



# Child Development Today

## Why Oral Health Matters:



According to the American Dental Association, cavities are the most prevalent chronic disease of childhood. Oral health is a part of overall health.

Poor oral health can lead to pain, attention difficulties, delayed social development, sleep deprivation, poor nutrition and missed school days.

The good news is, tooth decay is almost entirely preventable and the Cavity Free Kids resources and training can help with promoting tooth decay prevention.

Cavity Free Kids is an oral health education training/resource designed for home visiting, Head Start, Early Head Start, child care, preschool and other learning programs, as well as for families to use at home.

If you would like resources or training on oral health please call Sue Sopp at the Child Development Council 607-753-0106 ext.302.

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## HOW TO CONTACT US

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- 📍 100 Grange Place Rm 205, Cortland, 13045
- ☎ 607-273-0259
- ✉ [Info@childdevelopmentcouncil.org](mailto:Info@childdevelopmentcouncil.org)
- 🌐 [www.childdevelopmentcouncil.org](http://www.childdevelopmentcouncil.org)
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# Charcuterie Board

*Try using charcuterie to serve some CACFP Creditable meals and snacks!*

## Some Information to keep in mind:

If you serve family-style meals, using a charcuterie board is a great way to display the colorful foods that your participants are about to eat! All you have to do is arrange your meal pattern components in a way that your participants can simply grab one grouping of each food item to fill their plate.

Here are some tips to get you started:

- Choose a large, sturdy cutting or serving board.
- Measure out your serving sizes before assembling the board.
- When arranging the board, make sure that different components are next to each other, so there is no confusion about which portion to take.
- Don't forget to have everyone wash their hands.
- Have fun! Try using the components to create lines, pockets for other components, curves, zig-zags and other shapes.

If you do not wish to use family-style dining, you can still create beautiful charcuterie plates! Either arrange these yourself or provide your participants with all their components and they can let their creativity flow.

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!

## Ideas to build your board

**Meats/Meat Alternates:** Turkey, ham, dried meats, cheese cubes, hard-boiled eggs, nuts, baked tofu, cooked giant beans

### Meal Pattern Reminders:

- Check the product formulation statement to determine how to credit deli meats (If serving size is 1 oz and PFS says there is 75% meat in the product, serve 1.33 oz to credit)
- Nuts and seeds may only credit for half of the meat alternate component at lunch and supper

**Grains:** Wheat crackers, pretzels, fish-shaped crackers, sliced baguette

### Meal Pattern Reminder:

- At least one serving of grains per day must be whole grain-rich

**Vegetables:** Carrots, cherry tomatoes, bell peppers, cucumbers, snap peas, radishes,

### Meal Pattern Reminder:

- Two different vegetables may be served at lunch and supper instead of a vegetable and a fruit

**Fruits:** Tangerine slices, berries, halved grapes, dates, apple slices, dried cranberries

### Meal Pattern Reminder:

- Dried fruits credit at twice the volume served (1/4 cup credits for 1/2 cup)

## Things That Will Help Me Stay Calm: Infants

Try to understand what my behavior is communicating.



Interact and play with me where I can see you.



Connect with me throughout the day:

- Talking
- Smiling
- Hugging
- Singing
- Holding
- Pausing to let me respond with a smile, action, or a sound.



Did that noise scare you?

The bunny in the book is smiling. He looks happy.

I'm feeling tired today.

Teach me about emotions by labeling them.

Provide a consistent routine for feeding, nap time and diaper changes.



Carry me (in arms) or carrier or let me sit safely at a level where I can interact with you.





# Training Calendar

## July-September 2023

### Online Training

#### ***Child Abuse and Maltreatment with Shaken Baby Syndrome***

**Wednesday, July 26, 2023: 6:30pm- 8:30pm**

In this training participants will be able to discuss their roles as mandated reporters and demonstrate how to document and make a call to the State Central Register. Together we will examine the physical and behavioral indicators of child abuse, maltreatment, and shaken baby syndrome.

**Instructor: Lisa Potter**

**OCFS Categories: 5, 6, 8, 9**

**Location: Zoom**

#### ***Basics of Behavior***

**Wednesday, August 16, 2023: 6:30pm- 8:30pm**

In this training, participants will be able to will 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**

**Location: Zoom**

#### ***Quality Environments in Child Care Programs***

**Wednesday, September 20, 2023: 6:30pm- 8:30pm**

This training will introduce participants to developmentally appropriate practice pertaining to classroom design and arrangement, and address barriers to successful classroom design.

**Instructor: Lisa Potter**

**OCFS Categories: 1, 3, 4, 7**

**Location: Zoom**

To register for training: call (607) 273-0259 or  
email [training@childdevelopmentcouncil.org](mailto: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 Child Care Specialist/ Registrar Alexxis Strauf

"I work for the Child Development Council because I am passionate about helping others and making things equitable for all, despite any barriers. Working for the Child Development Council means that I am able to be a part of our community and help in as many ways as possible!"

A random fact about Alexxis is that she played violin for 9 years.



## Meet our Administrative Coordinator Margaret Tinker

"I love working for the Child Development Council because child care is so important. I grew up in Ithaca and was a product of some great child care facilities, so making sure children in our community get quality care is near and dear to me."

A random fact about Margaret is that she loves and collects sneakers, she has about 15 pairs in her collection right now.



## Current Child Development Council Team

### Administrative:

Dara Gray  
Diane Feldman  
Margaret Tinker  
Melissa Perry

### Child Care Resource and Referral:

Alexxis Strauf  
Ann Turcsik  
Anne Withers  
Barb Mechalke  
Becky Howe  
Darla VanOstrand  
Joanie Slatoff  
Lisa Potter  
Ruth Williams  
Sue Sopp  
Vickie Mundy

### Family Services:

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

