

Child Development Today

SAVE THE DATE!

For
**Playdate
in the Park**

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

&
Kidsville

August 8th, 4-7pm
Suggett Park
Cortland, NY

Free Carousel
Rides All Day!

Rain or
Shine!!

Free!

What's inside?

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Happy Spring!

**Mark your calendars for our
summer community
celebrations!**

Playdate in the Park in partnership with
the Ithaca Youth Bureau
June 4th at Stewart Park

Kidsville on August 8th at Suggett Park
A celebration of children and families. A gift
of appreciation to our incredible community.

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

Red Lentil Flatbread

8 +Servings

Instructions

1. *Mix all the ingredients in a bowl and soak for at least 1 hour or overnight covered in the refrigerator.*
2. *Blend the undrained mixture until you have a thick batter similar to pancake batter.*
3. *Heat up a frying pan or seasoned cast iron skillet with a small amount pan release spray. (Can be baked on a sheet pan as well and cut into 8 pieces.)*
4. *For each flatbread, spoon 1/4 cup batter into your frying pan.*
5. *Cook on medium high heat for 1-2 minutes until the surface has some bubbles.*
6. *Flip and cook for 1-2 minutes more until lightly brown on the underside and cooked all the way through.*

Serving Suggestion: Serve with Greek yogurt tzatziki, cucumbers, whole grain rich pita bread and orange slices.

Ingredients

- 1 cup dry red lentils
- 2 cups warm water
- ¼ tsp salt
- Spices and herbs of choice e.g. onion, garlic, curry, Italian seasoning, etc.

Prep time: 5 minutes

Soaking: At least 1 hour

Cook time about 15 minutes

Total time about 1 1/2 hours

Makes approximately 8 flatbreads

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!

Problem Solving Steps

When faced with conflict many young children have difficulty coming up with rational solutions. They act out in anger or with frustration for lack of a more appropriate way to deal with the situation. Children need to be specifically taught the problem solving steps, to be able to think of multiple alternative solutions, and to understand that solutions have consequences.



Teach steps by:

- Using role play during Circle Time
- Using puppets
- Keeping visuals of problem solving steps posted around the room
- Providing access to solution kits around the room

Solution Kit available at the site below

https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_solution-kit.pdf



Training Calendar April- June 2025

Adverse Childhood Experiences (ACEs)

Tuesday, April 22, 2025: 6:30-8:00pm

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

Managing Your Family/ Group Family Child Care Business

Tuesday, May 13, 2025: 6:30-8:00pm

In this training, participants will identify challenges they may face while managing a Family/Group Family Child Care Business. Time will also be spent celebrating the successes.

Instructor: Lisa Potter

OCFS Categories: 3,5

Location: Cortland Office

Creating a Safe and Healthy Environment

Tuesday, May 20, 2025: 6:30-8:00pm

This training will examine safety and health practices required in our child care programs. Participants will practice daily health checks, handwashing, diapering, and gloving. Participants will prepare for cleaning, sanitizing and disinfecting as well as procedures for a medical emergency.

Instructor: Lisa Potter

OCFS Categories: 2,3,4

Location: Zoom

Basics of Behavior

Tuesday, June 17, 2025: 6:30-8:00pm

In this training, participants will be able to 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: 1,3,7

Location: Zoom

Super Saturday: Serious Incidents & Reporting to the SCR

Saturday, June 28, 2025: 9:00-10:30am

In this training participants will be able to examine OCFS Regulations regarding serious incidents and when a child care program is required to notify families, their regulator, and the State Central Register of a serious incident occurring in their program.

Instructor: Lisa Potter

OCFS Categories: 4,5,7

Location: Ithaca Office

Super Saturday: Creating Art

Saturday, June 28, 2025: 10:30am-12:00pm

This training will focus on the difference between art activities that are adult directed verses art that is child led. Participants will get the opportunity to explore materials and create art.

Instructor: Lisa Potter

OCFS Categories: 1,3

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.

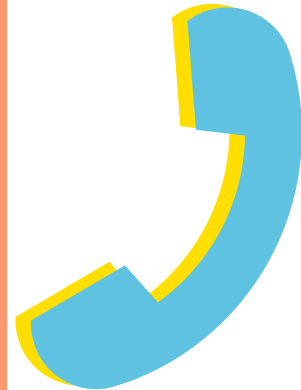
Regulations Reminder!



Mandated Reporter Training Reminder

In your professional role as child care provider you are a Mandated Reporter. Mandated reporters are required to report suspected child abuse or maltreatment when they are presented with reasonable cause.

To report suspected child abuse or maltreatment call the Mandated Reporter Hotline at (800) 635-1522



Meet Our Team

Meet our Chief Executive Officer

Melissa Perry

"I love working at the Child Development Council because it gives me an opportunity to interact with so many wonderful people- our team, board members, families, child care providers, community members, and policy makers- that all care about the wellbeing of children."

A random fact about Melissa is that she has traveled to ten countries and twenty states!



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
Elizabeth Wolff
Jessi Soto-Moyer
Ken Cassano
Lisa Bowman
Lisa Drake
Malinda Rees

