

# Child Development Today

2016 volume 4, issue 1

The Newsletter of the Child Development Council

## Celebrating WEEK of the YOUNG CHILD



Did you know April 10-April 16 is the Week of the Young Child? The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. Join us as we celebrate our children in our community!

April 16, 2016. **KIDSVILLE!** Kidsville is the place where Cortland County comes together with hands-on fun and information about young children and their families. Kidsville is FREE and Open to the Public.

The Child Development Council is also planning Children's Artwork Displays around the county during the Week of the Young Child. Stay tuned for locations.

**Calling all Group Family Day Care Owners!** Want to network with other providers in Cortland and Tompkins Counties? Want to exchange ideas, tips, share stories, or just find out what other providers are doing? Join us for our first Group Family Day Care Network meeting at the Child Development Council Ithaca Office on March 24th from 6-8 pm. Council staff will share news and highlight current regulation information. If you have a specific agenda topic, please send it to [darcy@childdevelopmentcouncil.org](mailto:darcy@childdevelopmentcouncil.org). Feel free to bring dinner. Dessert, tea and coffee will be provided.



## 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.

February • March • April

## From the Editor

I think we have all been in this situation more than once: we are trying to get a group of children (or even adults) to pose for a group picture. It's kind of like herding cats! In this case I had dressed my church school kids up for the traditional Christmas picture, with two very active "angels."

I had taken several shots, but it was hard to get a good picture of everyone. The "angels" were begging me, "can we take a silly picture? Please?" So I told them, one more serious shot and then a silly picture. I got my serious shot, and then several silly ones and called it a day.

When I went to turn the pictures into Christmas cards I was looking for one to go with the caption "Joy!" What did I find, but a blurred picture of the "angels" in motion and a big smile on "Mary's" face!

It made me think about the idea of joy. It is more than just happiness or satisfaction. It is overwhelming and overflowing and it quickly spreads from one person to another. Joy can be noisy and messy. It can be disorderly and spontaneous. There is the quiet joy inspired by a sleeping baby, and the kinetic joy of running down a hill with arms spread wide.

I don't think anyone could exist in a state of perpetual joy. It would be too intense. But neither can we live without joy. As people who work with children, we are blessed with many everyday encounters with joy. Experiencing joy is one of those things that children often do better than adults, so we have much to learn from them.

Joy is spontaneous. It can't be written into a lesson plan or placed on a daily schedule. But joy *can* happen when a child finally gets those scissors to cut that paper in half! Joy can happen when we achieve a long-sought goal.

Joy is more about giving than getting. When you accept the dandelion a child offers you, her eyes light up with joy. When a child hugs his friend, the joy bounces back and forth between them. Sharing toys and giving surprises are all opportunities for joy. Learning to give and receive graciously will bring life-long joy.

And let's not forget the joy of just letting go and being silly! Yelling out loud, stomping in mud, running in circles until you fall down! Look at the chaos in your room. If it is hurtful or disturbing, it needs to stop, but if it is happy chaos, it could be joy waiting to happen!

*Anne A. Withers*

Editor



## Staff

### Administration

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Chris Gratz, Referral and Outreach Specialist  
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Anne Withers, CCRR Director, Cortland Office

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Molly McGriff, Child Care Specialist (R & I/SACC)  
Barb Mechalke, Child Care Specialist (TA/QAC)  
Ann Turcsik, Child Care Specialist (LE)  
Jessica Custer-Bindel, Child Care Specialist (R & I)  
Darcy Hermann Raponi, CCSS Director

### Family Services (TP3/FSS)

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Center  
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County  
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Seth Thompson  
Director, Multicultural Services and Peer Mentors, TC3

## Our Early Childhood Community

A blurb from Aspen Grove Group Family Day Care:  
Throughout the month of November we focused on an exciting unit: Food! We talked about foods that are good for our bodies, go foods, and foods that are not so good for our bodies, slow foods, and how they feel and affect us. This led us to talking about what foods our bodies need and how some bodies are different than others. We used many my plate resources and ended up creating a large collage of our community my plate, photographed here. Also, each child got to create an individual and personalized my plate, bringing in their favorite of each food group. Each day at snack and lunch we would talk about the different foods we had and where on our my plate they belonged. Soon enough, the children were excitedly yelling "I have grains and proteins in my lunch!!".

Furthermore, We started serving our snacks in family style, allowing each student to serve him or herself, gauging how much of each food their body wanted. This resulted in the children eating more balanced proportions and us producing a lot less waste as a community!

We concluded with talking about the significance of eating different colors, textures, smells, and tastes and decided to make a "Food Rainbow". Every day we highlighted the importance of eating different colored fruits and veggies, which each do something different for our bodies. The rainbow too has been photographed.

Our students have become extremely excited about their health and how their food can aid or inhibit this. Parents have brought back inspiring stories of healthy food conversation during meals and a healthy food wave has taken over Aspen Grove!

Thank you, Child Development Council, for your fun and inspiring resources!!!



**Thank you Aspen Grove,  
for sharing your activities!**



# Training Calendar

## February- April 2016

### 2/3/2016 How Money Works

**Cortland Office 6 pm to 7 pm**

*Emily Gilmore, Primerica District Manager and Tina Solomon, Primerica Regional Manager*

There are three root causes of the financial problems most families face. They are:

**Failure to plan    Being uninformed    Being misinformed**

Attend this informative and enjoyable workshop and learn about the following:

Do you know the Rule of 72? **(You'd better!)**

What are **mutual funds**?

The **3 Ds** of successful investing

Are you **paying off your debt** in the best possible manner?

**Credit card traps** exposed

Do you know how your life insurance policy **really** works?

These topics, once understood and applied, can have an incredible impact on your personal finances.

**Cost: FREE – Dinner will be provided    OCFS Topic: 5**

### 2/10 and 2/17/2016 Cavity Free Kids

**Ithaca Office 6 pm to 8 pm**

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

This program includes a 4 hour training, training and activities binder, toothbrushes, and other supplies. Please call Judy Kern at 607-273-0259 for more information.

**Cost: FREE (Must attend both sessions)    OCFS Topics: 1,2,3**

### 3/2/2016 Breast Feeding Friendly Child Care Homes (CACFP)

**Ithaca Office 6 pm to 8 pm**

Presenter: Tina Snyder, Breast Feeding Consultant from Cornell Cooperative Extension

Learn how to support your child care families who breast feed. As a bonus, your program can be listed on the state website and in your referral information as a Breast Feeding Friendly program. NOTE: For those who certified as Breast Feeding Friendly two years ago, it is now time to renew your certification. This workshop is open to all providers; however for non-CACFP providers, it is for information purposes only.

**No cost to Council-sponsored CACFP home providers; others pay \$30.00 per person (discounts may apply). OCFS Topics: 2,4,5**

### 3/5/2016 Pediatric and Adult Cardiopulmonary Resuscitation and First Aid(CPR/FA)

**Ithaca 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. All materials will be provided and attendees must provide their license or registration number. Attendees must pre-register – no walk-ins. There will be a lunch break, participants may bring their lunch or leave the site for lunch.

**Cost: \$45    OCFS Topics: 2, 4**

### 3/9/2016 Fine Motor Skills for Preschoolers

**Cortland Office 6 pm to 8 pm**

You've heard of the ABCs and 123s of preschool, but do you know about the rips, snips and rolls of preschool? Having strong fine motor skills will help children as they begin the tricky process of learning how to write. Enjoy learning more about the process of fine motor development at this MAKE and TAKE WORKSHOP.

**Cost: \$30    OCFS Topics: 1,3    CDA Topics: 8,2**

**3/10/2016 Provider Roundtable - Statutes and Regulations**

**Ithaca Office 6 pm to 8 pm**

Presenter: Molly McGriff, Child Care Specialist and Registrar

A roundtable is an informal discussion group for home day care providers to network, exchange ideas, concerns and talk about your programs. It is suited for both Family (FDC) and Group Family Day Care (GFDC) providers. Additionally, Registrar Molly Mc Griff will walk you through an overview and brief history of the NYS OCFS regulations, clarify policies, and discuss resources for your programs. Bring your questions!

**No Fee OCFS Topics: 3,7**

**3/24/2016 Group Family Day Care Providers - First Quarterly Meeting**

**Ithaca Office 6 pm to 8 pm**

Facilitated by Darcy Hermann Raponi, Child Care Support Services Director

Please join us for the first network meeting of this group. All GFDC owners are invited to interact with others who also operate the same kind of business, and talk about things that are common to all.

Training credit will be given. Council staff will share news and highlight current regulation information.

If you have a specific agenda topic, please send it to [darcy@childdevelopmentcouncil.org](mailto:darcy@childdevelopmentcouncil.org). Feel free to bring your dinner. Dessert, tea and coffee will be provided.

**No Fee OCFS Topics: 3,5,7**

**4/19/2016 Changing Behavior in a Positive Way**

**Ithaca Office 6 pm to 8 pm**

Presenter: Jolie Ludwig, Infant Toddler Specialist from Family Enrichment Network

Infants and toddlers learn through their relationships. In this training caregivers will learn successful techniques to improve behaviors in your program. By providing positive guidance, as well as helping children make positive choices, negative behaviors will decrease. We will look at ways to create nurturing relationships with children to provide them a solid base to explore the world. Implementing conscious discipline in your daily routine is a good way to promote a positive climate and help children learn to solve problems as well.

**Cost: \$30 OCFS Topics: 1,3**

**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](mailto: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.

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

**THE VIDEO CONFERENCE DATES FOR 2016 ARE:**

**May 19**

**June 23**

**November 3**

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.

**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

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

## A good caregiver is...

### **Loving and Responsive**

One who hugs, rocks, cuddles, seeks eye contact and enjoys the child...who responds to the baby's smiles and emerging skills and interests...who finds ways to expand upon children's play to help them learn new skills...who is sociable and interested in children. One who talks with the baby about what they do and see... a playful partner who introduces new ideas, objects and games...who supports children in building relationships with other children and adults.

### **Respects the baby's individuality**

One who understands and nurtures babies' development...who recognizes the baby's personal rhythms, style, strengths and limitations...and tunes into these when planning the pace and time for eating, sleeping and playing...one who is comfortable accommodating to children's special needs or conditions.

### **Provides a stimulating and child-friendly environment**

An area that is clean and safe so babies can explore their surroundings...filled with interesting and stimulating things to explore...set up to promote learning through free play...changed regularly to accommodate the needs of growing infants and toddlers...organized to have distinct eating and diapering areas and set up to be comfortable and practical for adults, allowing them to focus on the children.

From <http://www.zerotothree.org/>

## 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



## Goodbye to Judy

For over eight years, Judy Kern has held the position of CACFP Specialist. She has worked with hundreds of providers who are engaged daily with feeding thousands of children in their home child care programs. Judy has brought lots to the CACFP program and kept on learning, too. She has especially enjoyed connecting with other nutrition professionals in the community and educating providers through many creative workshops that she developed. Judy is retiring from the Council this spring, and we know she will be enjoying her grandchildren and travelling to keep in touch with all her family members. We will miss her enthusiasm and team spirit, and are sure she will be welcomed wherever she goes next.





**child development council**

609 West Clinton Street  
Ithaca, NY 14850-5255



## Meetings

**Nursery School Directors, 3rd Wed. @ 1:00pm**  
**February 17**      **St. Paul's (Ithaca)**  
**March 16**      **East Ithaca Preschool**  
**April 20**      **Trumansburg Montessori**

**Center Directors, last Wed. @ 1:30pm**  
**Child Development Council (Ithaca)**  
**February 24**  
**March 30**  
**April 27**

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

**SACC Directors, 2nd Tues. @ 10:30am**  
**Child Development Council (Ithaca)**  
**February 9**  
**March 8**  
**April 12**  
**May 10**

**Group Family Day Care Meeting,**  
**Tuesday, March 24th, @ 6 pm**  
**Child Development Council (Ithaca)**

## Events and Closings

**We will be closed :**  
**President's Day      Monday, February 15**

