



# CARING MATTERS

May 2016 - Vol. 35 Issue 5



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See the April issue of Caring Matters for details! Page 16 & 17.

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

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

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

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Rochester, NY 14610-1825  
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Fax: (585) 654-4721

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510 West Union St., Suite 1  
Newark, NY 14513-9201  
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Fax: (315) 331-5271



## Family Focus



### “Green” Spring Cleaning

By Renee Scholz, Referral Services Director

The weather is finally getting nice and the temperatures are slowly rising. This is the time of year many of us undertake the task of spring cleaning after the long winter. Instead of using harsh, dangerous cleaning products that contain a range of artificial fragrances, solvents, and preservatives which may harm humans, animals, and the environment, consider using natural alternatives to chemical products. The products are just as effective for cleaning your home, and the basic ingredients you need are not costly. Here are some things you may already have in your home, or may want to purchase from the store:

#### The Cleaning Cabinet Essential 10

For basic cleaning, the following items are all you need:

**1. Baking soda (sodium bicarbonate)**

Baking soda absorbs odors and its mildly abrasive. Sprinkle on a damp sponge or cloth and use as a gentle, nonabrasive cleanser.

**2. White distilled vinegar**

Excellent disinfectant, deodorizer, and anti-fungal.

**3. Borax (sodium borate)**

Another miracle cleaner, however it’s an eye irritant and toxic if swallowed. Keep out of reach of children.

**4. Washing soda (sodium carbonate)**

Chemical relative of baking soda, but more strongly alkaline. A great solvent. Don’t use on wood floors, fiberglass, or aluminum.

**5. Hydrogen peroxide (household concentration 3%)**

Bleach substitute in place of chlorine.

**6. Bon Ami (original)**

Founded in 1886, made from calcite and feldspar mineral abrasives. No chlorine, perfume or dye and biodegradable.

**7. Liquid vegetable-based soap**

Sometimes referred to as castile soap.

**8. Liquid vegetable-based detergent**

Look for products that are biodegradable and made from vegetable-based ingredients rather than petroleum-based.

**9. Olive and essential oils**

Lavender, lemon, tea tree and peppermint essential oils add natural fragrance and have antiseptic properties.

**10. Grapefruit seed extract**

A powerful anti-bacterial.

For more information about healthy products please visit: [cleanhealthyny.org](http://cleanhealthyny.org).



#### Benefits

- 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

#### 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

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

- All Benefits Above Plus** ➤ \$5.00 discount on individual staff memberships in the Child Care Council

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

- All Benefits Above Plus** ➤ 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

- |                                |                                     |                                     |
|--------------------------------|-------------------------------------|-------------------------------------|
| <b>All Benefits Above Plus</b> | ➤ \$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)   |
- 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 Membership # \_\_\_\_\_

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

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

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

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

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

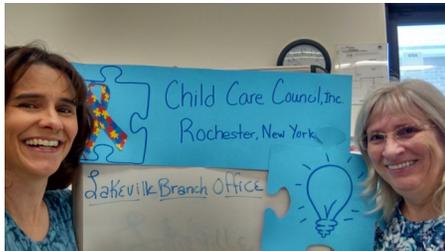
(3 digit # on back of credit card)

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

Please check one:  Council Pin  Lanyard  Carabiner Key Tag



## Council Staff “Lights it Up Blue!”



Current studies show that 1 in 68 children in America have been diagnosed with Autism. Every year, organizations such as Autism Speaks and Autism Up celebrate World Autism Awareness Day to spread the word and to support research funding.

Child Care Council, Inc. staff celebrated World Autism Awareness Day by creating posters and wearing blue for its “Light It Up Blue” campaign April 2, 2016.

If you wish to increase your awareness of Autism, please contact Bethany Williams, Special Needs Coordinator at [b.williams@childcarecouncil.com](mailto:b.williams@childcarecouncil.com)



## Art for Toddlers

By Rose Shufelt, Infant Toddler Specialist

When you think about art experiences with children, what comes to mind? A child standing at the easel with a paint brush in hand, or perhaps some children sitting at a table playing with play dough. Although these are typical art experiences, they are just a few of the many ways that children can enjoy art. Art experiences for young children begin well before they can pick up a paint brush. They begin with the children enjoying a soft breeze on their face or feeling a variety of different textures when they touch the silk scarf you are wearing and then put their hand on your corduroy pants. As they get older, they can enjoy the experience of scribbling with a crayon or playing in the sand and water table that is filled with a variety of objects.

Young children should be given the opportunity to experiment with a variety of materials and teachers should help them focus on the process rather than the product of what they are creating. Making the decision about what color their tree will be and what kind of animal they want to make is far more important to the creative process than what the tree or animal will look like when finished. When given a variety of materials to paint with or some paper, glue and “beautiful junk” the children can use their imaginations and create a meaningful piece of true art.

### When a child does this.....

covers paper with paint  
mixes water with dry paint  
pokes a hole in play dough  
tears paper for a collage  
successfully learns to use paste

### He/She is learning.....

about spatial relationships  
science concepts  
cause and effect  
eye-hand coordination  
pride in accomplishment

- Make art experiences fun!
- Provide many different art supplies such as feathers or toothbrushes to paint with.
- Make play dough with the children and watch what happens when they add color.
- Let the children experience the feeling of GOOP or Silly Putty.
- Provide “beautiful junk” and let the children use their imaginations!
- Provide plenty of uninterrupted time for the children to experience art.
- Remember, it’s the process that counts, not the product!

Young children explore by touching different textures, squeezing and poking play dough, moving their fingers through pudding, finger-paint or sand, and the splash of cool water hitting their fingers and toes. All you have to do is look at the children’s faces during these activities and you will see how worth while they are.

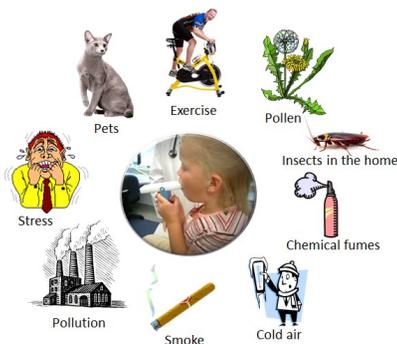


## Happy Asthma Awareness Month!

By Joanne M. Buell RN, MS. Health Services Coordinator

May is Asthma Awareness Month. In the USA, 22 million people (and 1 in 12 children) have asthma. Let's test your knowledge of asthma and its triggers, symptoms, treatment and prevention.

1. Asthma is a chronic inflammatory disease of the lungs. T or F
2. An asthma episode can be triggered by tobacco smoke, colds, emotions, strong odors, mold, or weather changes. T or F
3. The two most common types of asthma treatment are rescue medicine and controller medicine. T or F
4. Frequent, proper handwashing, using an Integrated Pest Management program, avoiding conditions that promote mold growth and avoidance of strong odor producing products are effective asthma prevention strategies. T or F
5. An Asthma Action Plan or Individual Health Care Plan that includes the child's medications, triggers, early symptoms of an asthma episode and the emergency actions needed if an asthma episode does occur is required for proper care of a child with asthma. T or F
6. The terms "Reactive Airway Disease (RAD), wheezing or albuterol medication listed on a child's medical form may indicate the child has asthma or an asthma-like condition seen under certain circumstances (such as with respiratory illness) and needs an Individual Health Care Plan to outline triggers and the emergency action plan. T or F



Asthma Triggers

How do you think you did? All the statements above are True. Congratulations if you received a perfect score!

You can get more in-depth information on asthma from our YouTube channel at [www.youtube.com/user/childcarecouncilinc](http://www.youtube.com/user/childcarecouncilinc), American Lung Association at [LungNE.org](http://LungNE.org) and request the Asthma Basics free on-line course from the Child Care Council Health Care Consultants!



# vroom

## Brain building moments



[joinvroom.org](http://joinvroom.org)

April, 10, 2016

State Budget - Results for Children and Families

Let's review the scores.

Plus - We now have the most significant family leave policy. New York State is now a national leader with a 12 week Paid Family Leave policy to support its working families.

We also appreciate the investments in afterschool (\$2M in restorations and \$3M in new funding), QUALITYstarsNY (\$5M total), and full-day Pre-K (\$22M).

Unfortunately, aside from those investments, New York State is making decisions that could decimate early learning services to children and families:

- The State has added \$22 million to create new seats for three-year-olds, a good step forward given the evidence that shows two years of quality early childhood education is more effective than one. We are deeply disappointed, however, that leaders failed to add new funding to support Pre-K for four-year-olds, since there are still over 100,000 waiting for a full-day seat outside of New York City, and given the promise made by State leaders back in 2014 to make Pre-K truly universal for four-year-olds and to offer funding to any district ready with a solid plan to expand Pre-K.
- The State chose to apply for waivers instead of investing \$190 million in implementation of the Child Care Development Block Grant (CCDBG). We are outraged that leaders would choose to delay implementation of these critically important requirements. Even if New York succeeds in obtaining a delay, without a robust investment in subsidies, the parents of thousands of children across the State, including those who reside in Dutchess, Erie, Livingston, Monroe, Ontario, Orange, Saratoga, and Schenectady counties, as well as New York City, are unable to access assistance to help them pay for child care, even though they are otherwise eligible.
- The State did not increase funding for maternal, infant, and early childhood home visiting programs and, in fact, cut funding to the Nurse-Family Partnership program by \$500,000. These programs reduce child maltreatment and a reduction in funding is unconscionable.

We hope to work with you to create a true system of early learning that serves the working families you hope to reach through anti-poverty initiatives such as increasing the minimum wage. The research-based programs we support cannot be ignored and unfunded. If they are, children and families will suffer.

Thank you.

Winning Beginning NY Steering Committee

## Rainy Days

By Brian Travis, Legally Exempt Enrollment Specialist

No one likes rainy days. It's wet, muddy and icky outside. With days like that you may not be able to go outside, so if you're stuck in the house here is an idea:

You can have the kids create a chocolate pudding bear. It sounds like it can get messy and that's the great thing. We want the children to get messy because messy is fun!

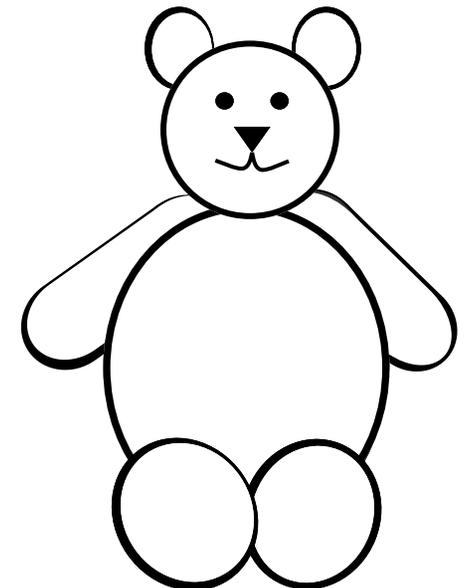
To make the chocolate pudding bear is simple. You just need white construction paper and chocolate pudding. Cut the paper into the shape of a bear and then let the children paint the bear with the chocolate pudding.

This is a great sensory activity for the children. It can range from infant to school age.

Tips:

- Make sure children do not have on their best clothes.
- Make sure children do not eat the paper
- Use a mess mat
- Do not force children to use the pattern. Some may just want to paint with the pudding and use their own designs

Feel free to make enlarged copies of this bear to use as a template.





## Splash-Up Your Day With Water



By Abbey Copenhaver, RD, Eat Well Play Hard Dietitian

Drinking water is important all year long, however with warmer temperatures just around the corner, now is a perfect time for a reminder.

Daily water recommendations for adults vary based on weather, activity and intensity of activity.<sup>1</sup> For men and women recommendations range from 9-15 cups per day including water in food and other beverages.<sup>1</sup> For kids recommendations vary depending on age, weight, and gender. Rule of thumb is for kids to have 6-8 cups of water per day plus eating the recommend fruit and veggies servings based on their age and gender.<sup>2</sup> It's further recommended for kids water before and after exercise plus 1/2-2 cups of water every 15-20 minutes during exercise.<sup>2</sup>



Here are a few tips to encourage ourselves and kids to make time to hydrate and choose water when quenching their thirst.

**1. Start at the beginning of the day:** Filling up a water bottle at the beginning of each day sets you up for success. Having water ready to go and easy to access helps you drink more water throughout the day. Drinking water around children encourages them to think water when thirsty.

**2. Choose Water:** It's tempting to treat ourselves to a cold or hot caffeinated/sweet beverage but keep in mind we are also adding cost and calories to our day as well. Water is no or low cost and is exactly what our body needs as we hustle through our day. If you do treat yourself to a coffee or soda, alternate drinking water with your treat to keep your water drinking motivation going.

**3. Make water a staple:** For meals and snacks where milk or juice is served, also have water as a choice. After physical activities or outdoor activities make time for a water break to quench your thirst. If you are with children, vocalize that it's important for our bodies to drink water throughout the day especially after movement activities for our bodies to stay happy and healthy!



References:

1. Dietary Reference Intakes: [https://fnic.nal.usda.gov/sites/fnic.nal.usda.gov/files/uploads/DRI\\_RDAs\\_Adequate\\_Intakes\\_Total\\_Water\\_Macronutrients.pdf](https://fnic.nal.usda.gov/sites/fnic.nal.usda.gov/files/uploads/DRI_RDAs_Adequate_Intakes_Total_Water_Macronutrients.pdf) (accessed 3/2016)

2. Academy of Nutrition and Dietetics: <http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow> (accessed 3/2016)



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.

### Recall Summary

*Name of product:* High chairs

*Hazard:* The arm bar can bend or detach during use, posing a fall hazard to children.

*Consumer Contact:* Nuna Baby Essentials toll-free at 855-686-2872 from 8:30 a.m. to 4:30 p.m. ET Monday through Friday or online at [www.nuna.eu/usa/](http://www.nuna.eu/usa/) and click on "Product Recall" under the "Support" section on the sidebar of the homepage for more information.

### Recall Details

*Units:* About 5,600 in the U.S. (in addition, 350 were sold in Canada)

*Description:* This recall includes ZAAZ™ high chairs in eight models: HC-07-004 (pewter), HC-07-005 (carbon), HC-07-006 (plum), HC-07-009 (almond), HC-08-004 (pewter), HC-08-005 (carbon), HC-08-006 (plum) and HC-08-009 (almond). ZAAZ and the model number are printed under the high chair seat on a white sticker. These high chairs look like a regular kitchen table chair and have removable trays, arm bars footrests, seat pads and harnesses so that they can convert into toddler chairs. "Nuna" is printed above the footrest of the unit.

*Remedy:* Consumers should immediately stop using these recalled high chairs and contact the firm to receive a free new arm bar and instructions on how to replace it.

*Sold at:* Albee Baby, Gigggle, Magic Bean, Nordstrom and other specialty stores nationwide and online at [www.nuna.eu](http://www.nuna.eu) and [www.wayfair.com](http://www.wayfair.com) and other online retailers from February 2013 through November 2015 for about between \$250 and \$300.



Name / Nom: ZAAZ  
 Model / Modèle: HC-XX-XXX  
 Serial No / No. Série: XXXXXXXX  
 Date: XXXXXXXX  
 nuna baby essentials inc. 70 Thousand Oaks Blvd Morgantown, PA, 15043. nuna.eu  
 Distributed by: / Distribué par: ISSI, Inc 2403A Autoroute Transcanadienne,  
 Pointe-Claire (QC) H9R 1S1 T: 514 344-3046 / F: 514 344-3296  
 info@nunababy.ca / 1-800-667-4111 Made in China / Fabriqué en Chine



## 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.

#### May 2016

- 25th - Child Care Council Staff Meeting-Office closed 10am-Noon
- 30th - Office Closed for Memorial Day

#### June 2016

- 29th- Child Care Council Staff Meeting-Office closed 10am-Noon

#### Check out our social media pages!

Twitter	<a href="https://twitter.com/ChildCareCoun">https://twitter.com/ChildCareCoun</a>
Facebook	<a href="https://www.facebook.com/ChildCareCouncilinc">https://www.facebook.com/ChildCareCouncilinc</a>
Pinterest	<a href="http://pinterest.com/ccouncilinc/">http://pinterest.com/ccouncilinc/</a>
YouTube	<a href="http://www.youtube.com/user/ChildCareCouncilinc">http://www.youtube.com/user/ChildCareCouncilinc</a>

## Meet the Staff of Child Care Council

Introducing Gina Barber, Legally Exempt Enrollment Specialist



Hello, my name is Gina. I have been with Child Care Council for 6 years. Before joining the Council, I worked in early intervention as a special education teacher. In my current position, I enjoy working with people and providing trainings where I can use those experiences to assist new child care providers. When I am not here at the Council, I am busy with my family! We love traveling throughout the region and taking advantage of all of the family activities the area has to offer. I look forward to spring and summer and being able to spend more time outside!



## A Closer Look



## The Trials and Tribulations of Completing your Training Hours

By Jenn Mehlenbacher, Registrar

I know how busy you are as providers. You're up early, have children to care for all day, and are often up late cleaning and planning for your next day.

It is required by the regulations that you attain 30 hours of training every 2 years. This can seem like a daunting task and can be an expensive one.

I have a few tips on how you can stay ahead of this sometimes overwhelming task and do it inexpensively:

- 1. Plan Ahead:** Know when your Renewal and Midpoint Dates are. If your Registration states that it expires on 9/1/16 then your next Renewal date and the next time your 30 hours are due will be on 9/1/16 with your Renewal documents. If your Registration expires on 2/1/20 then your Midpoint date and the next time your hours are due will be on 9/1/18.
- 2. Sign up for FREE Trainings:** Did you know that Child Care Council offers SUNY Videoconferences and they are FREE? There are 3 dates offered this year. May, June and November. You can go to [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu) to sign up! This would give you 7.5 hours you may need. If you took these each year you would be halfway to the 30 hours you need!
- 3. Check out the OCFS Website: The OCFS website currently** offers 20.5 FREE training hours. All 9 topic areas are covered. You can take these on-line classes every TWO years.
- 4. Don't forget CPR/FA:** It is a regulation that you maintain current CPR/FA training. Know when yours expires and make sure to register for your renewal class a few months in advance.
- 5. Check out our Course Calendar:** We always have fun, interesting, and new classes you might be interested in!
- 6. Make sure to check out your eligibility for the Educational Incentive Program (EIP):** You may be pleasantly surprised to find that you qualify for coverage of all or at least a portion of your training fee.

If you follow these tips, you should have no problem completing your hours in a timely and inexpensive way. You won't have to stress and rush at the last minute to find trainings that might be costly and inconvenient. If you need further assistance don't hesitate to contact your registrar. We are here to help you be successful!



## Strategies for Challenging Behaviors

By Bethany Williams, Special Needs Services Coordinator

As children grow and develop, they may exhibit some challenging behaviors. It is important to recognize which behavior is typical for each age group and have some useful tools to handle these situations. For the **Toddler** age group, some typical behaviors include: Tantrums, “Terrible Twos”-No being the most used word, emerging independence, and hitting and/or biting. **Preschoolers** tend to: Test limits, ask “Why” questions a lot, and may tell lies, steal or argue. **Young School-Age** children may demonstrate behaviors such as refusing to do something, being bossy, does not like criticism and have emerging independence-wants things their own way. There are some approaches that are useful in preventing or reducing typical behaviors that may be challenging for parents and child care providers. Here are some useful tools:

- Make sure other children are not in danger-If a child is behaving in a way that may injure others you may have to physically move the child away.
- Change the setting-If behaviors only happen in specific places or situations, think of ways to minimize the chance of the child to be in that setting.
- Create a distraction-Provide redirection for a child that is having trouble sharing or is upset about something that happened.
- Tell children in advance what is happening-Many children like routines and predictability. Prepare children for any changes in their routine.
- Offer choices-Giving children choices helps build independence and gives them some control of their environment.
- Be consistent-Establish regular routines and stick to it as best as possible.
- Notice the positive-Recognize and encourage positive behaviors.

It is important to remember that all children do not demonstrate the same behaviors. Every child is unique but using some of these strategies may minimize the challenging behaviors that children may exhibit when they are in a child care program or at home.

Resource: [www.childcareaware.org](http://www.childcareaware.org)

## Language and Literacy Tips:

### *Healthy Bodies Healthy Minds*

Are you talking about bodies and health? Link literacy to your discussions. Add health and fitness magazines to your book area. Create a group recipe book asking families to share a favorite, healthy recipe. Sing “Head and Shoulders, Knees and Toes.” Read “I Know an Old Lady Who Swallowed a Fly” and talk about certain foods that we should not eat.



How it works?

Literacy is all around us!

Let children hear lots of language through songs, stories and fingerplays.

You will contribute to their future success!

## THE REPURPOSE AND MORE STORE ITEM OF THE MONTH IS:

FABRIC SAMPLE BOOKS

JUST \$1 EACH!

Useful for so many crafts:  
From dioramas to sewing to collages, and doll house décor.

Games:  
Use for hop-scotch, lay a path, sew or glue together to make a spot to sit for story time, etc.





# COURSE REGISTRATION FORM



**For Health & Safety or Business 101 Series, NYS License/Registration Booklet #:** \_\_\_\_\_

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

If your name has changed, please write your previous name below \_\_\_\_\_

Work Phone: \_\_\_\_\_

Child Care Council Membership # \_\_\_\_\_ Email Address: \_\_\_\_\_

Home / Mailing Address \_\_\_\_\_

City/Town \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Is this a change of address or contact?  Yes  No

Business/Center Name \_\_\_\_\_ County \_\_\_\_\_

Family Child Care Facility  Group Family Child Care Facility  Legally Exempt Provider

Child Care Center  School-Age Child Care Program

Other \_\_\_\_\_

Home Language \_\_\_\_\_ Interpreting Services Requested  Yes  No

COURSE TITLE	COURSE DATE	LOCATION Lakeville Rochester Newark	COURSE FEE
			\$
			\$
			\$

Registrations MUST be received at least one week BEFORE class

Please mail this form, with your payment to:

Child Care Council, Inc.  
595 Blossom Rd., Suite 120  
Rochester, New York 14610

Attention: Finance Department

Method of Payment	
Cash	\$ _____
Check # _____	\$ _____
EIP Award # _____	\$ _____
Child Care Council Voucher (please enclose)	\$ _____
Visa/Mastercard	\$ _____
Card # _____ (Three digits from back of card) V# _____	
Name of Card Holder _____	
Expiration Date _____	
Signature _____	
<b>Total Enclosed</b>	<b>\$ _____</b>

Office Use Only	
EIP technical assistance by: _____	Date _____
EIP Application Received _____	
EIP Award Letter Received _____	
PO Completed for EIP Reimbursement _____	

Revised: March 2015

## CLASSES AT CHILD CARE COUNCIL MAY & JUNE 2016

*Are you interested in becoming a Family or Group Family Child Care Provider?*

Follow the path to your new child care business! New York State requires that you attend an orientation class prior to ordering an application. You may attend a Child Day Care Orientation class online at <http://www.ocfs.state.ny.us/main/childcare/infoproviders.asp> - or - Take a live, interactive class with us! Call 585-654-4720 for dates and times.

Once you complete the orientation, if you choose to proceed with Family or Group Family Child Care Registration or Licensing, you will need to fulfill your training requirements.

Child Care Council offers a comprehensive training package to meet your needs

**The Child Care Business 101 Series covers all or your training needs including:**

- Health and Safety
- First Aid and CPR
- Program Development
- Introduction to CACFP
- Taxes
- Business Class

All included for the Health and Safety registration fee which is refundable upon completion of Registration or Licensing. PLUS you will receive a complimentary Child Care Council Membership with full payment at registration, and giveaways to help you start your business!

### Child Development Associate Classes (CDA)

Participants may choose one of three specializations: Infant/Toddler, Preschool, or Family Child Care. CDA Courses at Child Care Council, Inc. are designed for potential candidates to complete their 120 hours, assist with the development of competency papers, and create a professional portfolio. CDA Courses are available in the evenings.

Classes meet weekly and are from 6:00 pm- 9:00 pm.

Please call (585) 654-4720 for more information. **Next class starts June 29th**

### Preparing for the CDA Credentialing Process

- \* Have you completed the CDA course but never took the test?
- \* Did you let your credential expire and haven't renewed your CDA?
- \* Did you create a portfolio under the old system but want to apply for your credential now?
- \* Did you take the CDA on-line but need help with the portfolio?

This series is perfect for you! We will be focusing on three main topics: Navigating the new CDA 2.0 Credentialing Process, Developing a Professional Portfolio, and Preparing for the Verification Visit and CDA Exam.

**To receive a Course registration package, call (585) 654-4798.**

### Specialty Classes:

#### Medication Administration Training (MAT)

In order to administer medication to children in New York State, Day Care regulations require this training. There are several options available to obtain or renew this training. To learn more about these options contact one of our MAT certified instructors. Upcoming dates are:

**MAT Training:** Sat. May 14th & 21st 9am-2pm - or - June 4th & 11th - Rochester

#### MAT Independent Study Classes:

May 11th, 6pm-9pm - Lakeville  
May 17th, 6pm-9pm - Rochester

June 7th, 10am - 1pm - Rochester  
June 21st, 6pm - 9pm - Rochester

#### CPR and First Aid—CEU .50 or 5 hours

This Red Cross Training and Certification is for Infant, Child & Adult CPR and Basic First Aid.

May 14th, 9am-2pm - Newark  
May 7th, 9am-2pm - Lakeville

May 14th, 9am-2pm - Rochester  
June 11th, 9am-2pm - Rochester

#### Health and Safety

EIP eligible - Series fee - \$235.00 NYS category 2, 4, 5, 6, 7, 8, 9 CEU 1.5 or 15 hours  
This series is for Registered or Licensed Family and Group Family Providers, Assistants, and Substitutes. The material is presented in six sessions and covers specific training modules. Existing providers will find this a great refresher course in 7 of the 9 required topics. It is also a good way for assistants to get their first 15 hours of training. Call for dates.

## CLASSES AT CHILD CARE COUNCIL MAY & JUNE 2016

Individual Classes: All classes are 6:30-9:00 pm unless otherwise noted.

**Asthma 101** Lakeville May. 5th

**Instructor: Joanne Buell**

Child Care Council, Inc. has partnered with the American Lung Association to offer an endorsement of child care programs that are friendly to children who have asthma. This endorsement begins with training in asthma and the specific care needs required by these children including asthma information, correct medication administration techniques, emergency planning, and environmental measures.

**Sparkling Creativity through Repurposed Materials** Rochester May 11th

**Instructor: Anne Leone**

Join us for a fun filled evening in our newly remodeled and renamed Repurpose & More Store (formerly the Recycle Shop). Cheap and easy ideas will be given for you to transform ordinary materials into spectacular creations. Bring home a free bag of treasures to use in your child care program.

**Business Practices for Family Child Care** Rochester May. 19th

**Instructor: Jason Place**

This class will provide a broad overview of professional and business best practices in family child care programs, reinforcing the important role that providers play in determining the quality of care and education in our field. We will review the nationally recognized Business Administration Scale (BAS).

**Full Serving of Nutrition** Instructor: Chelsea Peckham

As caregivers you are aware that children want to be very independent and can be picky when it comes to feeding themselves foods that they choose to eat. Feeding a very young child is not always simple. They may want to eat the same food three days in a row and then refuse to touch it the next day, or they won't touch their lunch but beg for a cookie. Why do children do this? How can we help them get in a full serving of fruits and vegetables at every meal? What are the correct serving sizes for each age group? Let's explore these frequently asked questions together in this class.

*Dates & Locations:* Apr. 23rd - 9am-11:30am-Lakeville, May 14th-9am-11:30am-Brockport, May 19th-6:30pm-9pm-Rochester

SPANISH-Apr. 30th or May 21st-10am-12:30pm-Rochester

**Food for Thought: Eating Well on a Budget** Rochester June 9th

**Instructor: Jodi VerWeire**

This training is based on a Sesame Street curriculum, A Guide to Family Mealtime. Participants will explore healthy food choices on a budget, talking with children about food, and easy, healthful recipes. Each attendee will receive Sesame Street curriculum packets for themselves and the families they serve. The packet includes recipe cards, a DVD with child-centered positive nutrition messages, and activities to do with the family.

**Know the Regulations-Family Child Care** Rochester June 9th

**Instructor: Lynne Fisher**

Are you familiar with the changes to the New York State Child Care Regulations? Would you like a refresher on the original regulations? Become familiar with both new and old regulations, required forms and documents, and regulations regarding child abuse.

*See the Early Childhood Professional Development Course Calendar for details and a full course list.*

*Child Care Council courses, links to SUNY videoconference information, and EIP applications, are available at [www.childcarecouncil.com](http://www.childcarecouncil.com)*

### Series Classes

#### **School Age Planning and Activities**

This two part course is designed for child care center staff, school age program staff and family child care providers who are working with school age children. This interactive class will explore activities for school age children to keep them engaged and excited throughout the school breaks and whole summer. We will begin by taking time to plan for the summer using a variety of forms and curriculum types. Then we will delve into various activities that will encourage Science, Mathematical, Artistic, and Literacy development. Join us to get excited about the summer!

May 10th & 12th, 10am-12:30pm - Rochester

#### **School Age Special Needs Series**

This school-age special needs series focuses on current topics in Special Education. By attending this series, participants will earn 15 hours of training and will leave with current evidence-based techniques to successfully work with older children with special needs, including behavior management. Participants will also learn strategies to create a more inclusive classroom.

Participants must enroll in the entire series and will receive a special needs resource binder.

May 31st, June 2,7,9,14 & 16 - Rochester

#### **Behavioral Support Training Series**

This three part training series provides an important opportunity to educate child care providers on topics that are crucial when working with children with disabilities and also gives them a chance to expand the scope of their work with children with special needs and their families.

Participants must enroll in the entire series.

May 23, 25, June 1 Rochester

June 13, 20 and 27 - Newark

### *Legally Exempt Provider Classes:*

The Legally-Exempt Training Series is for any in-home or family legally-exempt provider who wishes to enhance their knowledge and their reimbursement rate. Participants will learn about topics such as business regulations, child development, child abuse, and SIDS while interacting and networking with other providers. Call us for dates.

### *SUNY VIDEOCONFERENCE DATES FOR 2016*

May 19th - Identifying and Helping Children Who have Experienced Trauma

June 23rd - Addressing Challenging Behavior: An Overview of the Pyramid Model

November 3rd - Addressing Challenging Behavior: The Pyramid Model in Action

*Go to [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu) for more information and applications*