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

Current Resident or:



WE DO THAT!

## CARING MATTERS

July 2009 - Vol. 27 Issue 7



### SAVE THE DATE!

WHAT — Business Forum for Child Care Centers

WHEN — October 15, 2009 — 1:00-5:00 pm

WHERE — Drake-Lok Lifelong Learning Center

*A large variety of topics will be covered including:*



- Insurance
- Labor Laws
- Financial Planning
- Security Issues

*Several local experts in these fields will be present.*

WOW! — Registering for this training will include a ticket to attend the Child Care Council Annual Dinner & Cameras for Kids celebration held that same evening, next door to the Child Care Council at Artisan Works.



**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  
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Fax: (315) 331-5271

Livingston County Branch Office  
5995 Big Tree Rd. Suite J  
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

### Community Opportunities

Genesee Valley Farm Discovery Center  
 4376 E. Groveland Rd  
 Geneseo

Offers engaging experiential programs for child care programs such as "Painting with Soil", "Corn You Believe It", "Miss Moo and You", "Be a Seed Detective", "Going on a Nature Walk" and "Learning About our Farm Animals".

Cost: \$5 for multiple activities tailored to meet group interests. Participants get to take home soil painting and seed viability packet. Arrange for a program by contacting Vince Lalli, Director of Education by emailing: Valalli@aol.com or ph: 315 568 9736

*(Continued from page 3)*

### Start simple by exploring in your backyard:

- Look for bugs, birds, trees, and wildflowers.
- Peek under rocks.
- Rake leaves and jump in them.
- Hang a bird feeder. Get a bird guide and record which birds visit the feeder.
- Start a collection of stones, shells, leaves.
- Mark off a small square of ground. Have your child(ren) draw\or write about what is in the square.

### Investigate your neighborhood:

- Go for a walk.
- Visit a park.
- Shop at a farmer's market.
- Visit your local museum.

The rewards for either your child, or those you provide child care for, are countless when you take the time to explore nature. It allows the children to explore, play and further develop an appreciation of nature.

Websites that can assist you in planning exploring nature include:  
[www.naturerocks.org](http://www.naturerocks.org) provides information to parks in your area  
[www.nationalgeographic.org](http://www.nationalgeographic.org) -National Geographic  
[www.audubon.org](http://www.audubon.org). National Audubon Society  
[www.childrenandnature.org](http://www.childrenandnature.org)

Books: Nature in a Nutshell for Kids - Over 100 Activities You Can do in 10 Minutes or Less by Jean Potter.  
The Great Outdoors-Restoring Children's Right to Play Outside by Mary S. Rivkin  
Last Child in the Woods by Richard Louv



## A Closer Look

Registration Services Department

### Sun Safety

By Megan Personale, Registrar



It's that time of year again! The sun is out, the weather is warm, and the children are ready to play outside!

As a provider, it is your responsibility to make sure that the children are safe while they are playing outdoors in the sun. Here are some tips to remember when taking the children out to play:

- ◆ Now that winter is over, check your outdoor play equipment and make sure that it is in good repair.
- ◆ For the children in your care, over 6 months of age, remember to apply sunscreen every 30 minutes and encourage them to wear hats and take breaks to get out of the sun. Offer a shady area to play if possible.
- ◆ Make sure that the children stay hydrated. Offer water to drink that they can leave outside in individual cups so that they can get to it whenever they want.
- ◆ Allowing the children to play in the water (for example, using a sprinkler) is always a lot of fun, but remember that the children can burn easier when they are wet. Make sure that they dry off completely and keep them in the shade or indoors after they are done.
- ◆ Make sure the children aren't overdoing it. If they are playing hard, remind them to stop and take a break. Start a quieter activity outside or move to an activity inside for awhile to allow them to cool down.
- ◆ Remember to schedule your outdoor play during the hours when the sun is not at it's warmest. Play earlier in the morning or later in the afternoon when the temperature is cooler.
- ◆ Most importantly, Have Fun but Stay Safe!



## Family Focus

Business and Referral Services  
Department

### Outdoor Play and Nature

By Renee Scholz, Referral Services Coordinator

Hooray! Summer's here! What an opportune time to get outside and enjoy the weather, explore nature, go for a walk or just do nothing but lay down in the grass and watch the clouds floating by. I recall the feeling of freedom at the arrival of summer vacation; playing with neighborhood friends, riding bikes, camping and hiking with my family, swimming, spontaneous games of kickball or baseball and reading.

Does this sound like bygone days? Today's generation of children are being raised in an age of electronics including home computers, Ipods, cable TV and DVD players in our vehicles. Many children's time is quite structured. Their schedule may include a full day of school that may not have a regular recess. Children may go to a childcare program after school and then to an organized activity such as sports, dance, music or scouts. They could then return home to eat dinner and complete any homework that needs to be done and a late dinner.

Within this framework, many children are so hurried, or otherwise occupied with electronics, that they are losing out on unstructured free play time, or just time to "hang out". This also includes outdoor time. Children are getting 25% less play time than those of 20 years ago. The United States is seeing the greatest increase in obesity in children and less outside play is one factor contributing to this disturbing health trend.

Richard Louv, author of Last Child in the Woods, uses the term, "nature-deficit disorder" to describe what happens to young people who are disconnected from their natural world. He ties this lack of unstructured outside time to depression, attention disorders, and rises in obesity.

Other factors attributing to Nature Deficit Disorder may include limited outdoor space for outdoor play and fewer green spaces and natural environments.

#### **Spending time outdoors provides children with a multitude of benefits including:**

- Becoming fitter and leaner.
- Developing stronger immune systems.
- Experiencing fewer symptoms of ADD and ADHD.
- Playing more creatively and having more active imaginations.
- Applying science and math principles to real world situations.
- Having greater respect for themselves, for others, and for the environment.

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## Baby Talk

Education Services Department



### Embracing Culture

By Rose Shufelt, Infant Toddler Specialist



It's time once again to prepare for next weeks activities. The teacher pulls out her lesson plans and decides that she will have a multicultural celebration. Monday they will concentrate on China, Tuesday; Mexico, Wednesday; Spain, etc. She is feeling really good about how her plans are coming along and she has all kinds of ideas for songs, stories, music, and art projects for each country. Is this teacher embracing a family's culture? Although what she is doing is ok, her program is probably not as culturally sensitive as it could be.

When talking about incorporating the cultures of the families that you serve, you want to do things daily to let parents and children know that who they are and what they believe in is important to you and your program. By including experiences that are consistent with those the children have at home, you provide children with cultural continuity. This is especially important to infants and toddlers because this is a crucial time for the development of their sense of identity. Whether at home or in child care, caregivers play a significant role as transmitters of culture. Professional caregivers have an ongoing responsibility to heighten their sensitivity to the culture of the families they serve. We must respond in ways that support the healthy development of children by providing as much consistency with the home culture as possible.

The following are some ways that you can achieve cultural continuity, even if your cultural background is different from that of the families in your program.

#### ***Use children's home language's) as much as possible***

If you do not speak a child's home language, you will have to think creatively to bring the language into your program. For example, encourage family members to speak their home language when they visit and teach you some important words. Ask families to make tapes of stories and music their children know from home. Get help if necessary to translate written communications.

#### ***Reflect children's culture in daily routines***

Knowing how daily routines are handled at home can help you make the children feel at home in child care. For example, a child who is expected to eat neatly at home may need extra reassurance when she spills her juice at lunch.

#### ***Reflect children's families in the environment***

Display photographs of children's families that they have chosen to share. Incorporate foods, activities, toys, and songs that children know from home into their daily lives in child care.

#### ***Work towards understanding***

When adults in their lives share a consistent approach, children gain a sense of continuity that helps them feel safe and secure in child care. Most likely there will be times that you will have different points of view with the parents about caring for their child. Work with parents and problem solve together to work at a compromise. Spend time really getting to know the child's culture and traditions so you have an understanding of the parents and their child rearing practices.

Providing culturally sensitive care is more than spending a week studying different cultures. It is truly embracing the cultures of the children and families in your care. When you do, you build children's confidence, competence, and connections.



## Food For Thought

Nutrition Services Department

### Frozen Yogurt Pops— The Ice Cream Alternative

By Jenna DiVincenzo, RIT Dietetic Student

Edited by Kacie Deats RD, CDN

Looking for a healthier alternative to ice cream to help beat the summer heat? Frozen Yogurt Pops are made with low fat yogurt which contain less calories than ice cream and also provides more calcium. By adding fruit to the mix, it provided even sweeter benefits.

#### **Frozen Yogurt Pops**

##### Ingredients:

1 8-oz. container of your favorite flavor of low-fat yogurt

##### Utensils:

small paper cups

wooden popsicle sticks (available in craft stores)

plastic wrap

##### Directions:

Pour yogurt into paper cups. Fill them almost to the top.

Stretch a small piece of plastic wrap across the top of each cup.

Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.

Put the cups in the freezer until the yogurt is frozen solid.

Remove the plastic wrap, peel away the paper cup, and eat your pop!

Serves: 3 to 4

##### Tips:

Mix in local fresh fruit such as strawberries, raspberries, or blueberries.

Think you will need more? Use a 32 oz. container of low-fat yogurt and have plenty on hand!

##### Nutritional analysis (per serving):

127 calories

5 g protein

2 g fat

21 g carbohydrate

0 g fiber

262 mg calcium

\*recipe adapted from [www.kidshealth.org](http://www.kidshealth.org)





## Take 25

By Tamika Johnson, Director of Legally Exempt Services

In honor of the 25th anniversary of The Center for Missing and Exploited Children, the “Take 25 “ campaign has been established. The goal of this campaign is to increase societies awareness of children’s safety issues. Listed below are some suggestions on how providers and parents can help children learn about safety.

When talking to kids about safety, it’s important to reassure them—not scare them. That means communicating in a positive way that builds confidence and self-esteem. To do so, use our **Conversation Starters** and follow these guidelines:

Be Prepared-Spend some time to review **safety information** before you communicate it to your children. That way you’ll be better able to talk about the topic in a calm, reassuring manner.

Consider your child’s age-Gear discussions to your child’s level, taking into account their age and understanding. For instance, a typical four-year-old won’t sit through long explanations or retain a lot of information, so simple visuals and **activities** can be useful in capturing their interest.

Seize opportunities-Instead of waiting for “the right time” to talk to kids, make the most of everyday moments. A relaxed family meal provides the perfect opportunity to get kids to tune into safety messages, especially when favorite foods are on the menu. A car ride to school offers another great chance to talk to kids about safety.

Be open-Encourage your children to talk openly about their questions and worries. Let them know you care about what happens to them by setting clear rules, but try not to lecture or criticize.

Have fun-Child safety is a serious subject, but that doesn’t mean you can’t have an enjoyable time talking about it with your kids. Sing songs, tell stories, **play games** and interact with your kids in a way that makes them feel safe and loved. You’ll also help reinforce the message if you’re consistent in your approach.



### Your Child Care Program’s Protective Shield

By Joanne M. Buell RN, MSN

If you have a registered child care program, then you have this protective shield for your business. It provides a blueprint for operating a program well within the regulations. It provides protection from serious illness or injury for both you and the children in your program. What is it?

#### **Your Health Care Plan!**

With the recent world attention focused on containing the H1N1 (swine flu) influenza virus, infection control practices are being resurrected in schools & businesses. Child care providers, who follow their Health Care Plan, already practice these illness prevention measures.



In the Health Care Plan are areas addressing:

- **Handwashing/hand sanitizer practices.**
- **Exclusion criteria** to determine who may need to go home due to illness.
- **Daily Health Checks** to identify ill children before they enter the child care program.
- **Procedures** for caring for **children who start to feel ill during program hours.**
- **Procedures** developed **to prepare for emergency situations** such as illness of the provider or **the short term closing of the program.**
- **Practices for the cleaning and sanitizing of equipment** shared in the program.
- **Recommended/Required Infection Prevention tools** used during program hours (such as gloves, facial tissues) & their proper use.



The initial H1N1 influenza outbreak is behind us now. Many experts warn that this virus will re-emerge in the fall along with the usual seasonal flu. While Child Care Providers should not take these warnings lightly, continuing to up-date and follow your Health Care Plan will allow you greater peace of mind!

## "The Book Nook" Professional Library Book Review

By Staff Member: Jennifer Duby  
Livingston Branch Coordinator

### The Emotional Life of the Toddler

Alicia F. Lieberman, Ph.D.

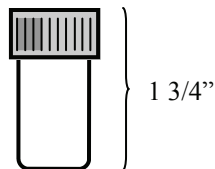
It's a tough life being a toddler. They are making new discoveries every day, finding out interesting things about themselves, their bodies, and the differences between them and other people and things. They are discovering fears regularly and sometimes seemingly, out of the blue. It is as challenging to be a toddler as much as it is to raise or care for one.

This book discusses the trials and tribulations of toddlerhood and brings insight to toddlers resorting to temper tantrums out of frustration at all of the things that they can't do or their lack of language to communicate effectively. There are many ideas for understanding their emotional development and the different temperaments children have. Lots of examples and situations are illustrated throughout the book. Chapters discuss family issues, such as divorce and having a new baby in the family, and provide suggestions on how to help the toddler cope and adapt in these situations. There is also a full chapter on the toddler in child care with tips regarding separation. The author also includes the importance of a strong relationship between the provider and child as well as the importance of the relationship between the provider and the parent.

This book is full of why's and how's and has so much valuable information for parents and caregivers about this age group.

### THE RECYCLE SHOP ITEM OF THE MONTH IS:

Small plastic vials with lids  
5¢ each or 25/\$1



*These vials can be used for many craft ideas as well as for collecting small objects from an outdoor walk.*

*You can even try sprouting individual seeds in them to observe the scientific process.*

## IMPORTANT INFORMATION

**EIP scholarship money ran out within the first three months for the first half of the year. It is possible that it will happen again. Apply as early as possible to guarantee your award for training through December!!! Call us! New CDA dates; July 8 and September 15th, apply now!!**

*A review of classes in July & August 2009. New items are in BOLD  
Classes are 6:30pm—9:00pm unless otherwise noted*

#### Rochester Office:

7/6,8,13,15,20,22-Health & Safety

#### 7/6-Sensory Integration Program (Stepping Stones Program)

7/7-Business Operations

7/8-Introduction to Family Child Care 9:30am—Noon

7/9-Understanding Abuse & Neglect 6:30pm—8:30pm

7/13,20,27 & 8/13-Legally Exempt Series

7/13,20,27-Family Renewal Series

7/14,21,23-MAT 6pm-9pm

7/18 & 25-MAT 9am-2pm

7/21-Violence that children see

7/22-Introduction to Family Child Care

7/27-**Outdoor Science**

7/28-**Promoting Healthy Weight**

#### Lakeville Office:

7/8-Different Set of Building Blocks

7/13,15,20,22,27,29-Health & Safety

7/14-CPR Renewal

7/30-MAT Independent Study 6pm-9pm

#### Newark Office:

7/6-Professional Development Series

6:30pm-8:30pm

7/29-CPR Renewal

#### Rochester Office:

#### 8/27-Baby Wants More

8/3-Appropriate Supervision (Ren Series)

8/4-Power of Relationships

8/4,6,11,13,18,20-Health & Safety

#### 8/5-Operating your Family Child Care Business

8/5-CPR Renewal

8/10-Paperwork, Policies & Parents Oh My! (Ren Series)

8/11-Family Regulations

8/11-Raising Nutritionally Savvy Children (CACFP)

8/12-Business Operations

8/12,19,26 & 9/2,9,16,

23,30 -Start a Center

8/15,22-MAT 9am-2pm

8/17-Recognizing Child Abuse & Maltreatment (Ren Series)

#### 8/18-Staying Healthy & Safe in the Great Outdoors

8/19-Center Regulations

8/20-Intro to FCC

8/25-Create Your Own Benefits

8/25-MAT Independent Study 6pm-9pm

8/27-Shaken Baby

Syndrome 101

#### Lakeville Office:

#### 8/5-You be the Inspector

8/31, 9/2,9,14,16,21-Health & Safety

#### Newark Office:

8/3-Professional Development Series

6:30pm-8:30pm

8/4-6,11-MAT 6-9pm

8/10,12,17,19,24,26-Health & Safety

*See the July-December 2009 Course Calendar for more details and a full list of courses. Courses are also listed on [www.childcarecouncil.com](http://www.childcarecouncil.com)*