



## News You Can Use

### New Materials Accepted by the Monroe County Recycling Center

#### Plastics #s 1-7

##### Acceptable Clean Plastic

- Bottles, jugs and jars (lids/caps removed)
- Tubs, pails, buckets, lids, caps
- Microwave food trays
- Durable/reusable containers and lids (i.e. -Tupperware)
- Plant pots/containers
- Broken laundry baskets/recycling bins
- Non-Styrofoam takeout "clamshells"
- Non-Styrofoam egg cartons
- Forks, knives and spoons
- "Blister" packaging from products
- CD jewel cases

##### Unacceptable Plastic

- Capped bottles, jugs and jars
- Styrofoam i.e. takeout "clamshells," egg cartons, cups
- Containers that held hazardous material (i.e. - pesticide, pool chemicals, antifreeze, motor oil, etc.)
- Prescription bottles
- Bioplastics
- Non-rinsed (dirty) items
- Plastic Bags/Product Wrap (return to store)

#### Metals

##### Acceptable Clean Metal Items

- EMPTY Steel/Tin Cans (including non-hazardous aerosol)
- EMPTY Aluminum Cans/Bottles
- Durable Kitchen Cookware (Pots, Pans & Lids)
- Non-Durable Aluminum Foil and Foilware (pie pans, roast pans, etc.)
- License Plates (should be cut in half or permanently defaced)
- Metal lids/caps (from glass bottles/jars)

##### Unacceptable Metal Items

- Utensils (knives, forks, ladles, etc.)
- Paint Cans, Propane Tanks, Hazardous Aerosol – See HHW
- Batteries
- Large Scrap Metal



**CHILD CARE COUNCIL**

Your premier resource. Inc.

WE DO THAT!

## CARING MATTERS

October 2011 - Vol. 29 Issue 10



*We invite you to attend the*

## *Grand Opening*

*of the new*

## *Wayne County office of Child Care Council, Inc.*

*510 West Union St. Suite 1*

*Newark, NY, 14513*

*Thursday, September 29, 2011*

*3:30pm-7:00pm*

##### Events:

- *Door Prizes-Receive one ticket for attending and one additional ticket for each guest you bring.*
- *Dedication and Ribbon Cutting*
- *Meet the staff*
- *Office Tour*
- *Operation Safe Child*  
*Fingerprinting and identification information sheets for children will be provided by the Wayne County Sheriff's office.*



**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  
\*Please note: This option is not available for non-child care organization memberships
- 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

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

### Rochester Public Market Now Accepts Electronics For Recycling To Benefit The Sunnking/Foodlink We-Cycle Donation Program

ROCHESTER, NY (September 7th, 2011) If you haven't been to the Rochester Public Market to shop around for the freshest produce and other unique foods in Rochester, here's yet another reason to swing by. Sunnking has teamed up with the Public Market to offer free and convenient electronics recycling on select Sundays throughout the year. For every pound of electronics that the Rochester Public Market collects, a monetary donation will be made to Foodlink courtesy of Sunnking's We-Cycle Donation Program. The first two electronics recycling Sunday's will take place from 8am-2pm at the Public Market on Sunday, September 18th and Sunday, October 16th. For future events, check the Sunnking event calendar ([www.sunnking.com/events](http://www.sunnking.com/events)) or ask the main office at the Rochester Public Market.

Residents in the area are encouraged to bring electronics such as laptops, desktops, computer accessories, TV's, monitors, audio/video equipment, mp3 players, communications equipment, servers & IT equipment, printers, scanners, copiers, fax machines, cell phones, PDA's, medical/lab equipment, and anything else with a circuit board or cord. Please do not bring items containing Freon (air conditioners, de-humidifiers, refrigerators etc.), gas powered equipment, or household hazardous waste.

All hard drives and private information will be securely wiped and destroyed in accordance with all HIPAA, FACTA, GLB and Sarbanes Oxley regulations as well as Sunnking's EPA R2 Certification. For more information regarding Sunnking's data security practices, visit [www.sunnking.com/data-destruction](http://www.sunnking.com/data-destruction).

For a list of acceptable materials for recycling, visit [www.sunnking.com/acceptable-materials](http://www.sunnking.com/acceptable-materials). If you have any questions regarding what you can/can't bring please email [info@sunnking.com](mailto:info@sunnking.com).

### About Sunnking, Inc.

Founded in 2000, Sunnking Inc. is New York States first EPA R2 Certified Electronics Recycling, Data Destruction, & Asset Management company dealing in end of life electronic equipment. Their facilities located in Buffalo, Rochester, and Brockport, NY, specialize in collecting, refurbishing, reselling, and recycling electronic products from residential and commercial suppliers throughout New York State and surrounding areas. For more information, visit [www.sunnking.com](http://www.sunnking.com).

### About The Rochester Public Market

For over a century the Market has been a link between the city, its countryside, and the region's farmers; and has been a source of diversity, character, community, and substantial contributions to the region's economy, ecology, and equity. Today, the market combines the traditions of owner-operated family enterprise, and healthful farm-fresh quality with the values of buying direct from the produce. For more information, visit <http://www.cityofrochester.gov/publicmarket/>.



## A Closer Look

Registration Services Department

### Halloween Safety Tips

By Jeff Pecoraro, Child Care Registrar

With Halloween coming up, I thought it would be beneficial to review some tips to ensure that trick-or-treating is an enjoyable day for everyone involved.

- Have an adult look over the treats to ensure they are safe for children to eat.
- Use reflective tape on costumes when out at night to make it easier to be seen by cars. Also use light colored bags with reflective tape on them.
- Make sure costumes are short enough to so children do not trip over them and fall.
- An adult or an older, responsible child should always be present with younger children.
- Use a sidewalk if one is available instead of walking in the road. The children should always be walking instead of running to the next house.
- If at all possible, use natural cosmetic masks instead of a loose fitting mask that may restrict or block a child's vision. If a mask is worn be sure that it fits securely and that the eyeholes are big enough see everything clearly.
- Choose costumes that have a flame resistant label. These costumes will resist burning and should go out quickly once they are removed from the cause of the flame.
- Children should only visit homes where the people are known and there is a light on outside the house to show that trick-or-treaters are welcome.
- Children should never enter homes or apartments unless an adult is present with them.
- Houses expecting trick-or-treaters should remove obstacles from areas where people will be walking on their property.
- Candlelit jack-o-lanterns should kept in places where costumes will not touch them. Jack-o-lanterns that are kept indoors should not be near curtains, decorations, or other items that are flammable.

Taken from [www.cpsc.gov/cpscpub/pubs/hallow.html](http://www.cpsc.gov/cpscpub/pubs/hallow.html)



## Family Focus

Business and Referral Services  
Department

### Bullying

By Renee Scholz, Referral Services Coordinator

October is Nationally Bullying Prevention Month. According to a survey by the American Academy of Child and Adolescent Psychiatry, as many as half of all children are bullied at some time during their school years, and at least 10% are bullied on a regular basis.

#### What Does Bullying Look Like?

- Verbal bullying involves name calling, derogatory labeling, making threats, rumors, gossip, obscenities, ridicule and cruel jokes.
- Emotional bullying may include spreading rumors, humiliation and embarrassment, glares and dirty looks, insulting remarks, excluding someone from a group (social rejection or isolation) and intimidation.
- Physical bullying is hitting, pushing, restraining, pinching, stealing or damaging or defacing belongings or other property
- Cyber-bullying is the use of internet and related technologies to harm other people in a deliberate, repeated, hostile manner. This can involve the use of cell phones, computers (Facebook, Twitter) and other electronic communication devices.

Children who are bullied experience real suffering that can interfere with their social and emotional development, as well as their school performance. Some warning signs to look for include the following:

- Recurrent complaints of physical symptoms such as stomachaches or headaches with no apparent cause
- Appears anxious and suffers from low self-esteem
- Experiences loss of appetite
- Has trouble sleeping and/or frequent bad dreams
- Appears sad, moody, teary when he/she comes home
- Seems afraid to go to school or take part in after school activities
- Child comes home with torn, damaged or missing clothes, books or belongings
- Has few friends, if any
- Unexplained cuts, bruises or scratches

Children who bully thrive on controlling or dominating others. They have often been the victims of bullying themselves and may be depressed, angry or upset about events at school or at home. Bullies often choose children who are passive, easily intimidated or have few friends. It is important that the bully gets help to learn about what is causing their behavior and develop a plan to stop the destructive behavior.

If you suspect your child is the victim of bullying it's important to respond in a positive and accepting manner. Let your child know it's not his/her fault.

Some suggestions include the following:

- Ask your child what he or she thinks should be done and what has been tried.
- Seek help from the child's teacher or guidance counselor.
- Don't encourage your child to fight back. Instead suggest that he/she try walking away or seek help from an adult.
- Help your child prepare for next time by practicing what to say to the bully.
- Help your child practice being assertive. Explain to your child that the bully wants to get a response.
- Encourage your child to be with friends when going to class, during lunch or recess. It is important to continue to communicate with your child and be cognizant of the warning signs of bullying. Address any concerns you may have to your child's school. Ask if they have a bullying prevention program and what supports they provide children. For further information on bullying the websites following websites offer helpful information. [www.stopbullying.gov/index.html](http://www.stopbullying.gov/index.html), <http://pbskids.org/itsmyle/friends/bullying>, [www.pacerkidsagainstbullying.org/](http://www.pacerkidsagainstbullying.org/)



## Teaching Children About the Weather Using the Multiple Intelligences

By Andrea McKenna, Education Specialist

Weather is often an area of great interest to children, especially here in our area, where we have such diverse and unpredictable weather patterns. Learning about the weather can be a rich and meaningful experience for children, and yet often in child care programs weather is reduced to a chart the children discuss briefly during circle time.

Charting weather isn't a bad thing, but it only speaks to one type of learner and therefore is not meaningful to all the children in the group. Recently there has been a lot of rain in our area, which may prompt children to question or comment on rain. This is a great opportunity to begin a lesson on rain. Below is a list of the seven intelligences and ideas of activities related to rain for each type of learner.

**Verbal/linguistic learners** are good at expressing themselves with words. They like to hear or make up stories or rhymes. Reading a story like, Down Comes the Rain by Franklyn Branley, or having the children tell a story about their experiences in the rain are great activities for these types of learners.

**Logical/mathematical learners** enjoy solving problems. They might enjoy numbers, counting, and are quick to find patterns. These children enjoy charting how many days in a week it rained, or measuring the rain fall.

**Visual/spatial learners** enjoy putting together puzzles or building with blocks and they often draw or paint well. These children might like to paint a picture of a rainy landscape.

**Bodily/Kinesthetic learners** often show signs of advanced physical coordination. These children might make up a rain dance or go puddle jumping after a rain shower.

**Musical/rhythmic learners** love to create and listen to music. Activities for this type of learner might be mimicking the sound of raindrops falling on a window sill by playing on a xylophone or singing a song about rain like, "It's Raining, It's Pouring."

**Interpersonal learners** enjoy working and playing with other children and often learn well in group settings. These children might enjoy talking about the rain during circle, or dressing up in rain clothes in the dramatic play area.

**Intrapersonal learners** prefer to play alone. This child might enjoy watching the rain from a quiet cozy area in the classroom or looking at books about rain.

You have many different types of learners in your child care program so it is important to plan or facilitate activities that appeal to all different types of learners.

**For more information on the multiple intelligences, read Howard Gardner's book, Frames of Mind, The Theory of Multiple Intelligences.**



## Body Benefits of Brown Rice

By: Jennifer Mehlenbacher, Food Program Specialist

Have you tried brown rice yet? Brown rice is a whole grain that provides more nutrients than white rice because only the outer inedible hull is removed. White rice, however, is the most highly polished rice with all the bran, germ, and many nutrients removed. All rice comes in three categories: long, short and medium-grain.

One cup of cooked long-grain brown rice provides 5 g of protein, less than 2 g of fat, and 3.5 g of fiber. It is a good source of selenium, phosphorous, niacin and magnesium. Brown rice may lower cholesterol and provide antioxidant protection. Brown rice may also help you maintain a healthy weight.

You can buy brown rice in bulk or prepackaged. Cooked brown rice will remain fresh for up to four days, and uncooked brown rice will keep for up to 6 months at room temperature, or longer if kept in the refrigerator. Brown rice does take longer to cook than white rice, so plan ahead when you try it.

Try the following recipe and see if you can change from using white rice to using mostly brown. Enjoy!

### Cheesy Brown Rice Casserole

2 1/2 cups cooked brown rice	4 green onions, chopped
1 cup lowfat cottage cheese	1 tsp dill weed
1/4 cup parmesan cheese	1/2 cup milk
1/2 tsp Dijon mustard	Nonstick cooking spray

Combine cooked rice, chopped green onions, cottage cheese, dill weed, Parmesan cheese, milk, and mustard in a mixing bowl. Stir gently until well blended. Pour into casserole dish sprayed with nonstick cooking spray. Bake at 350 degrees for 15-20 minutes.

**(Potpourri: January 2010, Volume 36, issue 1, pg. 3)**

Other sources listed in the article



## Do You Do Too Much for Your Kids?

By Tracy A Burnside, Legally Exempt Enrollment Specialist

Your 7 yr old just learned how to tie his shoes– but you do it for him because it’s faster. Or your high school child has left her assignment at home and so you are late for work because you take your daughter’s homework to her at school. Your 32 year old son is still living at home and does not have a steady job, you do his laundry for him and cook his meals.

You are probably ‘over-functioning’. You feel needed and they rely on you. But you may be teaching learned helplessness and taking away the opportunities for your kids to develop the skills necessary to function independently from ourselves. If you are doing too much for them then you will begin to feel burnt out, overwhelmed and resentful. Your own feelings of anxiety may be getting in your way.

There are some simple ways to help you break that cycle and grow successful and independent children.

- Recognize when you may fall into these behaviors.
- Step back and observe the roles in your family without jumping in to do it all yourself.
- Start NOW! Just do it– I mean, don’t do it for them. Start by taking little steps in helping them but don't take over for them.
- Expect some resistance initially from your kids. Change can be difficult, encourage them to try more on their own. Let them know you are there and support them but that they need to try to figure it out their own way.
- Don’t let the guilt get you. It may be painful to watch your child struggle a bit.
- Allow the natural consequences to happen– it’s the best lesson. Children are very resilient. They will learn how to pick themselves up when they fail.... If we allow them to.

Are you helping your child, or teaching your child helplessness?

Is it in my child’s best interest?



## Immunization and Health Updates

By Emily Leone RN, MSN Health Services Coordinator

*Two important immunization updates:*

1) New Public Health Law amendment requires licensed and registered child care programs to post in plain view influenza (flu) educational material within their facilities.

Public health officials recommend that everyone over the age of 6 months get the influenza vaccine to protect themselves and those close to them from becoming infected with the flu. Unfortunately, immunization rates are low and therefore infants, children, and adults become needlessly very ill and sometimes die from influenza.



A nasal spray form of the influenza vaccine is now available for those over the age of two years who do not have a chronic respiratory illness such as asthma.

2) The Department of Health Immunization Survey will now be due March 5, 2012 rather than in October of 2011. The immunization survey will be available in early February 2012. The immunization survey is required by Group Family Child Care programs and Child Care Centers. Family and School-age programs do not need to complete the survey.

The Department of Health is creating an online child day care survey and will be actively recruiting Child Care Centers to submit their immunization surveys on-line. Group Family Child Care providers will also be encouraged to submit their surveys on-line as well. Group Family and Child Care Centers interested in submitting their immunization survey online can call 518-474-1944 or email [osas@health.state.ny.us](mailto:osas@health.state.ny.us).

MAT Program phone number has changed to

**1-800-295-9616!**

This is the number you call for questions about your MAT Renewal or MAT Rebate. Please remember to update the MAT program if you move so that you will receive your MAT Renewal password and user ID.

## "The Book Nook" Professional Library Book Review

By Staff Member: Jodi Holgado,  
Food Program Specialist

### Rookie Dad

Susan Fox

Many dad's don't know how to bond with their baby despite their strong desire to do so. They feel that mom takes the stage during the pregnancy and once the baby arrives, dad has a hard time feeling able to bond. Rookie Dad, (2001) by Pediatric Therapist, Susan Fox, encourages the most excited, as well as the reluctant, dads to actively participate in the bonding experience with their baby until the age of 1.

This book offers simple and enjoyable games for dads and babies. Each game is grouped by the age of the child. This easy-read is geared toward sports-enthusiast-dads, using sports terminology throughout the book, such as "Pregame Show," "The Handoff: When Mom Leaves You Alone With the Baby" and "Major League Milestone: When Your Baby Sits Up." The easy games in this book are demonstrative of things a father can do to interact and feel that they are helping in the development of their baby. Safety is of utmost importance and the author stresses that in every chapter, reminding dad to be careful of supporting the baby's head or other safety tips appropriate to the activity. Not only does the book cover how to bond, and how to get through the times when mom is exhausted, or what to bring when dad goes out alone with the baby, it touches on the basics every dad needs to know such as feeding, changing, burping, and sleep. This book will definitely help any dad feel prepared and ready to bond with their little one. Rookie Dad is must have for any new dad, or even seasoned dads looking for a way to bond some more with their baby.



## THE RECYCLE SHOP ITEM OF THE MONTH IS:

*Plastic Binder Spirals— Now 15 for \$1  
Lolly Pop Sticks, Small packs— Now 3 packs for \$2*

*Get them while they last!*

## 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 signing up for classes!

*A review of classes in Oct & Nov 2011. New items are in BOLD  
Classes are 6:30pm—9:00pm unless otherwise noted*

<u>Rochester Office:</u>	10/12, 17, 19 MAT <b>10/13-Preventing Child Abuse</b> 10/17,24 & 11/7,14- 10/4,6,11,13,18,25-Health & Legally Exempt Class- Safety Series 8 10/19-Intro to Family CC <b>10/5-It's Your Duty to Care</b> 10/6-Asthma Attack & Severe Allergic Reaction 6:30pm-8pm 10/11-Know Your Regulations-Centers 10/15-Saturday- First Aid/CPR	10/12, 17, 19 MAT <b>10/13-Preventing Child Abuse</b> 10/17,24 & 11/7,14- 10/4,6,11,13,18,25-Health & Legally Exempt Class- Safety Series 8 10/19-Intro to Family CC <b>10/5-It's Your Duty to Care</b> 10/6-Asthma Attack & Severe Allergic Reaction 6:30pm-8pm 10/11-Know Your Regulations-Centers 10/15-Saturday- First Aid/CPR	<u>Lakeville Office:</u> 10/5-Storybook Art 10/6,11,13,18,25,27-Health & Safety 10/15 & 22-MAT Training 9am-2pm  <u>Newark Office:</u> 10/4 & 6-CPR 10/11 & 13-Basic First Aid 6:30pm-8:30pm 10/18-Child Abuse 101
<u>Rochester Office:</u>	11/1-MAT Independent Study Class 6pm-9pm <b>11/1,3,15 &amp; 12/2-Legally Exempt Class in Spanish</b> 11/2-Business Operations for NEW Family or Group Family Providers 11/2,7,9,14,16,21-Health & Safety 11/7,14,21,28 & 12/5,12-Family & Group Family Child Care Registration & License Renewal Series 11/8-Intro. to Family Child Care <b>CDA Renewal</b> 11/3,10,17, 12/1,8,15 11/7,9,14 CPR/FA	11/1-MAT Independent Study Class 6pm-9pm <b>11/1,3,15 &amp; 12/2-Legally Exempt Class in Spanish</b> 11/2-Business Operations for NEW Family or Group Family Providers 11/2,7,9,14,16,21-Health & Safety 11/7,14,21,28 & 12/5,12-Family & Group Family Child Care Registration & License Renewal Series 11/8-Intro. to Family Child Care <b>CDA Renewal</b> 11/3,10,17, 12/1,8,15 11/7,9,14 CPR/FA	<u>Lakeville Office:</u> 11/1 & 3-Basic First Aid 6:30pm-8:30pm <b>11/15-Make Your Child Care an Eco-Healthy Child Care</b> 11/16-Growing Goodness: Vegetables 11/22-MAT Independent Study Class <u>Newark Office:</u> 11/1,3,8,10,15,17-Health & Safety 11/16-Asthma Attack and Severe Allergic Reaction 6:30pm-8:00pm 11/22-MAT Independent Study Class 6pm-9pm

*See the Jul-Dec 2011 Course Calendar for more details and a full list of courses.  
Courses are also listed on [www.childcarecouncil.com](http://www.childcarecouncil.com)*