

LITTLE children BIG challenges

Tip for April

Routines help us know what to expect. Rosita has a fun routine to get ready each morning! First, she always gets dressed for school; then, she eats breakfast; and last, she brushes her teeth. Rosita drew pictures of her morning routine and hung them up next to her bed to remember what to do when she wakes up.

What fun things do you do in the morning to get ready? What comes first, next, and last? Draw pictures of your own morning activities in the chart, and hang it up next to your bed, just like Rosita!



	get dressed
	eat breakfast
	brush teeth

My Morning Routine!	

How to make it:

- Help your child think about three activities he does in the morning routine.
- Encourage your child to draw pictures of those activities in the left column of the chart.
- Label the activity (i.e. "Brush teeth") in the right column.
- Help your child to cut out his chart with safety scissors, and use a piece of tape to hang it up next to his bed, so he knows what to expect and what to do first when he wakes up!



CARING MATTERS

April 2015 - Vol. 34 Issue 4



April is the Month of the Young Child

In our community we celebrate our love and dedication to young children in the month of April. This tradition is based on NAEYC's Week of the Young Child. We encourage child care providers and parents to promote children's activities, participate in local events, and use the resources from NAEYC to celebrate this month. See page 12 for local events and ideas.



President Jason Kiefer - CEO Barbara-Ann Mattle - Editor Jennifer Weykman

***** LOCATIONS *****

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

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



Planting Seeds is more than just Gardening!

By Jill Griffith, Referral Specialist

If you are looking for a fun and easy way to spend more quality time with your children while fostering educational experiences, planting a garden might just be the answer. Planting a garden teaches children basic science skills as well as responsibility. There are many extension activities that you can do to include simple math skills, vocabulary building, and expression through art.

Some tips for making this simple activity even easier:

1. Pick seeds that are easily manipulated by small fingers.
2. Vegetable seeds sprout faster and are colorful to draw little ones' attention.
3. Wildflowers germinate rapidly, are very inexpensive, and can be used for a bouquet for someone special later!
4. Make mini greenhouses out of gallon size milk containers or Ziploc baggies.
5. If digging in the dirt is not your idea of fun, take a trip to your local nursery and purchase some plants already sprouting to observe.

Ways to enhance learning through gardening:

1. Take a trip to the local library to read about gardening and plants.
2. Use fruits, veggies, and plants as "brushes" to create a unique work of art.
3. Use rulers to measure and track plant growth.
4. Print out a plant diagram and label the various parts.
5. Have children create still life drawings of their plants.
6. Take a trip to a local farm or community garden.
7. Create plant signs and stepping stones to personalize your new garden.



This is supposed to be a fun and unique way to spend time learning and "growing" with your children. With a little hard work and some knowledge, the possibilities are endless. Consider growing a vegetable garden in the back yard! Your family can create healthy, delicious meals from the tiny seeds you planted with your child!

CCC Membership Benefits and Application

Individual-Non-Child Care Membership—\$35.00/yr

- Loan privileges at the Early Childhood Professional Libraries
- My First Library loan privileges for your own children between the ages of 6 wks thru 5 yrs
- Free Notary Public Services
- Council Pin, Lanyard, Tote Bag or Carabineer Key Tag

Benefits

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

- 50% discount on Business Center Services
- 10% membership discount every Tuesday on Recycle Shop purchases
- Access to group rate Health and Dental Insurance
- Substantial member savings on Council offered classes and events

All Benefits Above Plus

Non-Child Care Organization Membership—\$75/yr

- \$5.00 discount on individual staff memberships in the Child Care Council

All Benefits Above Plus

Single Site Group Family Child Care Provider—\$75/yr

- Substantial member discount on in-service training at your location
- 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

\$150.00/yr (1-10 staff members) \$250.00/yr (21-30 staff members)
 \$200.00/yr (11-20 staff members) \$300.00/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 (\$150) 21-30 Staff members (\$250)
 - 11-20 Staff members (\$200) 31+ Staff members (\$300)

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 Memb.
 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 Carabiner Key Tag



Quick Guide to the Annual Federal Budget Process - CONTINUED

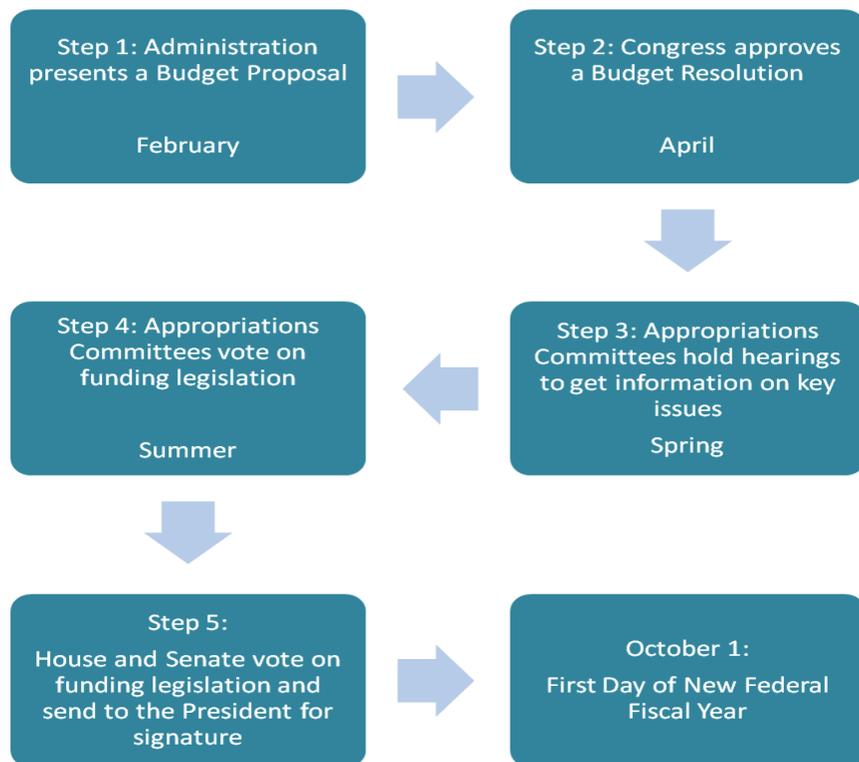
The federal government plays a crucial role in setting policy and investments for early care and education. Knowing how and when funding decisions are made helps us to take action for children, families, child care centers, and family child care providers!

Administration's Budget Proposal (see March 2015 newsletter)

Congressional Budget Resolution

The House and Senate Budget Committees create a Budget Resolution to guide their work. This is a framework which sets revenue and spending targets – that is, how much the government should bring in and how much it should spend. Budget Resolutions do not typically mention specific programs. The House and Senate vote on this measure, but a signature from the President is not required. (And, Congress sometimes skips this Budget Resolution step altogether.)

Federal Budget Action Timeline



Shake Those Sillies Out!

By Rose Shufelt, Infant Toddler Specialist

Is it spring yet? Fluctuating Rochester temperatures sometimes make it difficult for providers and children to get outside. This can be tough when young children need to expend energy. Because of this, it is important to make sure you offer indoor gross motor activities on a daily basis. Not only does this help children “get their sillies out,” it also promotes self-control and teaches young children concepts of force, direction, space awareness, balance, and object control.

Keeping things like bean bags, beach balls, baskets, streamers, plastic soda bottles, yarn balls, small balance beams, hula hoops, blankets, colored masking tape, CDs, and a CD player on hand will make large motor activities available at your fingertips. Children can also walk, run, skip, hop, and jump without any supplies. All that is needed is a little imagination.

Before you begin:

Provide clear expectations for the activity and communicate them each time the activity is started.

- Will shoes stay on or off?
- What do you need to do to the environment to make it safe for the children to move?
- Will the children help set up or clean up the activity?
- How will you signal the children when you need their attention?
- How will they take turns?
- What if a child chooses to not follow expectations?
- What can they do to keep our bodies from bumping into a friend?

Some ideas to get started:

Streamer Dancing: Use remnants of chiffon material from a fabric store, cut into strips, and give each child one streamer to start (you can add more later). Play music at different tempos, varying between soft, fast, upbeat, and slow, encouraging the children to move their bodies and streamers to the music.

Bowling: Collect 6 empty 2 liter soda bottles, clean them and secure the lids. Help the children set these up bowling style and use masking tape to create a “lane.” Using a soft ball, children can practice bowling. They can also decorate the bowling “pins” by taping paper around the bottles.

Enjoy “Shaking Those Sillies Out!”



Hand Washing

By Emily Leone RN, C-PNP Health Services Coordinator

I've received a number of phone calls recently about persistent illnesses in child care programs; illnesses such as diarrhea, conjunctivitis (pink-eye), and hand-foot-and-mouth disease. These types of illnesses are most often spread due to inadequate hand-washing and sanitation/disinfection. My emphasis in this article will be on hand-washing because it is the number one way to prevent the spread of infection.

At this point you are probably saying "We wash our hands constantly!" I am sure you do, but take this opportunity to do an assessment of when and how you are washing your hands and the children's hands. You might be surprised.

Independent observers nationwide find that child care programs consistently score lowest for Personal Care Routines which include hand-washing and cleaning and sanitizing before and after meals and after diapering and toileting. If possible, use a validated tool such as the Infant Toddler, Early Childhood, Family Child Care, or School Age Environmental Rating Scale-ERS.

As a reminder, hands should be washed with soap and warm water for 30 seconds. Removing jewelry and lathering between fingers are essential steps as is turning the water off with a disposable towel rather than your freshly washed hands.

Baby's and toddler's hands should be washed by teachers. Preschoolers and school-agers can wash their own hands, but may need reminders about correct technique (like using soap).

Washing hands at the correct times is also important in order to reduce infections. Hands should be washed:

- At the beginning of the day and when coming in from outside
- After contact with body secretions or body fluids
- Before and after eating or handling food (snacks too)
- After diapering or toileting
- Before and after medication administration
- After handling pets or other animals
- When hands are dirty

A Prize: I know frequent hand washing can leave your hands dry and cracked. The 1st three providers who call my office will receive a tube of Norwegian Formula Hand Cream. Applied at night, it is helpful at repairing overly dry skin. 585-654-4732



Congratulations to the graduating class of CDA 78

Our first CDA presented in Spanish!

It was a very special night for all of you because you all have achieved a great accomplishment in your life. During this time of study and preparation, you gave the very best of yourselves. You have lived experiences that have prepared you to face life's new challenges. Your strength and dedication are admirable qualities and will allow you to accomplish great things that will fill you with pride.

I wish you continued success in all your endeavors!

Congratulations,

Hector Santiago

Latino Services Coordinator



Front row (Left side): Millitza Maldonado, Carmen Gonzalez, Bredes Acevedo, Alma Cartagena, Anlly Mendoza, Aura Lima, and Miriam Rodriguez
Back row (left side): Irma Oquendo, Nelida Vazquez, Juanita Sanchez, Kelvía Quinones Torres, Marisol Alicea, Adelida Castro, Patricia Polanco, and Lourdes Terrero



naeyc WEEK of the YOUNG CHILD

April 12-18, 2015

Celebrating Our Youngest Learners



The National Association for the Education of Young Children's [Week of the Young Child is back!](#) This April, join thousands of young children, teachers, and their families across the country for an exciting, week-long celebration of early learning!

This year's celebration includes different weekday themes that focus on a variety of ways to make play meaningful and learning fun!

- Music Monday, exploring how children learn through song and dance
- Taco Tuesday, promoting healthy eating habits through cooking
- Work Together Wednesday, showcasing how children learn through building at home and school
- Artsy Thursday, celebrating creativity and expression
- Family Friday, sharing family stories and applauding families as children's first teachers

For more information on specific activities for each day of the Week of the Young Child visit the [NAEYC website](#) at www.naeyc.org/woyc

Local Events

Month of the Young Child Kick Off Celebration

April 1, 2015 6:30-8:30pm
Al Sigl Center 1000 Elmwood Ave, Door 1
Reception, Refreshment & Networking
International Children's Film Festival Preview

Let's Celebrate Early Childhood Educators

Wednesday, April 29, 2015 5:30-8:00pm
Al Sigl Center 1000 Elmwood Ave, Door 1

See RAEYC.org for more details.



Measles

By Brian Travis, Legally Exempt Enrollment Specialist

We have all watched the news and have heard about the outbreak of measles that began at an amusement park in California and spread to 17 states. In total, there have been 170 cases of measles in the US so far in 2015. It is likely that the US will set a new record for measles cases since it was mostly eliminated from the US population in 2000. Measles is not a laughing matter and should be taken seriously.

What is measles? Measles is a viral infection which is spread through the respiratory route. The virus can live for up to 2 hours on surfaces and in the air where an infected person has coughed or sneezed. Then if an unprotected person breathes in the air or touches the surface and then touches their eyes, nose, or mouth they can become infected.

Symptoms may include: High fever, runny nose, eye irritation, sneezing, a sore throat, hacking cough, and the measles rash. Complications are common and include ear infections, sometimes with permanent hearing loss, pneumonia, and less commonly, swelling of the brain that can cause convulsions, deafness, or permanent brain injury. For every 1000 children infected with measles, one or two will die from it.

The best way to prevent the spread of measles would be to make sure your child or children in care have their shots. The specific vaccine to prevent measles is the MMR for measles, mumps, and rubella. The first dose would be given at 12-15 months of age and second dose would be given at 4-6 years of age. This is a required vaccine so please be aware of this and continue to watch and monitor the outbreak.

If you or parents are concerned and would like more information about measles or the measles vaccine, please call to speak to our Registered Nurses here at Child Care Council at (585) 654-4720.

If you need any additional information on Measles, please check <http://www.cdc.gov/measles/index.html>

Peeling the Healthy Layers of Garlic

By Kelli Archer, Registered Dietitian

Hearing the word “garlic,” do thoughts and images of sizzling flavorful dishes fill your mind? Somewhere among the sights and sounds garlic evokes should also be the thought of nutrition. Garlic not only adds bursts of flavor, but packs a powerful punch of nutritional benefits as well.

Among the many vitamins and minerals garlic contains, one in particular steals the show—a unique sulfur compound called alliin, which can be converted to the active phytonutrient known as allicin. Allicin works as an antibacterial and antiviral agent and is a supporter of antioxidant activity. Numerous studies on the health benefits of garlic yield exciting results:

- **Heart Health**-Regular consumption of garlic lowers blood pressure, serum triglycerides, and LDL-cholesterol.
- **Reduces Inflammation**-The sulfur compounds garlic contains inhibit enzymes that promote inflammation. (Inflammation in the body is not desired so inhibiting inflammation is good!)
- **Infection Fighting**-With the help of Vitamin C, garlic is able to kill harmful microbes.
- **Protection against Colon Cancer**-Allicin (the “activated” sulfur compound in garlic mentioned above) has been shown to help protect colon cells from cancer-causing chemicals.

Manipulating any food from its natural state may potentially alter health promoting properties positively or negatively. A few simple steps in the kitchen can alter the mealtime superstar garlic, in a positive way, allowing it to really shine:

- Before cooking garlic, slice/chop/mince very finely—doing so increases the disruption of the cells in garlic, releasing compound alliin and enzyme alliinase which can then bind to form the more powerful phytonutrient allicin.
- After chopping let garlic sit for 10 minutes allowing time for allicin to form.
- Aim to add chopped garlic (that has sat 10 minutes) toward the end of cooking time. Less heat exposure will help to preserve the powerful phytonutrient allicin.



Although powdered and minced garlic do provide some vitamins and minerals that fresh garlic provides, they do not offer the allicin benefits.



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

NYS Required Categories are listed in parenthesis () following the date

April 2015

Rochester Office:

- 4/2-Child Day Care Orientation 9:30am-Noon
- 4/6-(1,3,4,5) Fizzle, Bubble, Pop: Investigations
- 4/7-5/14 Family Child Care Business 101 Series *
- 4/7-5/14 Family Child Care Business 101 Series * *SPANISH*
- 4/8-MAT Skills Competency Demonstration 6pm-9pm
- 4/11 & 18-(2,4,7) MAT 9am-2pm
- 4/11-First Aid and CPR 9am-2pm
- 4/13-(1,3,4,5) Making the Most of Mathematical Moments
- 4/13-(2,3,5) Building a Healthy Plate
- 4/15-Child Day Care Orientation
- 4/15-(2,4,7) MAT Independent Study 10am-1pm
- 4/15-MAT Skills Competency Demonstration 9:30am-12:30pm
- 4/15 & 22-(3,4,5,7,8) Foundations of Secure and Safe School Age Programs
- 4/20-(1,3,5) Melodic Math
- 4/27-(1,3,4,5) Fresh Air Learning
- 4/28 & 30-(2,4) CPR and First Aid *SPANISH*
- 4/30-(2,4,7) MAT Independent Study 6pm-9pm

Lakeville:

- 4/11-(2,3,5) Cook Once, Serve Twice Sat. 9am-11:30am

Newark:

- 4/6-(Varies) FCC Professional Development & Support Series 6:30pm-8:30pm
- 4/14,16,21,23,28 (1,2,3,4,5) Special Needs Training Series

May 2015

Rochester Office:

- 5/4-6/15-Family Child Care Business 101 Series *
- 5/5-Being Successful in CACFP-For Providers who are NEW to CACFP
- 5/5-Being Successful in CACFP-For Providers who are NEW to CACFP *SPANISH*
- 5/6-Child Day Care Orientation 9:30am-Noon
- 5/6-(4,6,8,9) Child Abuse and Prevention
- 5/9-(2,3,5) Building a Healthy Plate Sat. 9am-11:30am
- 5/9-(2,4) CPR and First Aid 9am-2pm
- 5/9 & 16-(2,4,7) MAT Sat. 9am-2pm
- 5/11-(7,8) Know Your Regulations-Family Child Care
- 5/12-(1,3) Sparking Creativity Through Recycling
- 5/13-Child Day Care Orientation
- 5/18-(2,4,7) MAT Independent Study 6pm-9pm
- 5/21-(2,4,7) MAT Independent Study 6pm-9pm
- 5/26-(3,5) A Look at Literacy: Nursery Rhymes & Fairy Tales
- 5/28-MAT Skills Competency Demonstration 6pm-9pm

Lakeville:

- 5/2-(2,4) CPR and First Aid Sat. 9am-2pm
- 5/11,13,18,20,27-(1,2,3,4,5) Special Needs Training Series

Newark:

- 5/4-(Varies) FCC Professional Development & Support Series 6:30pm-8:30pm
- 5/11-Being Successful in CACFP-For Providers who are NEW to CACFP
- 5/12-(2,4,5) Asthma 101
- 5/27-MAT Skills Competency Demonstration 6pm-9pm

See the January-June 2015 Course Calendar for details and a full course list.

Child Care Council courses, and links to SUNY videoconference information and EIP applications, are available at www.childcarecouncil.com

* **The Family Child Care Business 101 Series covers all Family Child Care categories and includes:**

- Health & Safety
- Introduction to CACFP
- Developing Your Program
- CPR & First Aid
- Business Class
- Tax Class

 **Child Care Council** 
Office Schedule and Calendar of Events

Monroe County-Rochester

Hours are Mon-Fri 9am-5pm. Other hours available by appointment.

Livingston County-Lakeville & Wayne County-Newark

Hours are Mon-Fri 9am-5pm. Other hours available by appointment.

April 2015

- 14th-Council of Child Care Administrators Meeting 3-5pm
- 29th-staff meeting, closed 10am-12pm

May 2015

- 19th-Council of Child Care Administrators Meeting 10am-12pm
- 25th-Office closed in observance of Memorial Day
- 27th-staff meeting, closed 10am-12pm

Check out our social media pages!

Twitter <https://twitter.com/ChildCareCoun>
 Facebook <https://www.facebook.com/pages/Child-Care-Council-Inc/140064946010719>
 Pinterest <http://pinterest.com/ccouncilinc/>
 YouTube <http://www.youtube.com/user/ChildCareCouncilinc>

Meet the Staff of Child Care Council

Introducing Bethany Williams, Special Needs Coordinator



Hi, my name is Bethany and I joined Child Care Council in August of 2010. Prior to coming to Child Care Council, I worked as a pre-k teacher in a child care center. I then went on to earn my Masters in special education. I am NYS dual certified as a general and special education teacher. I truly enjoy working in the field of early childhood education. Here at the Council, I have had the opportunity to follow my passion by becoming more involved in the special needs community. I love to train providers as they learn to care for children with disabilities as well as work with parents by helping them locate the best

possible child care option for their kids. I thoroughly enjoy the work that I do and will continue to strive to make a positive impact in the special needs community.

If you should have any questions or are in need of support, please contact me at 585-654-1287 or b.williams@childcarecouncil.com.

**A Closer Look****April is Child Abuse Awareness Month**

By Tom Goodno, Registrar

Child Abuse and Neglect is one of the most heart-wrenching and serious concerns in America. Based upon the most recently published numbers from 2013, the statistics are staggering:



Child Protection Service agencies responded to approximately 3.5 million allegations involving over 6 million children. These allegations resulted in 679,000 substantiated cases of child abuse and neglect victims.

- 54% of the perpetrators, the person responsible for the abuse or neglect of a child, were women.
- 1520 children died from abuse and neglect. Of these children, more than 70% were two years of age or younger.
- Almost 80% of these child fatalities were caused by one or both parents.

So, what is child abuse? While each state defines child abuse a bit differently, each are based upon the Child Abuse Prevention and Treatment Act of 2010, and is defined as:

Any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act, which presents an imminent risk of serious harm.

What can we do? All 50 states have child abuse and neglect reporting laws that make it mandatory for certain professionals and institutions to report suspected abuse to a Child Protection Services (CPS) agency. We, and you, are among those professionals.

You are in the business of providing care to children. Be their voice when they have none; be their protector when they are without, be their savior. You can make a difference...

www.acf.hhs.gov

Language and Literacy Tips:

Get physical with scribbling, drawing, and writing



Give a baby's hand muscles a workout.

Fun with Drums

Give a baby metal, plastic or wooden spoons. Let him bang away on his highchair tray, a plastic bowl or a cup, a pot, pan or metal lid.

How it works: Strong finger and hand muscles are the keys to holding food, toys, crayons, and pencils. It's not too early to build muscles.

THE RECYCLE SHOP ITEM OF THE MONTH IS:

Index Tab Dividers

10/\$1.00



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. On the site you can sign up to receive alerts through many avenues including email, YouTube, and Twitter.

Recall Date: December 19, 2014

Recall Number: 15-053

Comfort Research Recalls Vinyl Bean Bag Chairs Due to Risk of Entrapment, Suffocation

Hazard: The zippers on the bean bag chairs can be opened by children who can then crawl inside, become entrapped, suffocate or choke on the bean bag chair's foam beads.

Consumer Contact: Comfort Research toll-free at (844) 578-8933 from 9 a.m. to 5 p.m. ET Monday through Friday, or online at www.comfortresearch.com and click on the Product Recall link for more information.

Recall Details

Units: About 125,000

Description: This recall involves vinyl polystyrene-filled bean bag chairs with a single zipper on the exterior cover. The round vinyl bean bag chairs measure 88 and 98 inches in diameter. Colors and patterns included in the recall are black, hot pink, lime, purple, royal blue, ruby red, and baseball, basketball, football and soccer ball. A tag sewn into bean bag chair's cover seam reads "Made By Comfort Research" and "100% Polystyrene."

Incidents/Injuries: None reported

Remedy: Consumers should immediately take the recalled bean bag chairs from children and check them for zippers that can be opened. Consumers can contact Comfort Research for instructions to permanently disable the zipper.

Sold at: Burlington Coat Factory, Kroger, Meijer and other retail stores nationwide and online at Amazon, Bean Bag Company, Groupon, Kohls, Target, Toys R Us, Walmart, Wayfair and other

online retailers
between
January 2010
and October
2013 for
between \$30
and \$40.

