

Child Development Today



SAVE THE DATE

For Playdate in the Park

June 14th, 4-7pm
Stewart Park
Ithaca, NY

& Kidsville

June 24th, 11am-1:30pm
Suggett Park
Cortland, NY

Free Carousel
Rides All Day

Free

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Playdate in the Park and Kidsville coming soon!

We hope to see you there!

HOW TO CONTACT US

- 📍 609 West Clinton Street, Ithaca, 14850
- 📍 100 Grange Place Rm 205, Cortland, 13045
- ☎ 607-273-0259
- ✉ Info@childdevelopmentcouncil.org
- 🌐 www.childdevelopmentcouncil.org
- 📘 Child Development Council
- 📷 [@child.development.council.cny](https://www.instagram.com/child.development.council.cny)
- ▶ Child Development Council of Central NY

Chicken Fajita

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

Directions

1. Combine chicken, and Mexican seasoning mix in a large bowl. Stir well. Cover tightly. Marinate chicken mixture in the refrigerator for 12-24 hours.
2. Spray medium saucepan lightly with a pan release spray. Heat saucepan to medium high heat and place marinated chicken in saucepan. Sauté uncovered for 5 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. Set aside for step 5.
3. In another medium saucepan, spray lightly with a pan release spray. Add peppers and onions. Sauté uncovered over medium-high heat until onions are cooked for 2-3 minutes. Set aside for step 5. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
4. In a third medium saucepan, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Combine marinated chicken, sautéed peppers and onions, and corn mixture in a large mixing bowl. Toss well.
6. Using a No. 8 scoop, portion ½ cup chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in half like a taco. Place 6 fajitas on baking dish (9" x 13" x 2"). Critical Control Point: Hold for hot service at 140 °F or higher.
7. Serve 1 fajita.

Ingredients

- 7 oz Chicken Strips
- 1 TBSP Mexican Seasoning
- 1/2 cup Red Bell Pepper, Sliced
- 1/2 Fresh Green Bell Peppers, Sliced
- 1/2 cup Fresh Onions, Sliced
- 1 1/4 cup Frozen Corn, Thawed, Drained
- 1/2 cup Canned Tomatoes No- Salt Added, Diced, Drained
- 1/2 cup Canned Low-Sodium Salsa
- 1 tsp Sugar
- 2 TSBP Canola Oil
- 1/4 tsp Paprika
- 1/4 cup Fresh Limes (1 Lime)
- 6 Whole Grain Tortillas (1 oz each)

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!



Teaching the Turtle Technique with Tucker the Turtle

This finger play can reinforce teaching the Turtle Technique to children. Sung to the tune of "Where is Thumbkin?"

Verse 1

Action

*Tucker Turtle, Tucker Turtle,
He's our Friend. He's Our Friend*

Hold hand fist with thumb on top. Cup other hand over the fist to form a turtle shell. Pop thumb out of shell.

When he gets angry or frustrated

Make an angry face.

He tucks in. He tucks in.

Tuck thumb into the turtle shell. Pop thumb out of shell.
Tuck thumb into the turtle shell.

Verse 2

Action

*Tucker Turtle, Tucker Turtle,
He tucks in. He tucks in.*

Pop thumb out of shell. Tuck thumb into the turtle shell.
Pop thumb out of shell. Tuck thumb into the turtle shell.

*Then takes 3 breaths,
Then takes 3 breaths,*

Pause and take 3 breaths with children, taking the time to breathe in through your nose and out through your mouth.

*To think, think think.
Think, think, think.*

Tap forehead with pointer finger to indicate thinking. Make turtle with hands again. Pop thumb out of shell.

Verse 3

Action

*Tucker Turtle, Tucker Turtle,
Think, think, thinks.
Think, think, thinks.*

Tap forehead with pointer finger to indicate thinking.

*He knows a better way,
He knows a better way,*

Open hand and tap fingers to side of forehead to indicate "knows".

*That Tucker can play
and what to say.*

Make turtle with hands again and then tap pointer finger to lips.



Training Calendar

April- June 2023

Online Training

Preparing for Transitions

Tuesday, April 25, 2023: 6:30pm- 8:30pm

In this training, participants will discuss the importance of working with children during times of transition. Together we will develop ways to help children and their families cope with transition throughout their day.

Instructor: Lisa Potter

OCFS Categories: 1, 3

Location: Zoom

Addressing Issues: Relations Between Families & Providers

Tuesday, May 23 , 2023: 6:30pm- 8:30pm

In this training, participants will examine the definition of protective urges and how they affect family and provider relationships. Together we will breakdown a four-step process for addressing issues that arise between providers and families.

Instructor: Lisa Potter

OCFS Categories: 1, 3

Location: Zoom

Diapering & Toilet Training Routines

Tuesday, June 20, 2023: 6:30pm- 8:30pm

In this training, participants will discuss the challenges and successes that come with toilet training. We will discuss readiness, potty training routines, and how to develop partnerships with families.

Instructor: Lisa Potter

OCFS Categories: 1, 2, 4

Location: Zoom

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 Our Team



Meet our CACFP Program Specialist Sue Sopp

"I enjoy working at the Child Development Council as a CACFP Program Specialist because I am passionate about supporting and promoting health and wellness in child care settings. Sharing knowledge with child care providers is rewarding and a continuous learning journey."

Some random facts about Sue is that she like peacocks, reassembling old jewelry and making it into something new, gardening, swimming, waterfalls and yoga.



Meet our Child Care Specialist Vickie Mundy

"I love working for an agency that allows me to give back to the community. I love that I'm able to not only help families find various types of child care, but let them know of the services that are out there to help pay for it. I also love visiting different types of programs and working with providers on ways to not only enhance their spaces, but their overall programs."

Some random facts about Vickie are that her youngest son refers to her as the Santa Claus for daycare providers, and she loves fishing.



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
Erin Morris
Joanie Slatoff
Lisa Potter
Ruth Williams
Sue Sopp
Vickie Mundy

Family Services:

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

