CDA 2.0 Updates:
New Competency Standards
Books


The book gives Candidates working with children ages 3-5 everything they will need to prepare and apply for the CDA Credential. It replaces the current "application packets" as it now includes complete information on the credentialing process, the CDA Competency Standards and all of the forms a Candidate will use, including an application, the Family Questionnaire and the official Comprehensive Scoring Instrument (the Observation Tool) used by the CDA Professional Development Specialist.

This book contains the final version of CDA 2.0 information that the national CDA community will utilize moving forward. This replaces the information found in the *CDA 2.0 Transition Guide*. The Council encourages you to recycle your Transition Guide and use the new Competency Standards books. Please note that a few, key details have changed during the development process and due to feedback from the CDA Community, since the publication of the Transition Guide:

- Candidates will have six months to complete their assessment from the date listed on their "Ready to Schedule" Notice, rather than the 30 days mentioned in the Transition Guide.
- The numbering system of the Professional Portfolio components has been updated to make it easier for Candidates to stay organized as they build their Portfolios.
- Only one weekly menu will be required in the Resource Collection, rather than the two mentioned in the Transition Guide.

The Preschool Edition is joined by the Infant-Toddler Edition and the Family Child Care Edition. You may order these books now. In the coming months, you can expect to see Spanish versions of all three of these new books on sale in the Online Bookstore. The revised version of *Essentials*, the textbook which goes into greater detail about early childhood best practices, through the lens of the thirteen CDA Functional Areas, will go on sale in June. To order, visit [www.cdacouncil.org](http://www.cdacouncil.org).

May 2013 - Vol. 31 Issue 5

CARING MATTERS

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Wishing You a Very Happy Provider Appreciation Day™

The second Sunday in May has long been recognized as the day to honor mothers and their commitment to children. The Friday before Mother’s Day, May 10, 2013, is Provider Appreciation Day. This is a special day to recognize child care providers, teachers, school-age program staff, child care center directors and staff, and all those who work with children and are responsible for their education and care. It is estimated that nearly 11 million children under age 5 are cared for by 2.8 million child care providers in the United States.

Child Care Council recognizes the hard work and dedication of all child care providers in our community and acknowledges your important contributions to quality care.

Thank you!

* * * * * LOCATIONS * * * * *

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Celebrate Patriotism
By Josean Vargas, Referral Specialist

It is May and with it comes a very important celebration for us. It’s time to celebrate Memorial Day.

Memorial Day honors US soldiers who died fighting for their country. In 1971, the US Congress declared Memorial Day to be a national holiday, to be celebrated on the last Monday of May each year. Honoring the spirit of fallen US heroes is the purpose of Memorial Day. Many people observe Memorial Day by visiting cemeteries and war memorials, and leaving flags, flowers, or notes on the graves of soldiers.

In preparation to celebrate Memorial Day, here is a fun activity you can do with your children.

Craft Sticks Flag
This is a simple-to-make US flag made from craft sticks. Since this tiny flag does not have the correct number of stars and stripes, explain to the children that the real US flag has 13 red and white stripes (that represent the original 13 colonies) and 50 stars (that represent the 50 US states).

- 9 craft sticks
- Red and white acrylic paint
- Brushes
- Blue construction paper
- Glue
- Either white paper or a white gel pen

You can find the complete instructions for this and other fun activities at the following website: http://www.enchantedlearning.com/crafts/july4/craftstickflag/

For more fun activities you can visit: http://www.usmemorialday.org/activities/

Reduce Food Waste & Recycle
(Compost)
What You Have!

According to the EPA, the U.S. generates more than 34 million tons of food waste each year. Compost perished produce, leftovers and food scraps to improve soil and reduce waste (see below). Better yet—lighten your kitchen’s impact on the planet by stopping waste at its source! Here are five simple ways to reduce food waste without putting a damper on your culinary creativity.

1. **Start at The Grocery Store**—Stick to a list, avoid impulse buys and buy limited amount of perishable items. Consider smaller, more frequent trips if time allows.

2. **Use it Up**—Try leaving the skin on veggies like potatoes and cucumbers, and incorporate meat bones and vegetable scraps into stocks, sauces and gravies.

3. **Understand Sell-By Dates**—Almost always, “sell-by” dates tell retailers when they should stop displaying goods on shelves. Many shoppers are quick to throw items away after this date, but if stored properly, goods are often safe for several more days. Consult USDA Food Safety (http://www.fsis.usda.gov/) to get answers to all your food-safety questions.

4. **Leftovers**—Eating the same meal again and again is not appetizing; get creative and give your leftovers a facelift! Create a soup or stew from leftovers meat or veggies and enjoy for a warm lunch.

5. **Store it Smarter**—Storing your food properly is the No.1 way to reduce spoilage in your kitchen. Always store perishables in an airtight container, and know when to move foods from the fridge to the freezer.

**What is composting & Why should I do it?**
It is estimated that 30% of the waste stream is made up of yard and food waste. Composting is a natural process that creates a nutrient-rich soil amendment from table scraps! Mixing compost with soil improves soil structure, texture, aeration, and water retention. Composting occurs with or without our help. In nature the process continues independently, but since we generate so much organic waste, in densely populated areas we need to speed up the process. There are many online resources on how to start a compost project with children. Check out National Geographic: http://greenliving.nationalgeographic.com/indoor-compost-projects-2744.html

For more information on reducing waste, composting, or Eco-Healthy Child Care, please contact Kate McArdle at (585) 654-4752 or k.mcardle@childcarecouncil.com.
Help to build the CHILD CARE COUNCIL’S Provider Scholarship Fund

THANK YOU FOR YOUR SUPPORT!

Name______________________________________________Home Phone (        )___________________

Address_________________________________________________City________________Zip________ Email________________________________________  Donation Amount__________  Payment Information: Check #________

MC/Visa# ___________________________________________Exp. Date___________ V#________

(3 digit # on back of credit card)

Signature:__________________________________________

Mail form and Donation to:
Scholarship Fund
CHILD CARE COUNCIL, INC.
595 Blossom Road, Suite 120
Rochester, NY 14610

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Special Needs Loan Equipment Program

Are you a provider in Monroe County?
Our Special Needs Loan Equipment Program is funded by a grant from the Office of People with Developmental Disabilities, and allows us to purchase equipment for children with a developmental disability to use while they are enrolled in a child care program. Some examples include: A Ramp, Sign Language Materials, Books, DVDS, Puzzles, Electronics, Walkers, Sensory Materials, and a variety of other assistive equipment.

Call Bethany (585) 654-1287 for more information today!

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News You Can Use

Nothing Without Joy!
By Beverly Maisch, Education Specialist

Several of us from Child Care Council attended a Reggio Emilia inspired conference recently. The presenter was Susan MacDonald who shared the quote: “Nothing Without Joy!”

Reggio Emilia is a curricular approach which is based on the interests of children. We observe children and discover topics that light their imaginations. We provide materials and other resources for the children to use to discover what they want to know. It constitutes a collaborative journey of discovery and imagination—so exciting for children and for providers too. This is where the joy comes in. A workshop I attended displayed documentation (pictures and scripts of children’s discussions) that took place over the course of 7 months. I could see that the children had taken the topic (The Human Body) very seriously and worked very hard to apply their gained knowledge. It was joyful just to see it. Maybe we could let children step into the drivers seat sometimes to choose their own learning agendas…Make some joy today!

---

The Know Place

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Asthma, Allergies and the Outdoors
By Joanne M. Buell RN, MS, Health Care Specialist

Now is the time for more outdoor activities having survived winter cold and spring showers! You may have some concerns about outdoor activities for those with environmental allergies and asthma. How do you know when it is best to take these children outside?

Here are a few tools to help:

• **Air Quality Index (AQI)** is a scale used by state and local air agencies to report air pollution levels. The AQI has six air quality levels, each with an associated color, a descriptor, and an advisory statement. For example, an AQI value of 101 to 150, described as “Unhealthy for sensitive groups” has a color of orange with an advisory stating “Caution needed for children and persons with asthma, diabetes or cardiac conditions; all should limit outdoor stays”. This tool can be found in the weather section of the newspaper, TV weather reports and on-line at www.epa.gov/airnow.

• **Pollens Count Index** is a report produced by the National Allergy Bureau on current pollen and mold spore levels effecting children with pollen allergies and/or asthma. Pollens from grasses, trees, and weeds are usually lower after a rain or in the early morning when the dew keeps pollen from floating in the air. Pollen counts can be found on weather reports or at www.aaaai.org/nab.

• **Heat Index** is a measure of how hot the air feels to our bodies, measured in degrees when humidity (the moisture in the air) is added to actual air temperature. For example, in shady light wind conditions, an air temperature of 85°F with humidity 70% will feel like 92°F. Heat Index can be found in local weather reports or at www.weather.com.

For children with asthma and environmental allergies, using these tools will help you choose the most appropriate time and outdoor activities to avoid triggering an asthma episode or an allergic reaction. Be aware of each child’s triggers, symptoms and Emergency Action Plan by referring to their Individual Health Care Plan. Now everyone can enjoy the great outdoors!
NEW YORK STATE PASSES AN ON-TIME BUDGET AGAIN!

The Enacted Budget continues the state’s focus on economic growth through a series of initiatives to create jobs and grow the economy including new tax cuts for small businesses, tax cuts for middle class families, major education reforms and investments, and an increase in the minimum wage to $9 per hour. The Budget passed both houses of the Legislature days before the April 1 deadline, marking the first time New York has had three consecutive, on-time budgets since 1984, and the earliest budget since 1983.

New York’s Early Childhood Budget Victories include:
$7.265 million earmarked for facilitated enrollment: $1.147 million for Monroe; $2.767 million for Oneida and $3.442 million for NYC, funded from TANF transfer dollars.

Right now the total appropriated for child care stands at $910,174,924 which is $3 million more than last year, and $9 million more than was in the Governor’s proposed budget.

Pre-kindergarten Program Expansion: Recognizing that quality early education is critical for long-term success and that children who attend full-day pre-k often outperform their peers, the Budget provides a $25 million additional investment for pre-kindergarten with an emphasis on high quality, full-day pre-k. Funding is targeted toward higher need students in lower wealth school districts via a competitive process.

Please contact your state legislators and Governor Cuomo to thank them for keeping Early Childhood Education a priority in New York State.

Jessica Klos Shapiro
Senior Policy Associate
EARLY CARE AND LEARNING COUNCIL

Gardening with Kids
By Kristinne Seibel, Legally Exempt Enrollment Specialist

As the weather gets warmer and the sun is shining once again, it is the perfect time to plan to introduce children to the wonderful world of gardening! Children are usually happy to be outdoors and they enjoy the activities associated with gardening—and the activities are good for grown-ups too!

Introduce the children to gardening with a Positive Attitude! Be positive and make outdoor work something to look forward to.

Help kids Feel Useful. Even the smallest of gardening chores make young children feel useful. They can’t mow or use the weed-whacker (remember: SAFETY FIRST) but they will enjoy gathering sticks, digging in the planting beds (that’s “soil preparation” for adult gardeners) and raking—a toy rake is good for little one, while older kids may be able to manage using yours.

Include the children in Planning the Garden. Your garden can be a flower garden or a vegetable garden or a combination of both. You and the children can decide together.

Shopping for Plants. Whether you take the kids with you to select plants or not, do not shop until you are ready to plant so that your plants spend as little time as possible in those little plastic containers.

For more ideas and information here are a few website resources:
http://www.gardening-with-kids.com/
http://www.kidsgardening.org/
containergardening.about.com
Barbecue Season Can Be Healthy!
By Jodi Bedworth, CACFP Specialist

Memorial Day is traditionally the start of summer, which is synonymous to the start of barbecue season. This year, before you spread out the red and white checkered table cloth, clean off the tongs, and fire up the grill, commit to setting the example for some healthy habits for your children, and enjoy barbecue season in a healthier way than in the past. You won’t feel deprived, and you will feel so much better because of your healthful choices.

Start by taking the skin off the chicken before marinating it or putting it on the grill. The skin is loaded with fat and calories, and none of that is good for you. A 4 oz. piece of roasted chicken breast with skin is loaded with 223 calories and 8.8 grams of fat, of which 2.5 grams of is saturated fat. Conversely, the same piece of chicken without skin contains 187 calories, 4 grams of fat, and 1.2 grams of saturated fat. If you cook the skin and then take it off, you will lose all of the flavor from the marinade or rub that you put on the skin, so remove the skin before cooking.

When cooking beef or pork, use lean cuts of meat, and trim off any visible fat. Use ground turkey instead of ground beef when making burgers. Top off your burger with a whole wheat bun instead of a white one, and eat your burger open-faced using only one half of the bun. That will aid in evening out the carbohydrates and protein ratio. Grilling is definitely a healthful way to prepare your food, but only if you use lower-fat foods. Beef, hot dogs, and ribs which are popular BBQ foods, are high in fat. Alternatively, fish is high in Omega 3s, the heart-healthy fats, and much lower in calories than the more popular fare.

Just because you are eating a salad doesn’t mean it’s good for you. Many salads are laden with mayonnaise, which is packed with saturated fats. The pasta and potatoes that star in the salad are packed with carbohydrates and starches. Be mindful of how much of these salads you eat, even if they are made with low-fat dressings.

Finally, get going! When you are feeling satisfied, and not overly full, get up from the table and play. Play a game of Frisbee, horseshoes, or bocce ball, and burn those extra calories. www.webmd.com ; www.sheknows.com
Monroe County-Rochester
Regular hours are Mon-Fri 9am-5pm.
Other hours available by appointment.

Livingston County-Lakeville & Wayne County-Newark
Regular hours are Mon-Fri 9am-5pm closed from 1pm to 2pm.
Other hours available by appointment.

May
• 18th-Cameras and Kids Award Ceremony at Springdale Farms
• 18th-Williamson Apple Blossom Festival-Main St., Williamson, NY
• 27th-Closed for Memorial Day
• 29th-Child Care Council Staff Meeting, closed 12-2pm

June
• 26th-Child Care Council Staff Meeting, closed 12-2pm

SUNY Videoconference dates are now posted.

The 2013 dates followed by OCFS categories in Parenthesis are:

April 25th-Child Growth and Development with a Focus on Autism (1,2)

May 23rd-Environment and Curriculum with a Focus on Learning Environments: A return to Nature (3)

June 20th-Observation and Assessment with a Focus on School Readiness (1,3)

September 26th-Health, Safety and Nutrition with a Focus on Obesity Prevention (2)

October 17th-Family and Community Relationships with a Focus on Bullying during the School-Age Years (1)

November 14th-Administration and Management with a Focus on Child Day Care Regulations (7)

For more detailed information and information on which CDA Content Areas and CBK Core Competency Areas are covered go to www.ecetp.pdp.albany.edu or call ECETP at (518) 443-5940 or toll-free at (800) 295-9616.

Midpoint Requirements for 4 Year Registrations
By Wilma Colotti, FDC Inspector

As many providers come upon the 2-year mark (Midpoint) of their 4 year registration or license, we want to remind you that although the registration or licensing period is extended, there are two-year requirements with which all providers must comply.

DAY CARE CENTERS & SCHOOL AGE PROGRAMS:
Staff Medicals, Training, Heating System/Boiler inspection,
Fire Alarm inspections, Local codes inspection.

FAMILY & GROUP FAMILY CHILD CARE:
30 Hours of Training

This information will be reviewed during an inspection of your facility to ensure that your program is in compliance with these midpoint requirements. In addition, licensors and inspectors will monitor for compliance with any other regulation.

Thank you for your cooperation as we work together to provide children with a safe and healthy environment in which they can learn and grow!

If you have any questions regarding the Midpoint Inspections or need training resources, please contact your licensor, registrar, or inspector.

We often don’t take enough time to properly recognize the child care providers who, day in and day out, provide loving care and attention to the children of our community.

Leigh Goebel opened her program in 1992 and Rita Gucciardo opened her program in 1998. We wish to thank them for their many years of service to our community. Both Leigh and Rita often attended classes at Child Care Council. This March, these two veteran providers have closed their family child care programs to begin the next phase of their lives.

We will miss you!

Mark Bradley, Inspection Services Director
Jennifer Duby, Registration Services Director
No one ever plans for a traumatic event to take place in their life. The role of a parent and a caregiver is to do everything in their power to protect the children and make them feel safe but unfortunately traumatic occurrences take place every day.

In the book *Scared Sick*, the author takes an in depth look to see if chronic fear that is experienced as an infant or in early childhood is the root for many of the emotional and behavioral disorders experienced as an adult. This book does a wonderful job of empowering parents and caregivers, by putting a plan of action together to support families with young children dealing with trauma, rather than feeling the need to wait until they are adults to make a change. This book reveals a new insight into cutting edge science and research that has taken place over many years to show how the impacts of childhood trauma, influences adult health.

Some useful topics that are discussed include:

- Early signs of emotional trauma in small children
- How to work with traumatized children
- Preventive programs with positive long term outcomes

This book is a useful resource and tool for both parents and caregivers.

**THE RECYCLE SHOP**

**ITEM OF THE MONTH IS:**

Scrap Wood—Large variety of kinds and sizes 50¢ each

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**“The Book Nook”**

**Professional Library Book Review**

“Scared Sick”  
By Robin Karr-Morse with Meredith S. Wiley  
Reviewed by: Cat Turco, CACFP Specialist

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**NEWS FROM CPSC**

The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of injury or death from thousands of types of consumer products under the agency’s jurisdiction. The CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical hazard or can injure children.

Following is one of the important recalls to be found on the CPSC website at [www.cpsc.gov](http://www.cpsc.gov). On the site you can sign up to receive alerts through many avenues including email, youtube, and twitter.

**Play Yard Sheets Recalled by 4moms Due to Entrapment Hazard**

Consumers should stop using this product unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

**Recall Summary**

**Name of product:** 4moms® breeze™ Cotton Jersey Playard Sheets

**Hazard:** The sheets are too small for the play yards. A sheet that does not properly fit the play yard poses an entrapment hazard that could lead to suffocation.

**Remedy:** Refund

**Consumer Contact:** 4moms, toll-free at (888) 977-3944 from 9 a.m. to 5 p.m. ET Monday through Friday or online at [www.4moms.com](http://www.4moms.com) and click on Recall for more information.

**Description:** The recalled play yard sheets are cream-colored, cotton jersey fabric. They were sold as an accessory to the 4moms breeze play yard. “4moms” is printed on a black tag sewn into the sheet. Item number 4M-009-10-000101 is printed on the packaging. UPC 817980011137 is printed on the sheet’s packaging and a white warning tag sewn onto the sheet.

**Remedy:** Consumers should stop using the recalled play yard sheets immediately and return them to 4moms for a full refund.

**Sold at:** buybuy Baby and other juvenile product stores nationwide and online at [www.buybuybaby.com](http://www.buybuybaby.com) from December 2012 through January 2013 for about $15