



Winter 2023

Child Development Today



FDC/ GFDC Provider Roundtables Happening Monthly

Roundtable Gatherings are opportunities for providers to learn about resources available to support them in their child care business, and create a community between providers, strengthening relationships with others working within the field. These gatherings are opportunities for family and group family providers to brainstorm and share their ideas, challenges, advice, and recommendations that are specific to their modality of care.

The winter roundtables will be as follows:

Jan. 14th – Cortland Office: *Christine Duffy-Webb and Lesley Lawrence, from the Early Childhood Professional Development Institute, will be joining us to talk more about the resources they have to support child care providers.*

Feb. 11th- Lucy Rowell's House

Mar. 11th- Location TBD

*Please email Barb to RSVP, barb@childdevelopmentcouncil.org

**An email for each event will go out in advance with details for each gathering.

What's inside?

- Page 1- FDC/ GFDC Roundtables
- Page 2- CACFP Recipe
- Page 3- Calm Down Area Tip Sheet
- Page 4- Winter 2023 Training Calendar
- Page 5- Meet some of our Staff



HOW TO CONTACT US

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Minestrone Soup

6 - 1 cup servings. 1 cup serving = CACFP creditable portion: ½ cup vegetable and .50 ounce meat alternate.

Directions

1. In the bottom of a large sauce pan, drizzle vegetable oil. Turn on the heat to medium high and immediately place all the fresh vegetables (except the dark green leafy greens) and a splash of water.
2. Sweat the vegetables until the onions are translucent. Stir frequently. About 15 minutes.
3. Add beef broth, tomato paste, spices, and herbs. Simmer for 10 minutes.
4. Add dry pasta. Simmer for 10 minutes, stirring occasionally.
5. Add the dark leafy greens and keep simmering for another 5-10 minutes.
6. Adjust seasoning if needed.

Serve with milk, a whole grain grilled cheese sandwich, and crunchy fruit such as an apple for a complete CACFP Creditable Lunch/Supper.

Ingredients

- Vegetable oil
- ½ cup diced fresh onions
- ¼ cup diced fresh carrots
- ¼ cup diced fresh celery
- ¼ cup minced fresh cabbage
- 2 oz fresh dark green leafy vegetable (spinach, destemmed kale, swiss chard)
- ½ cup diced fresh zucchini
- 3 cups of beef broth
- ¼ cup tomato paste
- 1 - 20 oz can of drained and rinsed beans (Great Northern, Kidney, or Chick Pea)
- Black Pepper to taste
- 2 finger pinch of salt
- ½ tsp dried oregano or 1 tsp fresh
- 2 Tsp Italian Seasoning
- 2 tsp Garlic Powder
- ½ tsp Onion Powder
- 1/3 cup of dried whole wheat elbow pasta
- Shredded Parmesan Cheese to garnish

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!



Taking a break: Using a Calm Down Area at Home

Why?

A calm down area provides a child a place to calm down and take a break. It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Tips for using

- ▶ **The calm down area is not used for punishment.**
- ▶ **Help children use the calm down area BEFORE they experience a meltdown or tantrum.**
- ▶ **While your child is in the calm down area, try to limit interactions and distractions.**
- ▶ **Check-in with your child once they are calm.**

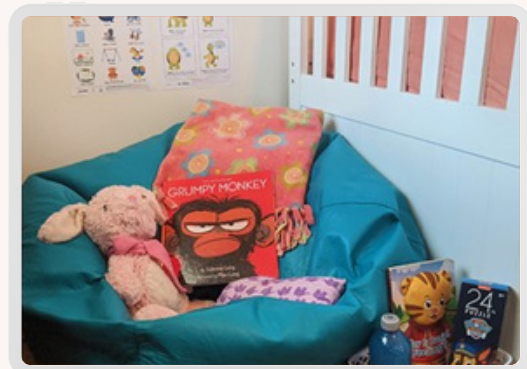
Information taken from **NCPMI**, *Taking a Break: Using a Calm Down Area at Home*

Where to start...

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that your child likes that are in a bedroom, or an area where you place a basket of calming toys.

Show your child that you have created a calm down area, and let your child know that they can use the area when they need to “feel better”. You might explain to your child that sometimes you go to a calm down spot that helps you feel better.

You might add a visual that helps the child take deep breaths. When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it.





Training Calendar January-March 2023

Online Training

Building Infant Toddler Communication Skills

Tuesday, January 31, 2023: 6:30pm- 8:30pm

In this training, participants will be able to discuss strategies to develop communication skills in infants and toddlers. We will be recognizing the importance of conversations with children, developing a plan to create a print-rich environment, and discussing how to make time for singing in our programs.

Instructor: Lisa Potter

OCFS Categories: 1, 3

Location: Zoom

Adverse Childhood Experiences (ACEs)

Thursday, February 16 , 2023: 6:30pm- 8:30pm

This training will give childcare providers a better understanding of Adverse Childhood Experiences (ACEs) and strategies that can be used in their programs to reduce the impact of ACEs.

Instructor: Lisa Potter

OCFS Categories: 1, 3, 10

Location: Zoom

Communicating with Families

Wednesday, March 22, 2022: 6:30pm- 8:30pm

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

The CACFP Nutrition Calendar and Best Practices

Tuesday, January 24 , 2023: 6:00 pm- 8:00 pm

This training will review the helpful tools and resources that the 2023 CACFP Nutrition Calendar Keeper has to offer. This includes CACFP Best Practices and Business Records. If you don't already have a 2023 CACFP Calendar you can get one at the training.

Instructor: Sue Sopp

OCFS Categories: 2, 5

Location: Cortland Office

Seed to Kitchen: Diversity and the CACFP Garden

Saturday, March 25 , 2023: 10:30- 12:30 PM

Learn about seed starting including activities for children. Plan your CACFP kitchen garden with varieties of vegetables and fruits and recipes development. Will address Food cultural competency. (vegan/vegetarian/and foods within indigenous cultures)

Instructor: Ruth Williams

OCFS Categories: 2 , 3

Location: Ithaca Office

To register for training: call (607)273-0259 or
email training@childdevelopmentcouncil.org

The Child Development Council is happy to offer convenient on-site training for child care programs. Our Team is available to travel to your program, or provide a Zoom link, and teach one of our many training workshops to your staff.

Meet some of our team



Meet our Child Care Specialist

Barb Mechalke

"I love visiting programs and spending time working with providers thinking about ways to make their space more functional by changing the lay-out or offering suggestions about learning materials that are a good fit for the ages of the children in care. I love being a support and brainstorming solutions for child care providers who work so hard caring for small children."

A random fact about Barb is that she loves bats.



Meet our Child Care Specialist

Erin Morris

"I work for the Child Development because childcare is a basic need for families. Contributing to increased access to childcare bolsters both family and community resiliency."

A random fact about Erin is she likes owls.



Current Child Development Council Team

Administrative:

Dara Gray
Diane Feldman
Margaret Tinker
Melissa Perry

Child Care Resource and Referral:

Ann Turcsik
Anne Withers
Barb Mechalke
Becky Howe
Darla VanOstrand
Dawn Thornton
Erin Morris
Joanie Slatoff
Lisa Potter
Ruth Williams
Sue Sopp
Vickie Mundy

Family Services:

Alexxis Strauf
Amanda Spaulding
Amy Riotto
Jessi Soto-Moyer
Lisa Drake
Malinda Rees
Michael Hoit

