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CHILD CARE COUNCIL

Your premier resource. Inc.

WE DO THAT!

CARING MATTERS

February 2010 - Vol. 28 Issue 2



Great News for Everyone!

**ARRA Stimulus Funding
Infant and Toddler Child Care Quality
Enhancement Project
January 1, 2010 July 1, 2011**

**This funding will enable staff of the Child Care Council
And our Regional IT Network to obtain training and certification
in the Program for Infant and Toddler Caregivers (PITC)**

This training will enhance the variety and quality of educational materials and classes that the Child Care Council will be able to provide to child care providers in our communities.

As always, high quality care and education for children is the ultimate goal of Child Care Council, Inc. As your "Premier Resource" we look forward to sharing this information with the child care community!

For a more detailed project summary please look on page 11 of this publication under "News You Can Use".

President Amy Fici * CEO Barbara-Ann Mattle * Editor Jennifer Weykman
***** LOCATIONS *****

Main Office
595 Blossom Rd. Suite 120
Rochester, NY 14610-1825
Phone: (585) 654-4720
Fax: (585) 654-4721

Wayne County Branch Office
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

CCC Membership Benefits and Application

Individual Membership—\$35.00/yr

Benefits

- Loan privileges at the Early Childhood Professional Libraries
- My First Library for your own children between the ages of 6 weeks thru 5 years
- Free Notary Public Services
- Access to group rate Health and Dental Insurance
- 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



News You Can Use

ARRA Stimulus Funding Infant and Toddler Child Care Quality Enhancement Project January 1, 2010- July 1, 2011

Project Summary

The Early Care and Learning Council provides coordination and support to the statewide Infant and Toddler (IT) Resource Network. The seven Regional IT Resource Centers are embedded in the network of Child Care Resource and Referral agencies across the state. Each Regional IT Resource Center employs Infant Toddler Specialists who establish a “best practices” resource center and work with child care providers, CCR&R staff, child care licensing staff and the community at large to improve the quality of child care for babies and toddlers. This specific federal stimulus project will:

- Expand funding for the IT Resource Centers and target credentialing and retention of IT Specialists. Child Care Council and our regional CCRR partners will be hiring additional Infant Toddler Specialists.
- Provide a specialized training and certification in the Program for Infant and Toddler Caregivers (PITC) for 125 IT professionals. This cadre of trainees will come from IT Specialists at the IT Resource Centers, CCR&R staff and Early Head Start programs.
- Expand funding for the Early Care and Learning Council to evaluate the program results and employ a project assistant.
- Conduct statewide information sessions regarding social and emotional foundations for learning and fund between 2-4 pilot projects to test on site consultation in early care and learning settings. These projects will require cross disciplinary collaboration between, child care councils (CCR&Rs), mental health departments, early head start and other community partners.

CCC Annual Membership Application

- Individual Membership (\$35)
- Center Staff Member Membership (\$50)
- Family Provider Membership (\$50)
- Single Site Group Family Child Care Membership (\$75)
- Non-Child Care Organization Membership (\$75)
- CACFP Family Provider (\$25)
- CACFP Group Provider (\$37.50)
- Center Nursery School School-Age Multiple Site Group Family
 - 1 - 10 Staff Members (\$100) 21-30 Staff members (\$200)
 - 11-20 Staff members (\$150) 31+ Staff members (\$250)

Mail form & payment to:
 Child Care Council Membership
 595 Blossom Road, Suite 120
 Rochester, NY 14610

Membership Fees are non-refundable

Please one

New Membership Memb. # _____

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

Please note that on pages 24 and 25 of the January-June Child Care Council Early Childhood Professional Development Course Calendar the CPR class times for Livingston and Wayne County were listed as 6pm-9pm The correct time is 6:30-9:00. We apologize for the error.



A Closer Look

Inspection Services Department

Wintertime Outdoor Play

By Jennifer Duby, Branch Coordinator –Livingston County

During the cold winter months, it is often more challenging to get outdoors to play and enjoy this beautiful season because of the more inclement weather. While it is challenging, it is necessary to take the children in your care outdoors whenever possible. The most important thing for adults to do when playing outdoors in the winter is to dress warmly and stay dry.

Adults and children should wear hats, a scarf or knit mask to cover face and mouth, mittens, as they are warmer than gloves, a water-resistant coat and boots. Several layers of loose-fitting clothing should be worn and sleeves should be snug at the wrist.

Once you and the children are dressed appropriately for the weather, go outdoors and have fun! Shovel a maze path through a snow-covered lawn, try to spot and identify animal tracks in the snow and feed the birds. Bring some science into your play: Fill spray bottles with water and 2-3 drops of food coloring and spray snow different colors. Mix yellow and blue in the snow to make green and mix blue and red to make purple.

You do not have to spend an extended amount of time outdoors. Do not ignore shivering as it is an important first sign that the body is losing heat and is a good signal to return indoors to warm up. Once back inside, make sure everyone is dressed in warm dry clothes again. Making sure to have plenty of extra clothing on hand is essential to make the most of outdoor winter play.

It is also important to understand when it is too cold to be outside by observing the wind chill index from the local news. The wind chill index is the temperature your body feels when the air temperature is combined with the wind speed. If the air temperature or wind chill temperature are below 30 degrees, take caution if playing outdoors. Take advantage of calm sunny days whenever possible to make the most of wintertime outdoor play!

This website: <http://www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf> is a great resource for outdoor play related to weather concerns.



Family Focus

Business and Referral Services
Department

Celebrating February

By Renee Scholz, Child Care Consultant

With the December holidays and the New Year a distant memory, sometimes the remainder of the winter may seem lackluster with the short hours of daylight, snow and cold. Some of us may enjoy the season and all it has to offer, while others of us may see the winter as something to endure. Whatever camp you may be in, here are a few highlights of the month of February and all it may have to offer you.

February is American Heart month, American and Black History month, Children’s Dental Health month and International Friendship month, just to name a few.

Noteworthy days to consider celebrating are Groundhog Day, (February 2), Chinese New Year and Valentine’s Day, (February 14), President’s Day, (February 15) and Random Acts of Kindness Day (February 17).

On Groundhog’s Day if the groundhog sees his shadow when he emerges there will be another six weeks of winter. If he does not, there will be an early spring. This day provides an opportunity to learn about, discuss and predict weather. Books to consider sharing with children are Gretchen Groundhog, It’s Your Day by Abby Levine and Gregory’s Shadow by Don Freeman and Cloudy with a Chance of Meatballs by Judi Barrett.

Valentine’s Day provides an opportunity to share feelings with those that are important to you whether it’s a handwritten note or homemade card or making a special treat. This day can be celebrated throughout the entire month in a few different ways. Children may make a mailbox where positive messages can be delivered to them. Books to share are Somebody Loves You, Mr. Hatch, by Eileen Spinelli and Nate the Great and The Mushy Valentine by Marjorie Weinman Sharmat.

There are also many activities happening during this month around the community during the month of February. To learn more about them here are some websites to visit:

gvparent.com

or pick up a copy of the Genesee Valley Parent Magazine

rochester.kidsoutandabout.com

museumofplay.org Strong National Museum of Play)

rmssc.org (Rochester Museum and Science Center



FREE Programs for Your Child Care Program

By Andrea McKenna, Education Consultant

High quality child care is the cornerstone of Child Care Council’s mission. In an effort to enhance the quality of care in Monroe, Wayne, and Livingston county, child care council offers **free** on-site technical assistance programs to all licensed and registered child care modalities. Here are some of the unique programs we offer;

- ◆ Itsy Bitsy Yoga is perfect for infants 0 to 18 months old. This program has poses designed to sooth a fussy infant, reduce gas pains, increase brain development, and much more. If you are looking to enrich you’re your infant program, call us for more information on this free program.



- ◆ Little Yoga is perfect for beginner yogis. This program combines simple stretching with fun animal noises and games for your toddlers or young pre-school children. Sleepy Little Yoga is similar except the poses and games are meant to calm children before resting.

- ◆ Pre-school Yoga is a little more advanced stretching combined with story telling. This is great for older children who want to expand their yoga skills.



All yoga programs include a literacy component and Suggested extension activities.

For more information on to how bring these **free** programs into your child care program or to inquire about other programs we offer, please call Andrea McKenna or Rose Shufelt at 654-4720.



Food Allergies

By Lynn R. Moll, Registered Dietitian
“Greater Rochester Healthy Childcare 2010”

A food allergy is an abnormal response by the immune system to a food protein. When the food is eaten, the immune system (designed to protect the body from germs & disease) thinks the food is harmful and releases chemicals to “attack” the enemy. There is no cure for food allergies. Complete and strict avoidance of the food is the only way to prevent a reaction. Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. Individuals with food allergies plus asthma are at greatest risk for a serious reaction. Prompt administration of epinephrine (Epi-pen) is key to surviving anaphylaxis. Although food intolerances share some of the symptoms of food allergies, they do not involve the immune system. Food intolerances can cause great discomfort but are not life threatening. Children are the largest group affected by food allergies.

8 foods cause 90% of the allergic reactions in the U.S.:

- | | |
|---------|-------------------------------------|
| * Milk | * Peanuts |
| * Eggs | * Tree Nuts (walnuts, pecans, etc.) |
| * Wheat | * Fish |
| * Soy | * Shellfish |

One or more symptoms of food allergy can occur shortly after eating and include:

- Trouble swallowing, shortness of breath, repetitive coughing, voice change
- Swelling, hives, eczema, itchy red rash
- Nausea & vomiting, diarrhea, abdominal cramping
- Drop in blood pressure, loss of consciousness

Managing Food Allergies:

- Read EVERY label EVERY time! Don’t rely on “safe lists”
- Totally avoid food allergens & be prepared in case of a reaction
 - * Have medications available AT ALL TIMES *
 - * Know how to recognize symptoms & administer meds *
 - * Have a written Food Allergy Action Plan

For more information, visit: www.foodallergy.org

* You must have an emergency medication waiver or be MAT certified to administer medications. Please contact your licenser, registrar, or our registered nurses for more information.



“Baby, it’s coooold outside!”

By Nicole Pulcino, Legally Exempt Inspector

Winter time brings with it many fun outdoor adventures sure to excite the boundless energy of children from ice skating and snow fort building to sledding and skiing. Unfortunately, it is sometimes just too cold to go outside and play and that energy still needs to be expressed within the confines of a sometimes too small space. Until technology advances enough to harness this energy as an alternative fuel source, indoor gross motor activities (activities that involve the large muscles needed to crawl, run, walk, hop) can be a fun and educational way to burn through that fuel. Here are just a few fun activities to do with your young children during those blustery days ahead!

❄ Try this variation on Musical Chairs: Using different colored pieces of fabric, large paper or string tied in a circle big enough for multiple children to stand on together, start your music. When you stop the music call out one or two colors for the children to stand on. This can also be modified to help children work on number and letter recognition by drawing the numbers and letters on the papers and calling them when the music stops!

❄ Go on a scavenger hunt: For younger children use picture lists with the words to help build early literacy skills.

❄ Go on a Safari: Place various animals around your space and guide the children from animal to animal telling them different things about the animals as you go along.

❄ Dance Party: Put some child friendly music on get ready to move!

Did You Know ?

Each location of care requires a separate enrollment application.



Does “Inclement Weather” Hold You Back?

By Joanne M. Buell RN, MS

“Baby it’s cold outside” so says the popular song. The summer version might be the song “Hot, Hot, Hot”. **Jean Blaydes-Madigan**, our dynamic upcoming 2010 Annual Conference speaker and OCFS have lots of evidence that providers and children benefit from active outdoor play! Even so, OCFS regulation exempts providers from taking their children outdoors in “inclement weather”. So what is “inclement weather” to you? We’d like to know what you think!

Participate in our very unscientific survey. Choose the statement that best describes your child care program. E-mail me your choice and why (j.buell@childcarecouncil.com).



1. It is a rare day that the children and I don’t go outside to play, even if it is just for 10-15 minutes.
2. We go outdoors most days unless there are winter (or summer) storm warnings.
3. We check daily the forecast, wind chill temperatures (or heat index), and decide if we are going outside. We may limit our outdoor time or go out only in the morning or afternoon.
4. We go outside when the air temperature is between 40-75 degrees F with little wind, sunny or partly cloudy, and no precipitation.
5. Summer and winter are too extreme for us to go out, Spring is too rainy. Some days in Fall are ok to play outdoors.

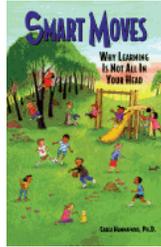
Parents often have their own ideas about outdoor play. Hopefully, families and child care providers can find common ground on the issue. Statements 1, 2 & 3 probably represent programs that are benefiting from outdoor play. Statements 4 & 5 may benefit from some **more** outdoor play. Everyone will benefit from the information given by our annual conference speaker Jean Blaydes-Madigan on April 10, 2010. Look for survey responses posted next month on our website, www.childcarecouncil.com

See you at the conference!

"The Book Nook" Professional Library Book Review

By Staff Member: Kate Walker,
Food Program Consultant

Smart Moves:
Why Learning is Not
All in Your Head
By:
Carla Hannaford, PhD.



In this riveting book, neurophysiologist and educator Dr. Carla Hannaford brings the latest insights from scientific research to questions that affect learners of all ages. Examining the body's role in learning, from infancy through adulthood she presents the mounting scientific evidence that movement is crucial to learning. Dr. Hannaford offers clear alternatives and remedies that we can put into practice right away to make a real difference in our ability to learn. She advocates more enlightened educational practices for homes and schools including: a more holistic view of each learner; less emphasis on rote learning; more experiential, active instruction; less labeling of learning disabilities; more physical movement; more personal expression through arts, sports and music; less prescribing of Ritalin and other drugs whose long term effects are not even known.

This book will forever change the way you think about both learning and teaching. Part Two of **Smart Moves** is especially enlightening as it outlines activities to help improve blood flow to the brain that will "switch on" the entire brain before a lesson begins. The increased blood flow helps improve concentration skills required for reading, writing, etc. Pick up this book today to understand *why* we must move and *how* to move to fully activate our potential as learners.

THE RECYCLE SHOP ITEM OF THE MONTH IS:

*Poster Size Sheets of Thin Clear Plastic 5/\$1
and
Red and White Envelopes 12/\$1
Perfect items for a Valentines Day project!*

We have 2010 calendar Keepers for \$ 17.23! Call ahead before your evening class and we will have one ready for you!

IMPORTANT INFORMATION

EIP applications for 2010 are now in! We do not know how long the funding will last, so plan your classes now and apply for funding ASAP! Forms can be found at <http://www.tsg.suny.edu/eip.shtm> or call 1-800-295-9616

*A review of classes in Mar & Apr 2010. New items are in BOLD
Classes are 6:30pm—9:00pm unless otherwise noted*

<u>Rochester Office:</u>	3/20 & 27-MAT	3/18-Child Abuse 101
3/2-Culture and Child Abuse	9am-2pm	<u>Lakeville Office:</u>
3/3-Power of Relationships	3/22 & 29, 4/5,12,19,26- Fam. & Grp. Fam.	3/2 & 9-CPR
3/4-Being Successful in CACFP	Renewal Series II	3/8,10,15,17,22,24-Fam. & Grp. Fam. Health & Safety
3/4-Business Operations for New FDC/GFDC Prov.	3/23-Intro. To Family Child Care	3/31-Poison Prevention
3/8,10,15,17,22,24-Fam. & Grp. Fam. Health & Safety	3/24-8 week course- How to Start and Operate a Child Care Center	<u>Newark Office:</u>
3/9 & 11-CPR	3/25-MAT Independent Study 6-9pm	3/1 Wayne County Prof. Dev. Group 6:30-8:30pm
3/9-Intro. To Family Child Care 9:30am-Noon	3/30-Promoting Healthy Weight	3/16-Child Abuse 101
3/9,11,16-MAT 6-9pm	3/31-Play, It's that Simple!	3/17- Intensive Health Technical Assistance FREE-Asthma Attack & Severe Allergic Reaction: What you need to know 6:30-8pm

<u>Rochester Office:</u>	4/6-Business Operations for New Family/Group Family Providers	4/19-Destination Imagination	<u>Lakeville Office:</u>
4/7-Parent Handbook	4/8-Know Your Regulations: Family Child Care	4/26-Raising Nutritionally Savvy Children in a Multimedia World	4/13-Basic First Aid 6:30pm-8:30pm
4/12,14 & 21-MAT	4/13-Intensive Health Technical Assistance-Asthma Attack and Severe Allergic Reactions: What You Need to Know— 6:30pm-8:30pm FREE!	4/27-Fire Safety	4/17 & 18-MAT (Sat. 9am-3pm, Sun. Noon-4pm)
4/13,15,20,22,27,29-Health & Safety		4/28-MAT Independent Study 6pm-9pm	4/28-Being Successful in CACFP
		4/29-Intro. To Family Child	<u>Newark Office:</u>
			4/6 & 8-CPR 6:30pm-9pm
			4/12,14,19,21,26 & 28-Health & Safety

April 10th
2010 Annual Conference-
Diplomat Party House
SAVE THE DATE!

*See the Jan-Jun 2010 Course Calendar for more details and a full list of courses.
Courses are also listed on www.childcarecouncil.com*