



2011 Calendar Keepers are available.



\$15.95 + Tax

Hurry before they're gone!

Congratulations Asbury Day Care Center!

Asbury has received NAEYC re-accreditation

Thank you to the staff for all their hard work! National Accreditation is a great accomplishment. Here is a short description of what that means;

Since 1985, NAEYC has offered a national, voluntary accreditation system to set professional standards for early childhood education programs and to help families identify high-quality programs. Today, NAEYC Accreditation represents the mark of quality in early childhood education. Over 7,000 child care programs, preschools, early learning centers, and other center or school-based early childhood education programs are currently NAEYC-Accredited. These programs provide high quality care and education to nearly one million young children in the United States, its territories, and programs affiliated with the United States Department of Defense. Look for the torch logo that identifies these programs! <http://www.naeyc.org/academy/>



CHILD CARE COUNCIL
Your premier resource. Inc.

WE DO THAT!

CARING MATTERS

January 2011 - Vol. 29 Issue 1



Happy New Year!

2011 promises to be another busy year with lots of opportunities for learning and sharing. Listed are some of the conferences scheduled in the months to come. As always, we will update you throughout the year as events are planned.

2011 Conference Dates:

- **Family Child Care Association of NYS**
April 1 & 2, 2011 Gideon Putnam Resort
Saratoga Springs, NY
- **RAEYC Spring Seminar**
- April 13, 2011 Radisson Rochester Riverside Hotel
- **Child Care Council, Inc. Annual Conference**
April 16, 2011 Diplomat Banquet Center
Rochester, NY
- **NYSAEYC Annual Conference**
April 28-30, 2011 Renaissance Westchester Hotel
Westchester, NY
- **NAFCC Conference**
July 20 & 21, 2011 Green Valley Ranch Resort
Las Vegas, NV
- **NAEYC Annual Conference & Expo**
November 2-5, 2011 Orlando, FL

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
510 West Union St., Suite 1
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

2011 EIP Applications are Available!

EIP scholarships fund college tuition with mandatory college fees and non-credit bearing training. Training must clearly reflect one or more of the subject areas that are required by the NYS Office of Children and Family Services regulations. All college courses taken as part of an early childhood or related degree program are eligible for scholarship. EIP scholarships can also fund assessment fees associated with certain credential or certificate programs.

To apply on line, or download an application go to <http://www.ecetp.pdp.albany.edu/eip.shtm>

For your convenience the Child Care Council also has applications available.

Call or stop in at any of our offices today!

Child Development Associate (CDA)

The Child Care Council is offering two CDA series starting within the next few months. If you intend to use EIP to cover some or all of the cost of the program, it is important that you submit your EIP application as soon as possible. EIP awards can take 4-6 weeks to process, so don't miss this opportunity. Call our office for a registration packet.

CDA 66—Lakeville—Monday Evenings
 Beginning February 28, 2011

CDA 67—Rochester—Thursday Evenings
 Beginning March 10, 2011

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

<input type="checkbox"/> New Membership	Memb. # _____
<input type="checkbox"/> 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

Supervision of Children

By Wilma Colotti, Family Child Care Inspector

“I can’t take my eyes off that kid for a second!” I used to hear parents say when at the park, family function or in the mall. In the mall? Why would you?

Anyway, when it comes to providing in-home licensed or registered child care for children other than your own, this is not something you can do except under certain limited circumstances. New York State daycare regulations state that, *children cannot be left without competent supervision at any time other than these few exceptions;*

With prior written permission from parents, children may nap or sleep in a room where an awake adult is not present. Electronic monitors must be used as an indirect means of supervision, with written parental permission, and the provider must remain on the same floor as the children with the doors open.

Now let’s talk about school age children, most of whom probably don’t nap. With the written permission of the parents, providers may allow school-age children to participate in activities outside the direct supervision of the caregiver.

Such activities must occur on the daycare premises whether the children are inside or outside the home. Additionally, the caregiver must physically check on such children every 15 minutes.

Before allowing school aged children to play outside of your direct supervision, discuss this option with the parent. Obtain a signed agreement with the parent if you both feel this is an acceptable situation for the child and your program. Having the provider and parent on the same page makes everyone’s job easier and the children as safe as possible.

If it’s been a while since you reviewed the NYS regulations pertaining to supervision issues, take some time and do so. You may wish to visit the OCFS website and look at the policy statements that pertain to supervision. Finally, assess how your program has changed in the last year, and call Child Care Council if you have any questions. We are here to help.

Resource: http://www.ocfs.state.ny.us/main/childcare/daycare_regs.asp

Indoor Rough Play

By Mitzi Rose, Referral Specialist

With winter weather cutting into the time children normally spend outdoors, it is more and more important that their active play needs be met in other ways. One of the frustrating side-effects of more time indoors, especially for preschool-age children, can be an increase in rough and tumble play. With a little bit of planning, parents and caregivers can turn something that can be overwhelming and unsafe into a healthy learning and play experience for young children.

Rough and tumble play can be intimidating to observers and to children involved if not handled appropriately. It is important that children be able to engage in this kind of play but they need adults to monitor and set ground rules. Make sure that children understand rules ahead of time and that they are reinforced throughout play. It is also important that all children are participating willingly. Some suggestions from experts to make rough play safe and fun include:

- Make sure the environment is safe and free from hazards. Have children help “safety check” an area by looking for things they might bump into or knock over.
- Consider designating an area like a mat or play rug. This can be helpful if it can be rolled up and stored. This is also helpful to keep other children out of the way if they do not wish to join in.
- Teach children safety words, such as “stop” and “dangerous.” All children should practice stopping on command and practice saying it to each other. Call unsafe actions “dangerous” so children learn consistently what is or is not safe, such as jumping onto someone.
- Set rules such as no shoes, no touching above the shoulders, no pinching or twisting, etc.
- Talk to children after rough play about what was fun and how they felt.

Rough play can be beneficial to children because it gives them a sense of control over their own bodies and environment. It allows them to act out feelings they might not be able to express and teaches them to follow rules and practice safety. Praise children for responding to commands to “stop,” encourage them to talk about what they are playing or to bring imaginative or dramatic play into their activities. Children learn self-expression, boundaries, rules, self-control, and other skills which will only help them later on in school and athletic activities, in addition to giving them a safe outlet for natural feelings and active impulses. As long as basic rules are being followed and an adult is actively supervising, rough play can be a great way to help children through the winter months.

Some Helpful Resources:

A Place of Our Own: www.aplaceofourown.org

University of Pittsburgh Office of Child Development: www.pitt.edu/~ocdweb/familyissues/guides

Institute for Play: http://nifplay.org/social_play_subsets.html



Baby Talk

Education Services Department

Helping Toddlers Become Problem Solvers

By Kristen Knight, Infant Toddler Specialist

Are children spending too much time in the time-out chair? The goal of guidance and discipline for young children is to teach self-discipline, self-control, and a positive self-concept. The question is, are any of these goals achieved by implementing time-out in your program or home? The answer to this question is no, and research shows that if time-out is used often or inappropriately it is not only ineffectual, it can also be damaging to the child. Time-out is an external way for adults to control behavior rather than children learning to internally control their own behavior. Rather than using time-out and other forms of punishment to control children's behavior, parents and caregivers should incorporate positive discipline techniques and look for meaningful ways to help toddlers understand why their behavior is unacceptable.

It is important to remember that toddlers do not automatically understand what constitutes appropriate behavior or how their behavior affects others. Therefore, adults need to model prosocial behaviors, care of materials and the environment, safety, tone of voice, and appropriate ways to express emotions. Toddlers also need explanations for why their behavior is unacceptable. For example, it is not enough to say "Don't hit". The caregiver needs to explain to the toddler why hitting is unacceptable, such as "It's not okay to hit your friend, hitting hurts and makes your friend sad".

Discipline strategies that are more effective and encourage positive interactions include redirecting children to similar and equally satisfying materials, giving children a variety of choices, imposing limits or logical consequences that are directly related to the toddlers behavior, offering a safe place to cool-down, and working with toddlers to negotiate and problem solve during conflicts.

Regardless of the discipline techniques chosen, caregivers and parents need to be consistent, respond immediately, to have developmentally appropriate expectations for toddlers, remain calm, be patient, get down on the child's level, use a neutral tone of voice, and never shame or humiliate the child. By incorporating these positive discipline techniques within the classroom or home caregivers can help young children develop a positive self-concept, empathy skills, self control and self-discipline.



Food For Thought

Nutrition Services Department

Resolutions

By Lynn R. Moll, RD, CDN

Greater Rochester Healthy Childcare 2010, Nutrition Educator

January has long been seen as a month of "resolutions". While we have great intentions, after 31 days, February arrives quicker than we thought it would and our resolutions have either overwhelmed us or have been forgotten. This year, resolve to make some healthy lifestyle changes that you can keep up with throughout the year. Here are some suggestions for your family or child care program:

SHOP SMART: Encourage a healthy lifestyle in your family or program by getting the children involved in selecting the food you will all eat for breakfast, lunch or dinner. Set aside a little time each week to plan your meals, including snacks. Together, go to the Farmer's Market, Public Market or grocery store, letting the children make some healthy choices, too. Guide your children toward making healthy selections and give them the gift of a lifelong healthy lifestyle.

COOK HEALTHY: Prepare meals together. Even preschoolers can help by combining and mixing ingredients, tearing lettuce for a salad and by setting the table. Don't forget that everyone can also help with the clean-up!

EAT TOGETHER: Having family meals together shouldn't be reserved only for holidays. Sharing meals together is an opportunity to create close bonds and lifelong memories. It is also a time to try new foods together and to teach children about healthful eating. Remember that ALL people have different food likes and dislikes. Respect your child's food preferences, be a good role-model and make mealtime a fun time.

BE ACTIVE TOGETHER EVERY DAY: Another way to create family closeness and lifelong memories is by being active together. Play with your children! If the weather keeps you indoors, here are some fun indoor active ideas: Make some instruments out of kitchen utensils and create your own family band. Play basketball with luffa sponges and a laundry hamper. Create an obstacle course through the house going up and down stairs and under and over furniture.

MAY YOU FIND HEALTH AND HAPPINESS IN THE NEW YEAR!



Legally Exempt Providers

Did you know that you could be earning more money working the same hours you are working now?

- **Earn up to \$8 more per week, per child**
- **Class fee of \$70 (can be paid in two payments of \$35 each)**
- **Pay yourself back in just 2+ months (Amount based on just one child. The more children in your care, the more you can earn.)**
- **Complete just four training classes**

Classes are offered every month

Register Today

See our front desk for details

The sooner you register, the sooner you can start making more money!



Pertussis (Whooping Cough) Outbreak in Upstate NY

By Emily Leone RN, MSN

Upstate New York, including the cities of Rochester, Syracuse, and surrounding communities, is experiencing a significant increase in Pertussis or Whooping Cough cases compared to 2009. Whooping Cough is a severe respiratory illness that causes prolonged cough and is especially dangerous to unvaccinated infants.

Major complications in susceptible infants and young children include dangerously low blood oxygen levels, stopping breathing, pneumonia, seizures, and malnutrition from vomiting after coughing spells. Half of infants who contract whooping cough will need to be hospitalized. Whooping cough causes about 20 infant deaths in the US each year.

State and local Health Departments are encouraging all adults ages 19 to 64 years, especially those with close contact with infants and young children, to be vaccinated against Pertussis. This vaccination is called the Tdap and includes **T**etanus, **D**iphtheria, and **A**cellular **P**ertussis vaccines and can replace one of the regular Tetanus booster vaccines. There is no need to wait the 10 years until the Tetanus booster is due to receive the Tdap vaccine; a 2 year window is currently advised, though in some cases vaccination sooner than 2 years is considered.

Whooping cough starts with typical cold symptoms of a runny nose and congestion for 1 to 2 weeks. It is during this phase that it is most contagious. The 2nd stage is called the Paroxysmal Stage. Coughing fits consist of a series of rapid coughing followed by a “whoop” as air refills the lungs. Vomiting and exhaustion often follow the coughing spells. This stage of the illness lasts 6 to 8 weeks and is followed by the Convalescent Stage. During convalescence, the coughing fits gradually decrease in frequency and severity.

Not only will vaccination with the Tdap protect you from this highly contagious respiratory illness, but it will also protect those infants and children who are not immunized or who are otherwise susceptible.

Call your Health Care Provider TODAY to schedule your Tdap!

"The Book Nook" Professional Library Book Review

By Staff Member: Gina Barber,
Legally Exempt Inspector

In this day and age media is everywhere. We can't escape it. The Other Parent looks at the media in relationship to our children's everyday lives. The author starts the book by sharing an all too familiar scenario where his 3 children wake up very early on a Saturday morning and in a effort to sleep in, him and his wife shoo them off to watch TV for a little bit. He continues to explain that while this was common practice in his childhood, the world of media looks very different today than even 10 years ago. Media such as television, internet, music and video games influence children more now than ever before. A recent study estimates that in today's world children spend on average 17 hours per week with their parents in comparison to 40 hours per week using media devices. Modern media has literally become another parent in our children's lives. Shocking? It was to me.

The author does not have fairy tale dreams of eliminating all media from the lives of children. His intent is to open the eyes of parents, lawmakers and media giants to the responsibilities we all hold for the images and material children are constantly exposed to. The following are some simple steps we can take to help make media safer for children.

- 1) Location, Location, Location – No TV or computer in bedrooms or where adults cannot adequately supervise their use.
- 2) Teach children to ask permission to use media - This makes media use a choice and not a habit.
- 3) Watch and listen with children – tell them what you like and don't like about what is presented so you shape their values rather than the media.
- 4) Read to children and share positive media experiences- use child friendly books, computer games, television programs and community experiences to shape their environment and create quality time together.
- 5) Switch the dial to "off" - if what's available is inappropriate, turn it off and choose another activity with your child.

THE RECYCLE SHOP

ITEM OF THE MONTH IS:

**Still available -Pieces of countertop
Rolls of peel and stick mats**

36" x 50" \$5 each—12 x 50" \$3 each

**There is still large wood pieces and laminate available.
Stop in and see!**

The Other Parent: The Inside Story of the Media's Effect on Our Children

James P. Steyer

IMPORTANT INFORMATION

2011 EIP Applications are Available!

To apply on line, or download an application go to
<http://www.ecetp.pdp.albany.edu/eip.shtm>
Call our office for assistance and signing up for classes!

A review of classes in Jan & Feb 2011. New items are in BOLD
Classes are 6:30pm—9:00pm unless otherwise noted

<u>Rochester Office:</u>	1/11 & 13-Basic First Aid 6:30-8:30pm	1/25-Power of Relationships 1/27-CPR Renewal
1/3,5,10,12,19 & 24-Health & Safety for FDC& GFDC	1/11-Tax Training 1/12-Child Development Associate (CDA) Information Session	1/31 & 2/2-Basic First Aid 6:30-8:30pm
1/3 & 5-Basic First Aid 6:30-8:30pm	1/13-Intro to Family Child Care	<u>Lakeville Office:</u>
1/3,10,24,31 & 2/7,14-Fam. & Group Fam. Child Care Registration & License Renewal	1/18 & 20-CPR 1/18,20 & 25-MAT 6-9pm	11/11 & 13-Basic First Aid 6:30-8:30pm
1/4 & 6-CPR	1/22-Nutrition Concepts Explored: Beyond CACFP	1/18 & 20-CPR
1/6-Business Operations For New Family/Group Family Providers	1/22-CPR Renewal 9-11:30am	1/26-Taming the Paperwork
1/10 & 12-CPR	1/24 & 26-Basic First Aid 6:30-8:30pm	<u>Newark Office:</u>
1/11-Intensive Health Technical Assistance-FREE 6:30-8pm		1/4 & 6-Basic First Aid 6:30-8:30pm
		1/11,13,18,20,25,27-Health & Safety for FDC & GFDC
		1/12 & 19-CPR
		1/ 22 & 29-MAT-Sat. 9am-2pm
<u>Rochester Office:</u>	2/14-Know Your Regulations	<u>Lakeville Office:</u>
2/1-Tax Training	2/14-CPR Renewal	2/1-MAT Independent Study Class-6pm-9pm
2/1 & 3-CPR	2/15-Intro to Family Child Care 9:30am-Noon	2/2,7,9,14,16 & 23-Health & Safety
2/1,3,8,10,15 & 17-Health & Safety	2/15 & 17-CPR	2/10-Intensive Health Technical Assistance-FREE
2/2-Business Operations for New Family/Group Family Providers	2/19-Growing Goodness: Vegetables 9-11:30am	2/22 & 24-Basic First Aid 6:30-8:30pm
2/3-Responsive Caregiving	2/22-Shaken Baby Syndrome 101	2/15 & 17-CPR
2/5 & 12-MAT-9am-2pm	2/23-Fire Safety	<u>Newark Office:</u>
2/7 & 9-CPR	2/28-Make Your Child Care an Eco-Healthy Child Care	2/8 & 10-CPR
2/8 & 10-Basic First Aid 6:30-8:30pm		2/22 & 24-Basic First Aid 6:30-8:30pm
2/9-Child Care Programing to Promote Healthy Weight		

*See the Jan-Jun 2011 Course Calendar for more details and a full list of courses.
Courses are also listed on www.childcarecouncil.com*