

## Child Passenger Safety for Your Car August 18 from 6:30 to 9:00pm Location: Rochester



Please bring the following to class:

- Your personal vehicle (sorry no car-pooling!)
- Car seats you own/use and the instruction manual
- Your vehicle's owners manual
- A bath size towel

The class will be a mix of hands-on activities, in the classroom and the participants car, as well as classroom lecture. Participants are asked to bring any car seats they own/use in their child care facility to be checked for safety recalls, missing parts or wear.

**Contact Jean Triest at (585) 753-3016 to register.**

This FREE course for FDC providers will qualify for 2.5 hours for category F4/C4.

Class size limited to the first 10 participants.

This class is taught by nationally certified Child Passenger Safety Instructors from the Monroe County Office of Traffic Safety.

To make arrangements for a class for Child Care Centers/Schools in Monroe County contact Jean Triest, Monroe County Office of Traffic Safety (585) 753-3016

Additionally, here is a link to a **list of stations** that will check the installation of car seats and educate the parents in a half an hour on how a car seat is installed in their vehicle). **Please note: it is not comparable to the class listed above.** For a list of sites go to <http://www.monroecounty.gov/safetychildsafety.php> (Scroll to the bottom of the page and click on Monroe County Fitting Station List)

For Livingston County contact June Webster, LMSW  
Traffic Safety Education Program Coordinator  
Cornell Cooperative Extension, Livingston County  
(585) 658-3250 or [jmd227@cornell.edu](mailto:jmd227@cornell.edu)

For Wayne County contact Lisa O'Dell  
Wayne County Public Health Service  
1519 Nye Road, Lyons, NY 14489 *Appointment required*  
(315) 946-5749



CHILD CARE COUNCIL  
*Your premier resource.* Inc.

WE DO THAT!

CARING MATTERS

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## Child Passenger Safety for Your Car

*Do you know...*

...that the child passenger safety law changed in November, 2009?

...what the safest seating position is in a car for a child?

...what the American Academy of Pediatrics recommend when keeping a child rear-facing?

*We have the answers!!*

If you are a registered or licensed Family or Group Family Child Care Provider, join us on Wednesday, August 18th from 6:30 to 9:00pm for the answers. We will cover the basics of transporting passengers from newborns up to adults. We will cover the New York State restraint law, the basics of passenger safety and how to correctly use and install car seats in your personal vehicle.



*See the back cover of this publication for more information about this class*

**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

### 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

Renewal Membership      Memb. # \_\_\_\_\_

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: \_\_\_\_\_

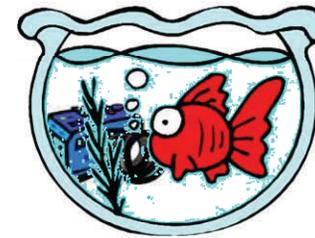
Please check one:     Council Pin     Lanyard     Tote Bag     Cooler Beach Bag



## News You Can Use

### New Easier to Use Cameras for Kids

When thinking about letting children in your care use your digital camera to enter the Cameras and Kids Contest, does this image make you nervous?!



Worry no more!

The Child Care Council has Kid Friendly Cameras you can borrow.

Remember, the contest runs through the end of August so you have plenty of time to participate!

Contact any Child Care Council office for more information on how to borrow a camera, how to enter the contest, and how to submit pictures.

Say CHEESE!





## Are You Moving Yet!?

By Beverly Maisch, Education Specialist



“Exercise builds brain cells.” That’s what Jean-Blaydes Madigan taught us at the April 10th Child Care Council Conference. She didn’t just tell us, she showed us many ways to add movement to that phrase, and apparently the action did just what it was supposed to do. It made the idea stick in my otherwise faulty memory.

Jean kept us moving in fun ways periodically throughout her presentation. The evaluations we collected at the end of the day reflected what we, the staff, thought too. This had been a hugely successful training and well received.

One very basic concept she left with us was the acronym NEWS. The N stands for nutrition, the E denotes exercise, the W is for water, and the S (good news) is for sleep! It should come as no surprise to any of us that what we eat impacts our health in immeasurable ways. Ms. Madigan does advocate for supplementation with omega fatty 3 acids for better brain health. The exercise/movement part is coming up with remarkably positive results in a number of research studies. Water is so easy to forget, but she helped us to understand that flavored drinks take much longer for our bodies to access, which is why water should be the first choice for drinks. Quality sleep seems to elude so many of us, but bears paying some serious attention to improving. From this framework we learned why each of these elements is essential to overall good health, and therefore optimal brain function.

Her theories are based in recent research studies. The compelling aspect is that exercise/movement has a positive effect on almost every aspect of our health and physical functioning. One book that she references, and I have read and recommend is *SPARK, The Revolutionary New Science of Exercise and the Brain*, by John J. Ratey, M.D. with Eric Hagerman. This book really is so readable and lends such an amazing testimony to the importance of movement! It is well worth a look at it!

So, if we didn’t have reason enough before to get off the couch, - we certainly do NOW!



## Coping with Picky Eaters

By Jenn Mehlenbacher, CACFP Specialist

Here are a few tips to try in the battle with a picky eater:

1. Offer new foods many times. Don’t give up. It may take 10-15 times before a child will try something new.
2. Put a small portion on the child’s plate. Just one piece or one bite as a sample, so they don’t become overwhelmed.
3. Be a good role model by trying new foods yourself. Describe its taste, texture and smell and rate it 1-10 on how well you like it.
4. Keep a chart of new foods all of you try and use a bar graph to chart which new foods are favorites and which ones aren’t as popular yet. Fill in the graph using crayons for extra fun.
5. Offer new foods first, at the beginning of a meal, when the child is most hungry.
6. Serve food plain if that’s how the child will try it. Also, keep the foods separate. For example, give them the noodles, meatballs and sauce separately and let them decide if they want to mix it together. Serve the foods on a plate with sections if your child doesn’t like their foods to touch each other.
7. Offer choices. Rather than ask “Do you want broccoli for lunch?” ask “Which would you like for lunch: broccoli or squash?”
8. Don’t be a “short-order cook.” Offer the same foods for the whole group. Don’t make concessions for one child unless it involves an allergy related food.
9. Let the children be “produce pickers” by letting them pick out which vegetables and fruits they would like to try before going shopping. If possible have the children go too so they can help.
10. Let the kids help in the kitchen and serve themselves whenever possible. They will be more engaged and interested in new foods if they take part in the decision-making and preparation of them.

Finally, choose **not** to offer sweets as rewards for finishing a meal. This encourages children to think that dessert foods are better than other nutritious foods like fruits and vegetables.

For more ideas go to [www.mypyramid.gov](http://www.mypyramid.gov)



## Reading All Summer Long

By Kristinne Seibel, Legally-Exempt Coordinator

All children need to keep reading during the summer months so that they do not lose the skills they developed during the school year. Here are some ideas to encourage reading -

- Go to the library on a regular basis
- Read out loud to all kids every day
- Ask the kids to read to you
- Read every day yourself to set a good example
- Read the book then rent the video
- Read joke books, riddle books and comics—they count too
- Talk about the books you are reading together at mealtime
- Always keep a book in your backpack, purse or diaper bag
- Provide comfy spaces for kids to read
- Read outside
- Cook with kids and help them read the recipe as they follow the steps
- Let kids draw the pictures while you read the story
- Help kids keep a list or journal of the books they read over the summer
- Slow down—let listeners and readers enjoy the story
- Do art projects that relate to the books you read

Spencer, Gwynne, From Themed Reviews: *Fifty Ways to Keep Your Kids Reading All Summer*; [www.childrenslit.com/](http://www.childrenslit.com/)

### *Did You Know?*

Your home must be free of unsafe areas such as swimming pools, open drainage ditches, wells and fireplaces. All unsafe areas require a sturdy barrier to keep children safe.



## Care for the Caregiver

By Emily Leone RN, MSN

This might seem like a funny topic from a nurse, but child care providers and nurses are both caregivers. As caregivers, we share a common trait to put other's needs before our own, sometimes even to the detriment of our ability to provide the best care.

The question we need to answer for ourselves is "How do I care for myself while caring for those around me?" The answers are Balance & Practice.

**Balance:** Step back and take a good look at your life. Examine the commitments you make for their importance to you. Make time to enjoy yourself. You are the only one who can do this for you.



**Practice:** The skills to care for ourselves do not come naturally to most caregivers. We must practice these skills so that they become habits. What are these skills?

**Breathe:** A simple, deep breath immediately calms the body and gives you a few seconds to think about the situation before responding. Taking a deep breath first opens up options not available if you respond in crisis mode.

**Situational Empathy:** Step back from other's emotions and empathize rather than feeling their strong emotions such as fear, sadness, or anger. Detachment helps you maintain emotional equilibrium and frees you to care in a way that is effective.

**Learn to say "no"** to non-essential commitments, then stick to it!

**Ask for what you need:** Communicate clearly with others to remove the frustration when they cannot read our minds.

**Learn & use healthy coping skills:** Replace sugar, caffeine & alcohol with exercise, meditation, social supports, & sound sleep.

**Laugh & Play:** Reduce the intensity of situations, reduce embarrassment, & help us realize the key benefit of working with children. In how many careers are you expected to play?

**Monitor your behavior and your reactions for sign of stress or sleep deprivation.** This will be your clue that you have overcommitted in your care of others to the detriment of your own well being. Make the commitment to yourself for the benefit of those in your care.

## "The Book Nook" Professional Library Book Review

By Staff Member: Jennifer Duby  
Branch Coordinator Livingston County

I first picked this book up off the shelf because the title intrigued me as I recall being scared of things I saw on TV and in movies as a child. Throughout the book, there are anecdotal excerpts of student essays telling of their childhood frightening memories stemming from the media.

So, to protect children, do we throw out the TV? No, never in this book does the author suggest that to be the solution. The book is full of practical suggestions to supervise what children are exposed to through the media.

Through the childhood memories of now adults, the author is able to enlighten parents and caregivers of what types of things tend to worry children as well as opening adults eyes to different things they may not have even considered. The book also gives suggestions on how to help the children cope with their scared feelings.

The appendix of the book also gives important information regarding children's behavior, ideas of what might be frightening at different ages, and an explanation of the TV and Movie rating scales currently in use.

By the time I was done reading this book, I felt at ease when I recalled the frightening TV incidents from my childhood and hope that you will as well! Happy Reading!



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

*Artificial Flowers*  
5 Stems for \$1.00  
1 box for \$5.00

## "Mommy, I'm Scared!"

### How TV and Movies Frighten Children and What We Can Do to Protect Them

Joanne Cantor, Ph.D.

## IMPORTANT INFORMATION

2010 EIP applications are available.

We expect that like last year, available scholarship funds will run out quickly. Plan your classes now so you can apply for the funds immediately when the applications are available. Please contact our office, we will be happy to assist you!

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

#### Rochester Office:

7/8,13 & 15-MAT  
6:00pm-9:00pm  
7/8-Shaken Baby  
Syndrome: 101 and Then  
Some!  
7/12-14,19,21,26,28-Health  
& Safety for FDC &  
GFDC  
7/12,19,26, 8/2,9,16-  
FDC & GFDC Reg/Lic  
Renewal Series  
7/13-Intensive Health  
Technical Assistance-  
FREE 6:30pm-8:00pm

7/14-Business Operations  
(CACFP)  
7/15-Introduction to  
Family Day Care  
**7/20-Outdoor Science**  
7/22-Infant Toddler  
Parent Communication  
7/22-**Understanding  
Temperament**  
7/27-Effects of Stress  
7/29-**Baby Wants More**

#### Lakeville Office:

7/1-CPR Renewal  
7/12-14,19,21,26,28-Health  
& Safety

#### Newark Office:

7/10 & 17-MAT (Sat)  
9:00am-2:00pm  
7/12-Professional  
Development Group  
7/13-CPR Renewal

**NEW CDA starts 7/7!!**  
**Contact Yolanda 585-654-4798 for details**

#### Rochester Office:

8/3-Business Operations  
for New Family/Group  
Family Providers  
8/4-CPR Renewal  
8/4,9 & 11-MAT Training  
6:00-9:00pm  
8/10-Know Your  
Regulations Family CC  
8/16-Parent Handbook  
**8/17-Storybook Art**  
**8/18-Child Development  
Associate (CDA)  
Information Session**

8/23-Power of  
Relationships  
8/25-Infant Feeding and  
Nutrition  
8/30-Family and Group  
Family Child Care  
Registration & License  
Renewal Series (first in  
a series of 6 classes)

For information  
about the CDA class  
schedule contact  
Yolanda Bennett at  
585-654-4798

#### Lakeville Office:

8/18-Intensive Health  
Technical Assistant-FREE  
6:30-8:00pm  
**8/25-A different Set of  
Building Blocks**  
8/30-MAT Independent  
Study Class 6:00-9:00pm

#### Newark Office:

8/2-Provider Professional  
Development Group  
6:30-8:30  
8/10,12,17,19,24,26-Health &  
Safety



**Qual-a-Homes™**

Remember: Qual-a-Homes is available if you prefer in-home training. See our Course Calendar for details

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