



# Child Development *Today*

Spring 2022

## Child Care Deserts Grant Opportunity

The NYS Office of Children and Family Services is offering a grant opportunity to help open **NEW** child care programs in your region! Child care deserts are areas that do not have enough licensed and registered child care slots to serve the children who live there.

This grant hopes to address child care deserts across our state by offering \$100 million in funding to help build child care in the areas of New York with the least supply.

Is someone you know interested in opening a child care program?  
Contact Barb at 607-273-0259 x 127



[ocfs.ny.gov/programs/childcare/deserts/](https://ocfs.ny.gov/programs/childcare/deserts/)

## In Person Training

We are excited to announce that we will be offering in person trainings this spring in both Cortland and Ithaca! We do want you to be aware that depending on the COVID-19 restrictions in our area, trainings scheduled to be in person at our Cortland or Ithaca office may be moved online via Zoom. If this happens, participants will be notified as soon as possible to let them know about the change.

We will continue to offer training opportunities online through Zoom for those who prefer distance learning.

If you have any questions about in-person training or accessing our online trainings, please give us a call.

## CACFP Recipe

### Cheeseburger Biscuit Cups

Kid-approved and family favorite with refrigerated biscuits topped with Velveeta cheese and ground beef cheeseburger mixture.

#### Ingredients

- ❖ 1 lb. ground beef
- ❖ 1/2 cup ketchup
- ❖ 2 tablespoons light brown sugar
- ❖ 1 tablespoon yellow mustard
- ❖ 1 teaspoon Worcestershire sauce
- ❖ 2 tubes (6 oz each) refrigerated biscuits
- ❖ 4 oz Velveeta cheese cubed small



#### Directions

1. Heat oven to 400°. Prepare a 12-cup muffin pan and spray 10 of the muffin cups with cooking spray. Set aside.
2. In a skillet pan, over medium-high heat, cook and crumble ground beef until no longer pink. Drain.
3. Add the ketchup, brown sugar, mustard, and Worcestershire sauce. Stir to combine. Turn heat to LOW and let simmer while you prepare the muffin cups.
4. Take one biscuit and smush it out to make a large, flat circle shape.
5. Press it into a muffin cup. Repeat with remaining biscuits.
6. Place 2 cubes of Velveeta cheese into each biscuit cup. Top with a large scoop of the cheeseburger mixture (fill to the top of the biscuit) and then place 2 more Velveeta cheese cubes on top of each biscuit cup.
7. Cook for 13-15 minutes or until biscuit cups are golden brown on top and cooked through.
8. Let cool for about 5 minutes in the muffin pan and then serve.

Interested in receiving reimbursements for serving nutritious meals and snacks to the children in your care?  
Interested in training and other resources free of cost?  
Call us and ask about CACFP!

# Self-Care for Child Care Providers

When children engage in behavior that pushes your buttons, it is important to be intentional in how you respond. By being calm, you will be able to objectively observe the child's behavior and think about what the behavior is communicating. Below are strategies that you might use when a child's behavior pushes your buttons:

## **Before Your Buttons Are Pushed**

- ❖ How can I respond when the child starts pushing my buttons?
- ❖ How can I take care of myself and still support the child?
- ❖ Can I make changes in the environment to support the child and decrease the challenging behavior?
  - ❖ Have I provided individual supports for the child?
  - ❖ What activities does the child particularly enjoy?
  - ❖ What helps the child calm down?
  - ❖ What helps the child feel safe and secure?
  - ❖ Have I taught strategies to help the child calm down?



## **While Your Buttons are Being Pushed**

- ❖ Pause and take a deep breath
- ❖ Breathe slowly and deeply
- ❖ Focus on breathing. Notice your breath, try counting while you breathe
- ❖ Step back (not away)
- ❖ Use positive self-talk: "I've got this!"
- ❖ Help the child use their preferred way to calm down
- ❖ Tag in a colleague to help support the child if you need a break

## **After the Button-Pushing Behavior has Ended**

- ❖ Take time to breathe!
- ❖ Reflect
  - ❖ Identify your emotions.
  - ❖ What was the child trying to tell you?
- ❖ Collaborate and connect. Find a colleague to check in with and reflect.
- ❖ Find positive ways to re-connect with the child to strengthen your relationship.

For more strategies go to [challengingbehavior.org](http://challengingbehavior.org)





# Training Calendar

## April 2022-June 2022

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

#### **Pediatric and Adult CPR, First Aid & AED Renewal Course- COST \$50.00**

**Wednesday, April 6, 2022- 5:00pm-9:00pm**

This course will renew your ability to prepare for and recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat/cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Participants who successfully complete this course will receive a certificate for the National Safety Council Adult and Pediatric First Aid/CPR/AED valid for two years. All materials will be provided.

**Instructor: Julie Henry**

**OCFS Categories: 2, 4**

**Location: Cortland Office**

**CPR/First Aid Trainer, National Safety Council**

#### **Pediatric and Adult CPR, First Aid & AED - COST \$50.00**

**Saturday, May 14, 2022- 9:00am-4:30pm (tentatively ending at this time)**

This course will prepare you to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat/cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Participants who successfully complete this course will receive a certificate for the National Safety Council Adult and Pediatric First Aid/CPR/AED valid for two years. All materials will be provided.

**Instructor: Julie Henry**

**OCFS Categories: 2, 4**

**Location: Ithaca Office**

**CPR/First Aid Trainer, National Safety Council**

#### **Pediatric and Adult CPR, First Aid & AED Renewal Course- COST \$50.00**

**Tuesday, June 14, 2022- 5:00pm-9:00pm**

This course will renew your ability to prepare for and recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat/cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Participants who successfully complete this

course will receive a certificate for the National Safety Council Adult and Pediatric First Aid/CPR/AED valid for two years. All materials will be provided.

**Instructor: Julie Henry**

**OCFS Categories: 2, 4**

**Location: Ithaca Office**

**CPR/First Aid Trainer, National Safety Council**

## Online Training

### Communicating with Families

**Tuesday, April 19, 2022- 6:00pm-8:00pm**

In this training participants will be able to implement strategies for communicating with families and examine the ethical issues that can occur in these situations. Participants will recognize the importance of keeping family information confidential.

**Instructor: Lisa Potter**

**OCFS Categories: 3, 4, 7**

**Location: Zoom**

## In Person Training

### Mindfulness Matters in Family and Group Family Child Care Programs

**Tuesday, April 26, 2022- 6:00pm-8:00pm**

During this training we will be discussing transitions from meals, snacks, play and rest. Introducing yoga, breathing exercises, and mindfulness can help bring focus and calmness to your child care environment. (Counts towards CACFP training requirement.)

**Instructor: Susan Sopp**

**OCFS Categories: 2, 3**

**Location: Cortland Office**

### Supervision of Children

**Wednesday, May 25, 2022- 6:00pm-8:00pm**

In this training participants will be able to examine the Supervision section of the OCFS Regulations and implement positive supervision practices by working through scenarios. Together we will assess the supervision practices in our child care programs.

**Instructor: Lisa Potter**

**OCFS Categories: 3, 4, 7**

**Location: Ithaca Office**

### Outdoor Play

**Thursday, June 23, 2022- 6:00pm-8:00pm**

In this training, participants will be able to develop opportunities for outdoor play activities in their child care program. Together we will spend hands on time with a variety of materials. Participants will be able to identify and implement a safety checklist to use in their programs outdoor play.

**Instructor: Lisa Potter**

**OCFS Categories: 1, 3, 4**

**Location: Cortland Office**

### COMING SOON!!

Creative Gardening in Small Spaces

With Tina M. Snyder, Nutrition Program Educator at Cornell Cooperative Extension

Contact Ruth Williams, CACFP Specialist, with questions.

# Registration Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Current Employer: \_\_\_\_\_

Date	Time	Location	Name of Training	COST
4/6/22	5:00pm-9:00pm	Cortland	Pediatric and Adult CPR, First Aid & AED Renewal Course	\$50.00
5/14/22	9:00am-4:30pm	Ithaca	Infant/Child/Adult CPR/First Aid/AED	\$50.00
6/14/22	5:00pm-9:00pm	Ithaca	Pediatric and Adult CPR, First Aid & AED Renewal Course	\$50.00
4/19/22	6:00pm-8:00pm	Zoom	Communicating with Families	Paid for by the Infant Toddler Program
4/26/22	6:00pm-8:00pm	Cortland	Mindful Connections In An Early Childhood Environment	Paid for by the CACFP Program
5/25/22	6:00pm-8:00pm	Ithaca	Supervision of Children	Paid for by the Infant Toddler Program
6/23/22	6:00pm-8:00pm	Cortland	Outdoor Play	Paid for by the Infant Toddler Program

Early registration is highly recommended for all trainings.

Registration is not complete until a registration form and payment are received.

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

To register for training:

call (607)273-0259

OR email a completed form to [training@childdevelopmentcouncil.org](mailto:training@childdevelopmentcouncil.org)

OR mail a completed form to and attend in person training at:

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

Child Development Council, 100 Grange Place Cortland, NY 13045

## 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

609 West Clinton Street Ithaca, NY 14850 \* 100 Grange Place Cortland, NY 13045  
[www.childdevelopmentcouncil.org](http://www.childdevelopmentcouncil.org) \* [info@childdevelopmentcouncil.org](mailto:info@childdevelopmentcouncil.org) \* (607)273-0259