halves. Secure with a toothpick. Serve.



### Watermelon Pops

Slice a seedless watermelon. Cut into triangle shaped pieces. Place a popsicle stick into the

rind. Freeze. Watermelon popsicles!



### Frozen Fruit Kabobs

Place assorted chunks of fruit on small skewers or toothpicks. Freeze. Some suggested fruit

are grapes, bananas, strawberries, kiwi, or peaches.

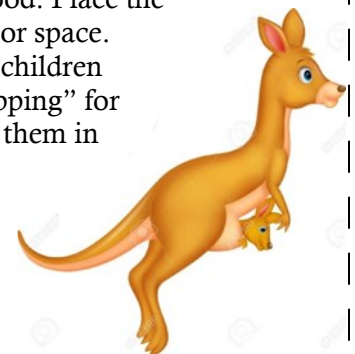


## Kangaroo Jump and Shop

from Diane Craft's Active Play Book

Equipment: 1 small paper “gift” bag for each child, thin ribbon, several sets of fruit and vegetable cards (can be homemade with seed catalog photos or computer graphics)

Instructions: Use the gift bags as small “kangaroo” pouches tied around the child’s waist with the ribbon. Talk about the fruits and vegetables on the cards and the importance of eating healthy food. Place the cards around the yard or outdoor space. Play lively music and have the children hop like kangaroos while “shopping” for healthy food cards and placing them in their bags. Follow up with a healthy snack of one of the fruits or vegetables from the activity.



## *Thank You for your Support in 2014*

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**We are grateful to those who support our efforts throughout the year. The listed individuals and organizations have helped the Council to provide its core services to children, families and the community. We appreciate the support of all of our contributors.**

**Any omissions are inadvertent.**

**To all, Thank You!**



## *Contributors of Clothing, Equipment, Toys and Other Items*

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Gregg Vorhis  
Nancy West  
YWCA Learning Adventure  
YWCA Nursery & School Age (Clayton Ave)



**child development council**

609 West Clinton Street

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## Meetings

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

July no meeting, August no meeting

September 16, 2015

University Cooperative Nursery School (59 Dart Dr., Ithaca)

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

July no meeting, August no meeting

September 8, 2015

### **Tompkins Center Directors, last Wed. @ 1:30pm Child Development Council, Ithaca**

July no meeting

August 26, 2015

September 30, 2015

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

## Events and Closings

We will be closed :

Labor Day      Monday, September 7

