



Child Development Today

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Fun Fall Sensory Bin

Here is my quick and easy recipe for creating sensory bins!

1. Pick a THEME!
2. Pick a Bin: How many kids will be playing? This determines your bin size. Some examples include plastic storage tubs, serving trays, cookie pan, big bowl, or dish tub.
3. Add your BASE FILLER. (ex. rice, beans, or oats)
4. Toss in your themed loose parts. Find themed items at the dollar store or big box stores (fall: leaves, pumpkins, apples, foam stickers, fake candy, hay, etc.)
5. Add tools for play! Think scoops, tongs, bowls, funnels, spoons, etc.

HELLO FALL!



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

Harvest Bake

12 servings of 1/4 cups

Instructions

1. *Combine all ingredients in a large bowl. Mix well.*
2. *Transfer to a baking dish sprayed with a pan release spray.*
3. *Bake in a preheated oven at 400F for about 25 minutes or until vegetables are soft and golden brown. Ovens vary.*

Ingredients

- 1/2lb Butternut Squash, peeled, cubed
- 1/2lb Beets, peeled, cubed
- 1/2lb Sweet Potato, peeled, cubed
- 2tsp Garlic, minced
- Olive oil, lightly drizzled
- 1 pinch- dried parsley



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!

Developing a Neutralizing Routine

Planning for how to address challenging behavior when it occurs is helpful to ensure your response does not escalate a behavior and limits implicit bias that might impact your decision-making. A neutralizing routine is a brief instructional response that neutralizes the effects of implicit bias on decision making. They help adults respond to the behavior in a productive and supportive manner that is aligned with their values. Below are some techniques to use when feeling overwhelmed with behaviors.

Pause-Ask-Respond

If you are agitated or stressed by the behavior, then P-A-R

- P** Pause and Reflect
- ▶ Take a deep breath.
 - ▶ Think about what happened before the behavior occurred.



- A** Ask
- ▶ What is this child trying to tell me?
 - ▶ Do they want something? Do they need something? What do I know about this child that will help me figure out the reason for the behavior?



- R** Respond
- ▶ When I respond, I ensure the child feels validated, listened to, understood, and safe.
 - ▶ I guide the child to use an appropriate alternative behavior.



TRY

When I feel stressed by behavior that pushes my buttons, I will...

- T** Take a deep breath.



- R** Reflect on my emotions and reflect on the meaning of the child's behavior.



- Y** I will think: "You got this. You can be calm to support the child to be calm."





Training Calendar

October-December 2024

Supervision of Children

Tuesday, October 29, 2024: 6:00-8:00pm

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: Zoom

Contracts and Policies in Child Care

Thursday, November 14, 2024: 6:00-8:00pm

In this training, participants will discuss the importance of having contracts and polices in their child care businesses.

Instructor: Lisa Potter

OCFS Categories: 5,7

Location: Cortland Office

Books, Storytelling, and Nursery Rhymes

Tuesday, November 19, 2024: 6:00-8:00pm

In this training, participants will discuss ways to create varied opportunities to develop vocabulary including storytelling, nursery rhymes, and books.

Instructor: Lisa Potter

OCFS Categories: 1, 3

Location: Zoom

Pediatric and Adult CPR, First Aid & AED

Saturday, November 23, 2024: 9:30am-4:30pm

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 certificate for the National Safety Council Adult and Pediatric First Aid/CPR/AED valid for two years. All materials will be provided. **Cost \$70.00.**

Instructor: Julie Henry

OCFS Categories: 2, 4

Location: Tompkins 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.



Training Calendar

October- December 2024 Part 2

Super Saturday: Flannel Boards

Saturday, December 7, 2024: 9:00-10:30am

In this hands-on training, participants will explore the use of flannel boards as a story telling prop. Participants will be able to make their own flannel boards.

Instructor: Lisa Potter

OCFS Categories: 1,3

Location: Tompkins Office

Super Saturday: It's Not Just Routine

Saturday, December 7, 2024: 10:45am-12:15pm

In this training, participants will be able to examine routine times in their day. Such as feeding, diapering, and napping. Together we will identify ways to build in learning and relationship building during these routines.

Instructor: Lisa Potter

OCFS Categories: 1,2, 3

Location: Tompkins Office

Strategies to Help Reduce Challenging Behavior

Thursday, December 17, 2024: 6:00-8:00pm

In this training, participants will be able to identify and apply strategies to use to help reduce challenging behaviors.

Instructor: Lisa Potter

OCFS Categories: 1,3

Location: Zoom



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Regulations Reminder!



Regulatory Standard for Supervision:

In recent months, the number of child care programs being cited for failure to provide competent supervision has risen dramatically. Here are some helpful strategies:

- Know the children in your care
- Stand in strategic positions
- On the move: keep consistent rules
- Transitions can be the trickiest: make sure your procedures are in place and cover those times
- Take attendance frequently



For more helpful tips and strategies visit the page below to view the Dear Provider Letter:

<https://ocfs.ny.gov/programs/childcare/provider-letters/2017/Dear-Provider-Oct2017.pdf>

Meet Our Team

Meet one of our CACFP Specialists

Ruth Williams

"I have worked with the Child and Adult Care Food program (CACFP) in many capacities for thirty years. I feel enthusiastic about the importance of gardens (plants in general), and to connect CACFP Providers with resources and information to engage children's wonder. As a parent who struggled, I value supporting food challenges with the core message that if you don't like a particular food you just haven't had it how you like it yet; so keep your sense of food adventure."

A random fact about Ruth, she loves to read, write short stories/poetry, and enjoys making her own extracts to cook with.



Current Child Development Council Team

Administrative:

Diane Feldman
Margaret Tinker
Melissa Perry
Michael Hoit

Child Care Resource and Referral:

Alexxis Strauf
Allison VanGalder
Ann Turcsik
Anne Withers
Barb Mechalke
Jessica Mazur
Joanie Slatoff
Lisa Potter
Ruth Williams
Sara Sandritter
Sue Sopp
Vickie Mundy- Hebert

Family Services:

Amy Riotto
Caleb Wright
Elizabeth Wolff
Jessi Soto-Moyer
Ken Cassano
Lisa Bowman
Lisa Drake
Malinda Rees
Sarah Kunz

