



## Early Vision Screening

for children ages 6 months to 5 years of age

**One out of every four** children suffers from vision problems.

Many of these problems can lead to vision loss or blindness.

**Most problems can be treated IF they are caught by AGE FIVE!**

Most often a child's vision problem goes undetected by parents, teachers, and even pediatricians. The only way to tell if your child has an eye problem is to take them to an eye doctor.

To help determine if your child needs to see an eye doctor, Early Vision Screening provides free vision screenings at local child care centers.

Using a revolutionary vision screening device that photographs a child's eyes, Early Vision Screening can help detect refractive error (need for glasses), amblyopia (lazy eye), strabismus (crossed eyes), and more.

The screenings are noninvasive, quick, and easy. They literally take seconds! And their FREE!

**Call today for more information.  
Your child's vision depends on it!**



Early Vision Screening

(585) 327-5546

422 S. Clinton Avenue, Rochester, NY 14620

A program of Vision Wellness & Preventive Services at  
The Association for the Blind & Visually Impaired (ABVI)



# CHILD CARE COUNCIL

Your premier resource. Inc.

WE DO THAT!

## CARING MATTERS

June 2011 - Vol. 29 Issue 6



### Welcoming

### Expressive

### Beginnings



Child Care Council is pleased to welcome Expressive Beginnings to the Rochester Child Care community. Expressive Beginnings is located adjacent to the Pieters Family Life Center and is the newest business venture of Heritage Christian Services, a well known and admired multi-service agency serving the Greater Rochester community since 1984.

The center presents a new structural concept with its two, family centered, units each serving children from birth through pre-school along with a separate unit for Kindergarten and School Age care. The center's program features continuity of care for infants and toddlers and primary care for all age levels. Creative Reggio Emilia based curriculum will honor each child's unique abilities and talents. Center furnishings are provided by Community Playthings and playground equipment by Bears.

Child Care Council was pleased to have been contracted to provide its technical consulting services throughout the center's creation and development, working closely with the Heritage staff, architects and designers. These services are available to anyone starting or re-designing a child care facility or program. For more detailed information on the range of Child Care Council technical consulting services and staff contact information, please see page 11 of this newsletter.

**President Amy Fici \* CEO Barbara-Ann Mattle \* Editor Jennifer Weykman**

\*\*\*\*\* LOCATIONS \*\*\*\*\*

Main Office  
595 Blossom Rd. Suite 120  
Rochester, NY 14610-1825  
Phone: (585) 654-4720  
Fax: (585) 654-4721

Wayne County Branch Office  
510 West Union St., Suite 1  
Newark, NY 14513-9201  
Phone: (315) 331-5443  
Fax: (315) 331-5271

Livingston County Branch Office  
3513 Thomas Dr. Suite 4  
Lakeville, NY 14480-0670  
Phone: (585) 346-6050  
Fax: (585) 346-6058

# CCC Membership Benefits and Application

## Individual Membership—\$35.00/yr

### Benefits

- Loan privileges at the Early Childhood Professional Libraries
- My First Library for your own children between the ages of 6 weeks thru 5 years
- Free Notary Public Services
- Access to group rate Health and Dental Insurance
- Council Pin, Lanyard, Tote Bag or Cooler Beach Bag

## Child Care Center Staff Member, Registered Family Child Care Provider or Legally Exempt Child Care Provider Membership—\$50/yr

### All Benefits Above Plus

- 50% discount on Business Center Services
- 10% membership discount every Tuesday on Recycle Shop purchases
- Substantial member savings on Council offered classes and events

## Single Site Group Family Child Care Provider or Non-Child Care Organization Membership—\$75/yr

### All Benefits Above Plus

- Substantial member discount on in-service training at your location
- \$5.00 discount on individual staff memberships in the Child Care Council
- Substantial discount on Council classes and events for provider and assistants

## Child Care Center, Nursery School, School-Age, Multi-Site Group Family Child Care Membership

\$100.00/yr (1-10 staff members)      \$200.00/yr (21-30 staff members)  
 \$150.00/yr (11-20 staff members)      \$250.00/yr (31+ staff members)

### All Benefits Above Plus

- Substantial Discount on Individualized Training Program and In-Service Sessions
- All staff members eligible for substantial member savings on Council classes and events

## CCC Annual Membership Application

- Individual Membership (\$35)
- Center Staff Member Membership (\$50)
- Family Provider Membership (\$50)
- Single Site Group Family Child Care Membership (\$75)
- Non-Child Care Organization Membership (\$75)
- CACFP Family Provider (\$25)
- CACFP Group Provider (\$37.50)
- Center
  - Nursery School
  - School-Age
  - Multiple Site
  - Group Family
  - 1 - 10 Staff Members (\$100)
  - 21-30 Staff members (\$200)
  - 11-20 Staff members (\$150)
  - 31+ Staff members (\$250)

Mail form & payment to:  
 Child Care Council Membership  
 595 Blossom Road, Suite 120  
 Rochester, NY 14610

Membership Fees are non-refundable

Please  one

New Membership      Memb. # \_\_\_\_\_

Renewal Membership      # \_\_\_\_\_

Name \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Center Name \_\_\_\_\_ Center Phone ( ) \_\_\_\_\_

Center Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Total \$: \_\_\_\_\_ MC/Visa# \_\_\_\_\_ Exp. Date \_\_\_\_\_ V# \_\_\_\_\_

(3 digit # on back of credit card)

Amount Enclosed: \_\_\_\_\_ - Check # \_\_\_\_\_ Signature: \_\_\_\_\_

Please check one:     Council Pin     Lanyard     Tote Bag     Cooler Beach Bag



## News You Can Use

### Child Care Council Technical Consulting Services

Services include but are not limited to – building and program design, staff applicant screening, equipment selection, budget preparation, handbook design or review, accreditation and CDA preparation, and staff training.

For more information about these services please feel free to call – 585-654-4720

- For Child Care Center Buildings ask for Andrea McKenna or Barbara-Ann Mattle.
- For Child Care Center Programming ask for Andrea McKenna or Kristin Perrone.
- For Family Child Care Homes ask for Jennifer Duby.



### Chase Corporate Challenge events in Upstate to benefit early child care education

In an effort to raise awareness of the critical importance of educational programs from birth to age five, Chase Corporate Challenge events in Rochester (May 24), Buffalo (June 9) and Syracuse (June 21) will benefit not-for-profit organizations that support affordable, quality early care and education in their respective regions.

Child Care Council, Inc (Rochester), Child Care Resource Network (Buffalo) and Child Care Solutions (Syracuse) will each receive a donation from the JPMorgan Chase Foundation, on behalf of the Corporate Challenge. The donations are in partnership with Winning Beginning NY, a statewide early childhood education coalition. Child Care Council staff, board and family members will be participating in the race . To register, please visit

<http://www.jpmporganchasecc.com>. Hope to see you there! Look for more details and pictures of the event in future newsletters. In addition, visit our facebook page for current news and pictures of all of our events! <http://www.facebook.com/pages/Child-Care-Council-Inc/140064946010719>.



JPMorgan Chase & Co.  
 Corporate Challenge®

## Outdoors for the Summer!

By Peggy Grillo, Family Child Care Registrar

Summer is fast approaching, and children and providers will be spending more time outside. If you are one of the many providers who may not have your ground cover ready under the larger play equipment, keep in mind that there are so many other activities that can be done outside. Here are a few suggestions:



1. Children love some of the games of years ago because they often require the provider to participate, such as Red Light/Green Light (children move on green but must stop on red) and Simon Says. Cards with shapes, letters, or numbers can be laid out on the ground. Children can parade around them singing a song. When the song ends, each child can grab a card and then must name what is on the card. The children will appreciate getting so much attention from the provider and will be getting good physical exercise as well.
  2. Plant a garden with the children. Planting, caring for, and harvesting food, such as strawberries and sweet grape tomatoes, readily lends itself to lessons in team work and science.
  3. Remember that many activities that are done inside can just as well be done outside. Set up the easel outside. Bring books out and let the children read or do art activities on a blanket. Tie a rope between two trees and throw a blanket over it. Watch the children's imaginations run wild with their new fort! Your front porch may be perfect for a stage. Let the children dress up and use the porch for lots of dramatic fun.
  4. On the hottest days, the children can cool off with a sprinkler. Ketchup and mustard bottles that have been emptied and cleaned make great squirt guns.
- Use your own creativity to spark the creativity in each of your children and have a fun and safe summer!

## Sunscreen! Sunscreen! Sunscreen!

By Nicole Gardner, Infant Toddler Specialist ~ Child Care Consultant



Finally...there is sunshine in New York! The sun brings us the opportunity to spend more time outdoors and also the opportunity for exposure to the sun's harmful, ultraviolet rays. We all need to have sun exposure, but repeated unprotected exposure can cause skin damage, eye damage, immune system suppression, and skin cancer. So how can we protect ourselves? The answer is wearing proper clothing and using SUNSCREEN! Choosing the right sunscreen and knowing how to apply it correctly can be a daunting task. Here are some quick tips to help you stay healthy in the sun.

- ~ Choose a sunscreen that contains the words "broad-spectrum" on the label. This assures you that the product screens out both types of ultraviolet light: UVA and UVB.
- ~ SPF stands for Sun Protection Factor. Don't be fooled by the bottles that have a high number of SPF. A moderate SPF (12 SPF to 30 SPF) is appropriate for most people. The higher the SPF, the longer you can stay in the sun without burning. However, regardless of the SPF number, sunscreen should be reapplied at least every 2 hours and more frequently if your swimming or sweating.
- ~ A general rule of thumb is to apply about 1 ounce of sunscreen to all exposed parts of the body 15-30 minutes before going out in the sun. Then reapply generously.
- ~ Sunscreen is designed to stay good for up to three years. Throw out bottles that have expired, are older than three years, or have been exposed to high temperatures. Leaving sunscreen in the car may not be the best choice. If you are using the right amount of sunscreen, a bottle should not last longer than a year.
- ~ A baby under 6 months of age should not use sunscreen. Keep infants in the shade as much as possible.
- ~ Don't forget your eyes. Sunglasses block UVA and UVB too!



## The Know Place

Education Services Department

### Eco-Healthy Child Care

By Andrea McKenna, Education Specialist

High quality child care is the corner stone of Child Care Council, Inc’s mission. In an effort to enhance the quality of care in Monroe, Wayne, and Livingston counties Child Care Council offers **FREE** on-site technical assistance programs to all licensed child care modalities. This year, Child Care Council, Inc is focusing on teaching children how to be Eco-Healthy. **In order to be eligible for this program, you must attend one of Child Care Council, Inc’s Eco-Healthy trainings.** In partnership with NYS Pollution Prevention Institute through a grant from the NYS Department of Environment Conservation, Child Care Council, Inc has developed an onsite technical assistance program that encourages children to explore eco-healthy living. The activities include;

- ◆ Learning about the importance of recycling and what can and can’t be thrown in the recycling box.
- ◆ Using art materials that are homemade, non-toxic, and compostable.



- ◆ Washing fruits and vegetable so they are pesticide free.

- ◆ Reading The Earth Book, by Todd Parr.

Caregivers that participate in this program will receive **FREE** educational materials, a book, and a better understanding of environmental hazards and how to prevent them in their programs. For more information on how to participate in this program, call Child Care Council, Inc and ask about Eco-Healthy Child Care (585) 654-4720.



## Food For Thought

Nutrition Services Department

### National Dairy Month

By Jodi Holgado, CACFP Specialist

June is National Dairy Month. What an excellent reminder that we need to help kids maintain good eating habits to ensure their bones stay strong. Dairy products are the main sources of vitamin D and calcium for most children. Calcium needs vitamin D in order to be absorbed into the body and help develop strong bones.

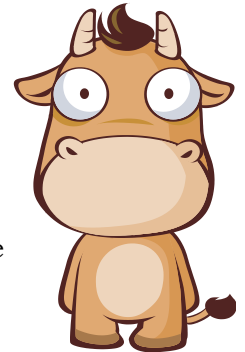
For many reasons, children do not get enough calcium in their diets. Perhaps the child does not care for milk, or maybe they are lactose intolerant, or on a vegan diet. Whatever the reason, it is necessary to help kids get enough calcium and vitamin D.

Dairy products are often very high in fat. Low-fat or fat-free is recommended for children over the age of 2 years. Children should be consuming 2-3 servings of dairy each day.

**For lactose intolerant children**, look for lactose free dairy products which are usually located in the same section as regular dairy products. Read the labels and make sure it says “lactose free”.

**For parents who have kids who don’t care for milk**, creative eating ideas will help to get enough calcium and vitamin D into their diets:

- Make hot meals like oatmeal and soups with low-fat or fat-free milk instead of water.
- Low fat yogurt goes great with some fresh fruit.
- Add a little low-fat cheese (1 ounce or 1 slice) to some scrambled eggs and wrap it in a whole grain tortilla.
- Kids love to dip! Try some veggies and a low-fat yogurt-based dip.



There are many calcium fortified foods including orange juice, and dark green, leafy vegetables.

Help your kids celebrate National Dairy Month by taking them to a farm to see the cows, or go see the Robotic Milking Machine at Springdale Farm in Spencerport, NY. It demonstrates the future of dairy farming; milking a cow without the help of a farmer!



## Quality Care in Legally Exempt

By Linda Lane, Legally Exempt Enrollment Specialist

Since July of 2006, the Child Care Council Inc., has reviewed more than 10,000 Legally Exempt enrollment applications in Monroe, Livingston and Wayne counties. The State mandated that providers previously known as “informal day care providers” become enrolled as Legally Exempt providers. It is the State’s intention to make all child care as safe as possible for our children. Caring for someone else’s children is a big responsibility. Child care providers play an important role in the lives of the children and families for whom they provide care. It is critical that the environment where the children are being cared for is healthy and safe. In accordance with the guidelines set down by the State, the Child Care Council Inc. is committed to provide both technical assistance and ongoing training for Legally Exempt providers. Technical assistance can be provided by phone or in person. Providers are encouraged to seek technical assistance in the application process for the best understanding of their responsibilities.

In addition to technical assistance, training classes are offered each month. The series is four classes long and covers many critical areas of the child care process. Classes include Business Regulations, Child care program development, Nutrition and health needs of infants and children (including information on Child and Adult Care Food Program), Shaken Baby Syndrome, Child Abuse and Maltreatment, and Safety and security procedures. While these classes are not mandatory, providers are encouraged to participate in these valuable classes. Not only are providers given invaluable information, they are also provided with a child care network. The experiences of other providers can provide life lessons that can not be learned from a book. Providers are encouraged to participate in class and to bring ideas to share with others. Many build relationships that last outside of the classroom experience.

We all work together to continue to provide the best possible care for our children. The implementation of the enrollment process and the offering of classes for Legally Exempt Providers are just the first steps in working towards quality care for all.



## Nurse Notes

Health Services

### Unwanted Medications: What Now?

By Joanne M. Buell, Health Care Specialist

Turning to medicines to prevent or restore our health is a common everyday occurrence. Often, our cabinets have half empty or expired medicines. As child care providers, unwanted medicine should be returned to the parents. But what do you do with medicines left by families who are no longer in your program?

In March 2009, passage of the New York Drug Management and Disposal Act prompted the “**Don’t Flush Your Drugs**” campaign to inform NYS residents on the proper disposal of unwanted drugs. Liquid drugs, pills or capsules should no longer be poured down the drain or flushed down toilets. Nationwide studies in 1999 and 2000 by the US Geological Survey group found low levels of medications (antibiotics, hormones, steroids and anti-depressants) in 80% of rivers and streams tested. Male fish had taken on female characteristic which affected the fertility and spawning of aquatic life. Additionally, fears arose that continued exposure to low levels of antibiotics may lead to increased evolution of drug-resistant microbes and bacteria. Even expired drugs can cause these results

Households are now encouraged to:

- Use a **Pharmaceutical Waste Collection site** which incinerates unwanted medicines. In Monroe County, collection schedules can be found under the “Household Hazardous Waste” section on the website: [www.monroecounty.gov](http://www.monroecounty.gov). Ask if controlled medicines are accepted.
- Pending collection dates, store all medicines in a secure place away from children and pets to prevent accidental and intentional misuse.
- Dispose in the household trash **ONLY** after separating the medication from the bottle and **mixing** the liquids or pills in water **and** an undesirable substance such as cat litter, coffee grounds, ashes, salt, or dirt **BUT NOT FOOD** which scavenging humans, pets, or wildlife could consume. **Do not crush medicines which can release harmful chemicals.** Place the mixture in a sealable bag, box or plastic tub and place in the trash as close to the trash pick-up day as possible.
- Preferably dispose of needles used to give medicines in a sealed puncture-proof container (like an empty bleach bottle) marked “Sharps” and take to a local hospital or pharmacy. You can dispose of “sharps” in the household trash if sealed, marked and in the proper container.

Resource: [www.dec.ny.gov](http://www.dec.ny.gov)

## "The Book Nook" Professional Library Book Review

By Staff Member: Wilma Colotti,  
Family Child Care Inspector

We are all assisted in our relationships, whether personal or professional, by seeing situations from the perspective of others. What this book aims to do, with the complex relationships that exist between child care providers and parents, is to help providers get a clearer idea of how child care feels to a parent.

Increasingly in child care, there is recognition of the importance of understanding the child in the context of family and culture, and of taking into account the preferences, values, needs, and wishes of parents. Looking at the child in context means acknowledging cultural background, and accepting the culture bound nature of what we know about child development and what we believe about best practice for children.

The author discusses the relationship between parent and caregiver as that of a partnership which includes the following characteristics: mutual respect, trust, sensitivity to the perspective of the other, ongoing open communication, common goals that are clear and agreed on, teamwork, recognition and valuing the unique contribution and strengths of the partner, and shared decision making. The author does a good job of letting a provider "step into" the shoes of a parent in particular situations that may occur during a typical child care visit. Sometimes the hustle and bustle of the day might make us forget to look at child care through the parents eyes. We must remember that a parent is the most important person in a child's life and looking at child care from each other's perspective can only strengthen the environment for children.

An additional reward is that the parents understand and respect the work you do and will be effective advocates for early childhood programs.

## THE RECYCLE SHOP ITEM OF THE MONTH IS:

*Assorted samples of laminate flooring  
Prices range from 50¢ to \$3.00 each depending on size*

## How Does it Feel? Child Care from a Parent's Perspective By Anne Stonehouse

## IMPORTANT INFORMATION

### 2011 EIP Applications

To apply on line, or download an application go to  
<http://www.ecetp.pdp.albany.edu/eip.shtm>.  
Call our office for assistance and to sign up for classes!

***A review of classes in June & July 2011. New items are in BOLD.***

*Classes are 6:30pm—9:00pm unless otherwise noted.*

#### Rochester Office:

6/1-Business Operations  
New Fam/Grp Fam Prov.  
6/1-MAT Independent  
Study Class 6pm-9pm  
6/4 & 11-MAT Training  
9am-2pm  
6/6 & 8-CPR  
6/7 & 9-Basic First Aid  
6:30pm—8:30pm  
6/7,9,14,16,21 & 23-  
Health and Safety  
6/14-Intensive Health  
Technical Assistance-  
FREE  
6/15-Childhood  
Psychological Disorders

6/15-Infant Toddler  
Parent Communication  
6/20-MAT Independent  
Study Class 6pm-9pm  
**6/22-What Did You Say?**  
**6/22-Nutrition Concepts  
Explored: Beyond  
CACFP**  
6/22-Know Your  
Regulations FCC/GFCC  
**6/27-Make Your Child  
Care an Eco-Healthy  
Child Care**  
6/28-Child Abuse 101  
6/28-Intro to Family  
Child Care 9:30am-Noon

#### Lakeville Office:

**6/2-Growing Goodness:  
Vegetables (FREE for  
Child Care Council  
CACFP Providers)**  
6/7 & 9-CPR  
6/14,16,21,23,28,30-  
Health & Safety

#### Newark Office:

**6/14-Growing Goodness:  
Vegetables (FREE for  
Child Care Council  
CACFP Providers)**  
6/7, 9 First Aid

#### Rochester Office:

7/6-CDA **68 Begins**-Call  
for information  
7/6,11,13,18,20,25-  
Health & Safety  
7/11,18,25 & 8/1,8,15-  
FCC/GFCC Child Care  
Registration Renewal  
Series  
7/11 & 13-Basic First Aid  
6:30pm-8:30pm  
7/12,14,19-MAT Training  
6pm-9pm  
7/12-Business Operations  
for New FCC/GFCC  
Providers  
7/13-Intro to Family Child  
Care 9:30am-Noon

7/13-Asthma Attack and  
Severe Allergic Reaction  
6:30pm-8:00pm  
7/14-Shaken Baby  
Syndrome: 101 & Then  
Some  
7/19 & 21-CPR  
7/19-The Quest for Quality  
Child Care  
7/20-Start date of 8 week  
series: How to Start and  
Operate a Child Care  
Center-Ends 9/7  
**7/21-Nutrition Concepts  
Explored: Beyond  
CACFP 6:30-9:30**

7/27-Know Your  
Regulations-Center  
7/28-Intro to Family Child  
Care

#### Lakeville Office:

7/28-Child Abuse 101

#### Newark Office:

7/12, 14,19,21,26,28-  
Health & Safety  
7/16 & 23-MAT Training  
Saturday-9am-2pm  
7/18 & 20-First Aid  
6:30pm-8:30pm

*See the Jan-June & July-Dec 2011 Course Calendars for more details and a full list of  
courses.*

***Courses are also listed on [www.childcarecouncil.com](http://www.childcarecouncil.com).***