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595 Blossom Road, Suite 120  
Rochester, NY 14610-1825

Current Resident or:



**CHILD CARE COUNCIL**

*Your premier resource.* Inc.

WE DO THAT!

**CARING MATTERS**

December 2009 - Vol. 27 Issue 12



**Save the Date!**

*Saturday, April 10, 2010*

**Child Care Council, Inc.  
Annual Conference  
Diplomat Party House**



*Speaker:*

Jean Blaydes Madigan of  
"Action Based Learning"

*Topic:*

"Building Better Brains Through Movement"

Please plan on joining us for this  
interactive, energetic presentation.  
You'll be glad you did!

More information coming soon!

**President Wanda Arnold \* 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  
1173 East Union St.  
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

# 2009 Membership Benefits and Application

## Individual Membership—\$35.00/yr

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

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

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

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

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

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

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

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

## 2009 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



THE **Wendy's** ORKIDSTRA SERIES

## A Family Favorite! "The Snowman"

in the glorious new Kodak Hall at Eastman Theatre



Photo: Snowman Enterprises Ltd. 1982, 2009

Join us for this wonderful family holiday concert designed for children ages 3-9! Watch the famous animated film "The Snowman" in Kodak Hall as the RPO performs the music. An unforgettable day!

**Children's tickets are only \$10!**

**Sunday, December 13 at 2:00**  
 Kodak Hall at Eastman Theatre  
 Michael Buttermann, conductor  
*The Louise and Henry Epstein Family Choir*

**The RPO has a special offer for all Child Care Council members and families –  
 20% off all adult \$15 tickets today!**

To take advantage of this special offer, just call the RPO Box Office today at (585) 454-2100 and mention that you are a member or friend of the Child Care Council. You can also stop by the Box Office at 108 East Avenue in Rochester and mention this offer.

See you in the new Kodak Hall at Eastman Theatre for "The Snowman!"





## Reading with Children

More to it than meets the eye

By Beverly Maisch, Education Consultant

I recently received my copy of Teaching Preschoolers, a publication put out by NAEYC. In it, I found an article entitled "The Power of Planning: Developing Effective Read-Alongs" by Meagan K. Shedd and Neil K Duke. About half the article was devoted to the selection of books, and another significant portion to the use of questions to extend the learning and literacy acquisition from the reading.

I have chosen to summarize what was said about the use of questions from the article. Questions may be used to maximize interactions with children, and encourage them to think and reflect about the book too. Before I understood how important it was to have the children participating this way, I remember doing a lot of "shushing" in an attempt to get through the text of the book. Fortunately, I changed that up so that now what I do is run with what the children are offering and how they are reacting to the pictures and text. Granted, sometimes this means that we don't necessarily get through the text in the traditional way, but I had to teach myself that it was more important to let the children have the experience with the book. I have learned to handle their enthusiasm very carefully, and never shut them down when they are so excited about something in the book. We can do a lot to grow their interest in books, or conversely, we can "kill" their interest by being controlling and ignoring what they are thinking.

Let's go back to the kinds of questions discussed. Eight different types of questions are described: factual questions (details about the text), inferential questions (which invite children to 'read between the lines", opinion questions (what do the children think of ...), text-to-self questions (when we ask children to relate what is being read to themselves), text-to-text questions (finding and expressing ways that this book is alike or different from another), prediction questions ("What will happen next?"), authorship questions (What do you think the author will have this person do? ), and vocabulary questions (helping children figure out what unknown words mean).

Something else about questions is whether they are closed or open. A closed question is one that has only one way to be answered and requires little extended thought and reasoning. Factual and vocabulary questions would fall into this category. But open-ended questions leave a lot to think about and invite a rich conversational exchange.

When children respond in multiple words, the article says it is the hallmark of a highly effective read-along session. So basically, before you read a particular book to your child(ren), try to imagine what places you might want to pause to do some conversational exploration and turn this read-aloud time into a real learning and bonding event!



The new CACFP Healthy Child Meal Pattern improves meals served to young children by ensuring that children in CACFP-participating child care settings are offered a variety of nutritious meals and snacks. The changes in the CACFP Healthy Child Meal Pattern are based on research or studies that show :

A child in full-time child care consumes as much as 80% of his/her daily intake of calories and nutrients while in care.



Young children rely on their parents and caregivers to create their food environments. Parents/caregivers role model eating behaviors, determine what foods are available, and how meals are structured.

### MILK changes as of January 2010

- ◆ Milk served to children ages 2-18 years must be **fat-free (skim) or low-fat (1%)**.
- ◆ For infants age 1-2 years, milk must be **whole**.
- ◆ Only **unflavored** milk may be served to children ages 1-5 years.
- ◆ Your daily menu must specify the type of milk served.

### MEAT

#### changes as of January 2010

- ◆ Yogurt must be **fat-free or low-fat**, and prepared without artificial sweeteners.

### FRUITS/VEGETABLES

#### changes as of January 2010

- ◆ No more than **one serving** of 100% juice may be served **per day**.



### OTHER

#### changes as of January 2010

- ◆ If neither of the two required components served at snack is milk or juice, **water must be served as a beverage**.
- ◆ Water is **not counted** as a snack component. Your menu must specify when water is served at Snack.

### GRAINS/BREADS

#### changes as of January 2010

- ◆ **Sweet cereal** is defined as having **more than 6 grams** of sugar per adult serving.
- ◆ **Sweet grains** are specified as pastries, doughnuts, Pop-Tarts, granola bars, breakfast bars, toaster pastries, muffins, cookies, cakes, and brownies.
- ◆ Sweet grains or sweet cereals **may not** be served at lunch or supper.
- ◆ **No more than 2 servings** of sweet grains or sweet cereals **may be served per week**.



## Helping Children Develop Healthy Eating Habits

By Trish Fazio, Legally Exempt Specialist

1. Children imitate your eating habits so as parents, make healthy food choices.
2. Eat plenty of whole-grain foods, fruits and vegetables, and include lean meats and low fat dairy foods.
3. Encourage children to try a variety of foods. Give them small samples and make it fun, do not force them to try them. Remember they have a right not to like certain foods. As children grow, their taste develops and they may eventually like a food if it is offered frequently.
4. Children need food often so offer meals and snacks every 2-3 hours. Serve small portions and let them request second helpings.
5. Plan times for family meals with everyone at the table and involve each child in the conversation during a meal.
6. Let children help with preparing simple foods for snacks and meals. Allow them to measure, pour and stir. They may be more willing to try certain foods if they have helped prepare them!
7. Avoid power struggles with children over food. Never bribe them or threaten, or use food as punishments or rewards. This sends the wrong message about food and eating.
8. Encourage healthy snacks by keeping a supply of healthy choices on hand, such as fresh fruit and vegetables, reduced-fat cheese, peanut butter, crackers, and low fat milk.
9. Stay physically active by choosing family activities that involve moving rather than sitting. Exercise is good for parents and children!

Legal Ease : In the Winter season remember as a Child Care Provider, you must have sturdy barriers in place from fireplaces, heaters, wood burning stoves, so the children are safe.

Source: [www.nfsmi.org](http://www.nfsmi.org)



## Kids and Colds: What are we to do?

By Emily Leone RN, MSN

Cold and flu season are upon us and there is almost nothing more pitiful than an infant or child with a stuffy nose and cough. Our instinct as parents and caregivers is to do whatever we can to make the child rest and feel better. Plus, we need to get some rest as well.

Unfortunately, in our society, the first and most common treatment we turn to is medications to treat the runny nose and cough. These medications have not been shown to be effective in children under 4 years and especially in infants. In addition, these medications have side effects which can be dangerous and can actually worsen a simple cold by decreasing the body's ability to eliminate the by products of the cold, which is mucous, through coughing and nasal drainage.

**Serious Side Effects:** The most common serious side effects involve the heart and include:

- High blood pressure
- Fast, irregular heart beat
- Enlargement of the heart
- Heart attack

The next most common serious side effects include the brain-behavior system (severe agitation, hallucinations, psychotic episodes) and seizures. It is really an issue of risk versus benefit.

**Best treatments:** The best treatments for cold and flu are plenty of fluids and rest. Fluids help to keep the mucous moist and draining from the nose and sinuses, and makes it easier to cough mucous out of the lungs. Fluids are most commonly given by mouth and saline drops can be instilled into the nose to thin nasal secretions. Keeping the environment moist through room humidifiers can help as well. A very effective technique for thinning secretions is to go outside (well bundled up) on a cold day.

Rest is essential to helping the body heal itself. Unfortunately, for a child with a stuffy nose and cough, this rest isn't usually "through the night". A parent might need to suction a child's nose or get a child a drink of water to soothe a sore throat. Then parents will need to rest as best they can when the child does.

## "The Book Nook" Professional Library Book Review

By Staff Member: Polly Ellstrom,  
Family Child Care Inspector



Who doesn't remember sitting in the back yard or at the beach making delicious mud pies? How about the first time Mom let you stand on a chair and play in the kitchen sink and scrub your dollies or wash your cars. Oh what fond memories.

If you are looking for fun ways to incorporate sand and water play into your child care program, "Sand and Water Play" by Sherrie West and Amy Cox, is a great resource. This book is designed to offer 70 ways to utilize sand and water play in your daily routine. Sand and water play encourages creativity, enhances motor skills, offers tactile sensory stimulation and honestly is just plain fun.

The book is organized into multiple activity categories. One of these categories, Outdoor Activities, includes activities such as "Sand Castles, Canals and Tunnels", and "Sand Stew". "Dump and Fill", "Legos and Water" and "Waterwheels" are just a few of the activities in the Water Activity category. In addition to multiple activities, the book includes recipes and various charts that can be utilized to enhance your program.

Wet and sandy? Yes maybe, but, what feels better than seeing little children challenged, exploring and smiling? You too can create some wonderful memories for children in your care.

## Sand and Water Play

Authors:  
Sherrie West and Amy Cox

## IMPORTANT INFORMATION

*A review of classes in December 2009 & January 2010.*

*New items are in BOLD*

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

### Rochester Office:

12/1-Lead Safety  
12/1,3,8,10,15,17-Health & Safety  
12/2-Business Operations  
12/2-MAT Independent Study, 6pm-9pm  
12/5 & 12-MAT, 9am-2pm  
12/7 & 14-Basic First Aid 6:30pm—8:30pm  
12/7-Taking a Look at Written Contracts & Policies (Renewal Series)

12/7,9, & 16-MAT, 6pm-9pm  
12/8-Tax Training  
12/9-Family Regulations  
**12/10-Nurturing Early Language & Literacy Skills through Stories**  
12/14-Recognizing & Reporting Child Abuse & Maltreatment  
12/16-Introduction to Family Child Care

### Newark Office:

12/1,8,10,15,17,22—Health & Safety  
12/7-Professional Development Series 6:30pm—8:30pm  
Lakeville Office:  
12/2-Shaken Baby Syndrome 101



### SNEAK PEAK!

What is scheduled in January 2010

### Rochester Office:

1/4,6,11,13,20,25-Health & Safety  
1/5,12,19,26 & 2/2,9-School Age Series 9:30-Noon  
1/6-Business Operations  
1/7-MAT Independent Study 6pm-9pm  
1/11 thru 3/1 (6 classes) FCC Renewal Series

1/12-Psychological Disorders  
**1/13-Building Children's Character**  
1/14-Shaken Baby Syndrome 101  
1/19-Tax Training  
1/19,21,26-MAT-6pm-9pm  
1/28-Understanding Abuse

### Newark Office:

1/4-Professional Development Group 6:30-8:30  
1/16 & 23-MAT 9am-2pm  
1/28-CPR Renewal  
Lakeville Office:  
1/4,6,11,13,20,25-Health & Safety  
1/14-CPR Renewal  
1/27-Taming the Paperwork

## THE RECYCLE SHOP

### ITEM OF THE MONTH IS:

#### *Assorted Hair Accessories:*

*Bows, Clips, Elastic bands, decorated banana clips, etc.*

*Many colors—Come see!*

*2/\$1*

*See the Jan-July 2010 Course Calendar for more details and a full list of courses.  
Courses are also listed on [www.childcarecouncil.com](http://www.childcarecouncil.com)*

**2010 Course Calendar Coming Soon!**

