

Child Development Today

Winter 2022



Have your taxes prepared for free!

Let IRS certified volunteers prepare your taxes and answer your questions at no cost to you.

Alternatives Federal Credit Union's Free Tax Preparation Program helps eligible community members claim the credits they deserve without losing their refund to tax preparation fees.

We have tax sites across Tompkins, Cortland, and Schuyler Counties. Eligibility is determined by household income.

Our Free Tax Program will begin accepting appointments in late January. Please visit alternatives.org to learn more and see when our appointment window is open.

Strategies for Transitions

Use a timer. Show timer, "5 minutes of play then dinner."

Provide a verbal warning. "We'll finish this book, then go to bed."

Ask your child if they would like to **bring a transition object.**

"How about teddy bear rides with us in the car?"

Use first/then language. "First clean up your dishes, then we can play blocks together."

Use visual supports. Visual schedule, first/then cards.

Make the transition fun! If you need to leave, "We can skip."

Sing a silly or familiar song!

Give your child a job to do.

For more strategies go to challengingbehavior.org



Pear Quesadillas

Have you tried serving pears with cheese? Give it a try with this recipe from MyPlate. Sprinkle 1/8 cup shredded pepper jack cheese and 1/8 cup shredded mozzarella cheese on half of a whole grain-rich tortilla, along with 1/2 tablespoon dried basil and 1 tablespoon chopped onion. Top with canned pear half, sliced thinly. Fold the tortilla and brush each side with olive oil. Heat in a non-stick skillet until the cheese melts, about 2-3 minutes. One half of a quesadilla provides 1 oz equivalent grains and 1/2 oz meat alternate.



New Hats at the Child Development Council

Hello! My name is Melissa Perry and I am the new CEO at the Child Development Council. Previously, I was the Family Services Director at the Council and many years ago, I was a Family Child Care provider. I'm excited to have more interaction with those of you who are doing one of the most important jobs in the world- caring for our children!

Hello! My name is Kate Canino and I am the new CCR&R Director for Tompkins County. I have been working with CACFP and Stabilization Grant providers. I am looking forward to being a part of recruiting new providers and continuing to be a resource for current providers. My goal is that we all work together to provide a healthy, safe and fun learning environment for the children and families that we serve.



Training Calendar

January 2022- March 2022

Registering For & Attending Online Training:

1. You will need a working email address and device that runs Zoom. Please visit this website: <https://support.zoom.us/hc/en-us/categories/200101697> for instructions and system requirements for running Zoom on desktop and laptop computers as well as tablets and mobile devices.
2. Before your training you will receive an email with the link you will need to access the class.
3. When it's time for your training, click the link you received in your email. Please read and follow any prompts or instructions from Zoom. We recommend doing this 15 minutes prior to the start of your training; the instructor will be available to help during this time to ensure everyone can access the training.
4. We will mail training certificates to all attendees upon completion of the training.

Basics of Behavior

Tuesday, January 25, 2022- 6:00pm-8:00pm

In this training participants will be able to identify the NYS OCFS Regulations pertaining to behavior management. Together we will discuss the behaviors we see and how we can use preventative measure techniques.

Instructor: Lisa Potter

OCFS Categories: 1, 3, 5, 7

Challenges with Biting

Wednesday, February 9, 2022- 6:00pm-8:00pm

Why is a child biting? The answer is often "it depends". In this training participants will be able to examine reasons why children may be biting. Together we will design strategies to help prevent these biting occurrences. Participants will be able to implement a plan to work with families through the biting challenges.

Instructor: Lisa Potter

OCFS Categories: 1, 3, 4

Understanding Children's Behavior

Thursday, March 10, 2022- 6:00pm-8:00pm

In this training participants will be able to examine their own emotional reactions to children's behavior. Together we will develop a better understanding of our temperament as well as the temperament of children. All adding up to a better understanding of children's behavior and what they are trying to gain through their behavior.

Instructor: Lisa Potter

OCFS Categories: 1, 3



Registration Form

Help us keep your information up-to-date.

First Name: _____ Last Name: _____

Check one: Information has not changed since last registration Information has changed

Mailing Address: _____

Phone: _____ Email: _____

Current Employer: _____

Date	Name of Training

Early registration is highly recommended for all trainings.

Registration is not complete until a registration form is received.

If the Council cancels a training due to unforeseen circumstance,
we will make every effort to contact those who have been registered.

Key to OCFS topic areas:

- 1- principles of childhood development
- 2- nutrition and health needs of infants and children
- 3- child day care program development
- 4- safety and security procedures
- 5- business record maintenance and management
- 6- child abuse and maltreatment identification and prevention
- 7- statutes and regulations pertaining to child day care
- 8- statutes and regulations pertaining to child abuse and maltreatment
- 9- education and information on the identification, diagnosis and prevention of shaken baby syndrome
- 10- adverse childhood experiences, focused on understanding trauma and on nurturing resiliency

To register for training contact Lisa Potter at (607)280-3128 or
lisa@childdevelopmentcouncil.org

Or mail completed form to:

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

OR

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

609 West Clinton Street Ithaca, NY 14850 * 100 Grange Place Cortland, NY 13045
www.childdevelopmentcouncil.org * info@childdevelopmentcouncil.org * (607)273-0259