



# Child Development Today

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### Homemade Winter Playdough

- To make a simple no-cook playdough, combine 1 cup of flour, 1/2 cup of salt, 1 tablespoon of vegetable oil, and gradually add around 1/2 cup of warm water while mixing until a dough forms. Add a few drops of blue food coloring to the water to make ice playdough or leave natural for snow playdough. Knead until smooth.
- Try adding glitter to make your playdough shine!
- Store the playdough in an airtight container in the refrigerator to keep it fresh.

\*Playdough is not edible and is not safe for those with gluten intolerance/allergy.



## HOW TO CONTACT US

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## Lemon Chicken & Cinnamon Glazed Root Vegetables

4 Servings

### Instructions

#### *Cinnamon Glazed Roots Vegetables*

1. Preheat the oven to 400 degrees.
2. Combine vegetables in a medium mixing bowl and toss with olive oil to coat.
3. Spread vegetables on a baking sheet and bake for 20 minutes.
4. Stir vegetables and bake an additional 20 minutes until vegetables are tender (pierce easily with a fork) and are lightly browned.
5. Return vegetables to the mixing bowl and add margarine, cinnamon and brown sugar.
6. Toss until margarine is melted and vegetables are coated with cinnamon and sugar.

#### *Lemon Chicken*

1. Pound chicken to even thinness (about 1 inch).
2. Spray a large skillet with non-stick cooking spray, place over medium heat.
3. Add chicken to the skillet and squeeze juice of ½ the lemon over the chicken.
4. Sprinkle pepper, parsley and oregano over the chicken.
5. Cook for 5-10 minutes on each side. Temperature of the chicken should reach 165°.

Recipe from American Heart Association.org

### Ingredients

#### For Glazed Cinnamon Glazed Root Vegetables

- 1 small raw sweet potato (cut into 1-inch cubes, peeled if desired)
- 1/2 cup baby carrots (cut into 1-inch pieces)
- 1 small turnip (cut into 1-inch cubes)
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. light tub margarine
- 1/2 tsp. cinnamon
- 1 tsp. brown sugar

#### For Lemon Chicken

- non-stick Cooking spray
- 4 boneless, skinless chicken breasts (all visible fat discarded)
- 1 lemon
- 1/4 tsp. black pepper
- 1/2 tsp. dried parsley
- 1/2 tsp. dried oregano

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!

## Talking with Families about Challenging Behaviors Do's and Don'ts

### Do

- Begin the discussion by expressing concern about the child and wanting the child to feel supported in the child care program.
- Emphasize that your focus will be to help the child develop the skills needed to be successful in the child care program.
- Let the family know that your goal is to support the child.
- Ask the family if they have experienced similar situations and are concerned..
- Tell the family you want to work with them to help the child develop appropriate behavior and social skills.
- Tell the family about what is happening in the child care program, but only after the family understands that you are concerned about the child, not blaming the family.
- Offer to work with the family in the development of a behavior support plan that can be used at home and in the child care program.
- Stress that if you can work together, you are more likely to be successful in helping the child learn new skills.

### Don't

- Begin the discussion by indicating that the child's behavior is not tolerable.
- Ask the family if something has happened at home to cause the behavior.
- Indicate that the family should take action to resolve the problem at home.
- Initiate the conversation by listing the child's challenging behavior. Discussions about problem behavior should be framed as "the child is having a difficult time," rather than losing control.
- Leave it up to the family to manage problems at home; Develop a plan without inviting family participation.
- Let the family believe that the child needs more discipline (the child needs instruction and support).
- Minimize the importance of helping the family understand and implement positive behavior support.



# Training Calendar

## January- March 2025

### ***Emergency Preparedness***

**Thursday, January 23, 2025: 6:30-8:00pm**

Participants will discuss the OCFS paperwork that is required for emergency situations in daycare programs. Participants will examine ways to prepare for and react to emergencies when they occur.

**Instructor: Lisa Potter**

**OCFS Categories: 2,5**

**Location: Zoom**

### ***Marketing Your Child Care Business***

**Tuesday, February 11, 2025: 6:30-8:00pm**

In this training, participants will analyze the major elements needed in order to have a comprehensive child care marketing plan. Together we will utilize these elements and develop our own marketing plan.

**Instructor: Lisa Potter**

**OCFS Categories: 3,5**

**Location: Tompkins Office**

### ***Communicating with Families***

**Thursday, March 20, 2025: 6:30-8:00pm**

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**

**Location: Zoom**

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

**Tuesday, February 25, 2025: 6:30-8:00pm**

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**



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.

# Regulations Reminder!



## Prepare for the Weather and Outside Play

Snow brings an opportunity to enjoy outdoor winter activities, but also requires additional planning. Remember to check that:

- All paths of egress or means of escape are clear of snow and ice to avoid injuries from slips and falls.
- Children are dressed appropriately for the weather.
- Snow and icicles are cleared from the roof.
- Playground equipment is suitable for winter play.
- Children are competently supervised at all times.

## Meet Our Team



### Meet one of our CCR&R Program Directors

#### ***Ann Turcsik***

"Working at the Council has allowed me to support children and families in the community with resources and basic needs. It has been very fulfilling to see families and childcare providers succeed with the guidance and support from our staff and agency."

A random fact about Ann is that she loves being outdoors and Fall is her favorite time of the year.

## Current Child Development Council Team

### **Administrative:**

Diane Feldman  
Margaret Tinker  
Melissa Perry  
Michael Hoit  
Zach Moon

### **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

