

NON PROFIT ORG.  
US Postage  
PAID  
Rochester, NY  
Permit No. 4061



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

ADDRESS SERVICE REQUESTED



WE DO THAT!

## CARING MATTERS

March 2009 - Vol. 27 Issue 3

### GED – IT’S YOUR TURN – NOW

By Edwin Maier



In collaboration with BOCES #2 and as a part of our mayor’s community literacy challenge, Child Care Council is offering the opportunity to earn their GED, at no cost, to any child care provider.

You have continually put children first. Now it is your turn to put yourself first and to complete our GED program. In recognition of the fact that you devote so many hours to day care, we are offering a DISTANCE LEARNING program that will enable you to complete your studies in the privacy of your home.

Distance Learning allows Adult Literacy students (who are at least 21 years old and do not possess a U.S. high school diploma) to improve skills without physically attending class. Students work from home with the support of a New York State certified teacher.

Complete the section below. You will be contacted to learn more details about our GED program. Send ‘Reply’ below to Child Care Council, 595 Blossom Road., Suite 120 Rochester 14610..attn: Edwin Maier, M.Ed, MDiv.  
Certified Instructor

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

Caring Matters-A publication of CHILD CARE COUNCIL, INC. “Your premier resource”  
Early Care, Education, and Family Child Care Registration in Monroe, Livingston and Wayne County

**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  
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

- All Benefits Above Plus**
- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| \$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)   |
- 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

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

Big Kids Productions presents...

# The 2009 Great American Family and Home Expo

**Mommy & Me, Parents-To-Be-Expo & The Eastside Retailers Show & Sale Join Forces!**

## CALLING ALL VENDORS!!!

**Don't miss your opportunity to sell your products and services to thousands of parents of children ages 0-12 April 11, 2009 at the Dome Arena & Minett Hall**

**To buy vendor space, visit:  
[www.GreatAmericanFamilyExpo.com](http://www.GreatAmericanFamilyExpo.com)  
 or call 585-899-9151**

**Call or visit the link above NOW For \$50 off your vendor space!**

## Come one, come all!

### Child Care Council, Inc.

Invites you to join Anne Leone and Tamika Johnson for an informational meeting regarding the Family and Group Family Child Care Provider's Support Group & Professional Development Series



**Date: Thursday, March 19, 2009**

Time: 7 pm

Location: Child Care Council, Inc.  
 595 Blossom Rd. suite 120  
 Rochester, NY 14610  
 Drake-Lok Lifelong Learning Center

Call: 585-654-4720

**\*\* We welcome you to bring another provider to join this meeting\*\***

RSVP: By March 16th, 2009

**So come on, join us for fun, conversation and learning !**



### Courtesy

By Mitzi Rose, Child Care Consultant

We all know that children model what they see. They learn how language works by hearing and repeating. One of the ways that adults can help children develop socially is to model good manners. Manners can cover everything from saying “please” and “thank you” to knowing on which side of the plate your dinner fork belongs. I would like to focus on the daily courtesies that make talking to and interacting with people pleasant.

Children notice how adults address each other. If they hear us talk to each other respectfully, they learn to speak with respect. If they hear us talk disrespectfully, they cannot be expected to speak politely. Parents and providers can use drop-off and pick-up times as opportunities to connect with each other about children’s needs as well as opportunities to model social manners. As adults, even when we are frustrated or want to emphasize something, we should remember our audience. How will this appear to a child? What will my child learn from my behavior? If I raise my voice with another adult, will my child think I am being rude, or will my child try to speak to me like that?

When adults disrespect each other in front of children, it forces children to take sides in some way. Right and wrong are very basic for children, and if adults are not happy with each other, one must be right and one must be wrong. By maintaining pleasant tones, emphasizing basic courtesy, and generally modeling polite conversation in front of children, parents and providers can help children establish good social habits. No matter what we are doing or saying around children, we should always consider if it is something we want them to do or say, too. Sometimes we forget that whatever we are doing, we are role models for the children in our care. They learn courtesy from our behavior and our words. Before we realize it, children are eagerly holding doors for people, saying “excuse me” in a group, and reminding us when we forget our manners.



### Top 10 Nutrition Facts

By Lynn R. Moll, RD

Registered Dietitian and Nutrition Educator for  
Eat Well Play Hard in Child Care Settings

March is National Nutrition Month. This year’s theme of the American Dietetic Association is *Eat Right*. With that in mind, the experts at ADA have identified the following Top 10 Nutrition Facts:

1. Eating right doesn’t have to be complicated. Use MyPyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before you change your diet, be sure the information is based in scientific fact.
3. Get your food and nutrition facts from the expert: a Registered Dietitian. RDs are uniquely qualified to translate the science of nutrition into easy advice you can use.
4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients—and lower in calories.
6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
8. Don’t fall prey to food myths and misinformation that may harm rather than benefit your health.
9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
10. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.



Source: The American Dietetic Association, [www.eatright.org](http://www.eatright.org).



### Inquiring Minds Want To Know...

By Beverly Maisch, Education Consultant

Most of us don't necessarily think about adding science to our child care curriculum planning. However, there are strong reasons to include some of the skills that are foundational for learning science. In the book, The Young Child as Scientist by Christine Chaille, and Lory Britain; they say, "the scientist is involved in the process of inquiry - of raising and trying to answer questions about the world in which we live." The skills for 'studying in a methodical way' (answering questions), include observing, classifying, predicting, recording, hypothesizing, experimenting and recording. These may sound like advanced skills, but in fact, they are the very skills an infant uses to learn about her world.

There are concrete ways that we can promote these skills each day. Just a little thought and attention are required to transform otherwise random activities into high interest and highly motivating processes of discovery. Begin by observing the children in your care for areas of interest that might lend to study and discovery. For instance, let's say the children see a truck pouring concrete and begin to ask questions about how the concrete becomes a building. You/they might gather some materials and then experiment with what kinds of things make good building materials and which do not, and why one is better than another. These are questions that will lead to the use of the afore mentioned skills. As questions and answers are formulated, be sure to use some visual charts and other methods of recording the findings, and then talk about what those findings might mean for further explorations, or more questions to be answered. A great story to go with this process might be The Three Little Pigs. They used different building materials with very different outcomes. It would also be fun for the children to make 'jigglers'. Because gelatin, like concrete, changes from a liquid to a hardened state, this will help children to understand how concrete is pourable at one time, and very solid and strong after it sets up like gelatin.

Incorporating these skills is a way to embrace and enjoy the discovery process. It's getting used to spontaneity, and sometimes letting the teaching moment take the lead. It's encouraging questions, and letting those questions give direction to activities that are enjoyable and interesting for us as well as the children.

The intentional use and promotion of those very skills are simply some of the best strategies for all learning, not just science. If we model and encourage our children to use those skills, just imagine what wonderful discoveries open up to them! At the very least it'll make your days more interesting and engaging for the children.

So don't worry about calling it 'science', just think of it as a new way of providing rich learning experiences for children, and have some fun with it!



### Keeping Kids Safe Online

By Johanna Stilson

As the internet becomes more widely available, more and more children are using it for school work, entertainment, and communicating with friends. Unfortunately, there are many dangers online that parents should be aware and be active in what their children are doing online.

Here are some Safety Tips for Parents from the website [www.netsmartz.org](http://www.netsmartz.org) :

- Look into safeguarding programs or options your online service provider might offer. These may include monitoring or filtering capabilities.
- If children use chat or e-mail, talk to them about never meeting in person with anyone they first "met" online.
- Keep the computer in the family room or another open area of your home.
- Let children show you what they can do online, and visit their favorite sites.
- Have children use child-friendly search engines when completing homework.
- Know who children are exchanging e-mail with.
- Only let them use chat areas when you can supervise.

For more information and tips about Internet Safety, please check out the website [www.netsmartz.org](http://www.netsmartz.org)

---

---

### Did You Know That...

As a Legally Exempt provider you could qualify to receive a higher rate of pay by attending training?





## Beating those Pesky “Skin Bumps” Molluscum Contagiosum

By Joanne M. Buell RN, MSN

How many times have you looked at a child in your care and right before your eyes is a weird rash or bump? My guess is a whole lot! Children seem to always have something brewing on their skin! One of the most annoying and persistent is **molluscum contagiosum!**

Molluscum contagiosum is a common childhood condition caused by the molluscum contagiosum virus, part of the poxvirus family. It affects adults as well. In children, the virus causes small, raised, round, flesh-colored papules (bumps) found on the face, neck, arms and hands. Molluscum is often mistaken for warts except for the distinctive central depression not found with warts. These papules do become red and inflamed when scratched or rubbed.

Scratching and picking at the lesions can spread the virus to other parts of the body. Direct skin-to-skin contact and contact with contaminated objects such as toys, towels or faucet handles can spread the virus as well.

**Treatment** varies depending on the health of the immune system. Molluscum can resolve spontaneously within six to twelve months in children with healthy immune systems.

Resolution can be up to four years in children with immune systems not well developed. Treatments used include scraping, freezing, or laser therapy to the lesions. Some skin creams are available to treat molluscum, but their effectiveness is inconsistent. Always consult your health care provider before using any topical creams.

**Prevention** of molluscum includes frequent hand washing, avoidance of sharing personal items such as towels or bar soaps, and following your cleaning and disinfection policies. If a molluscum papule is present, keep it covered to prevent spreading the virus to other parts of the body, to another person, or to an object such as a towel or toy. In addition, avoid swimming pools and contact sports such as wrestling.

Although annoying, a child with molluscum contagiosum does not need to be excluded from their child care program. By covering the area and following strict cleaning and sanitizing practices, the spread of this virus can be minimized.



References: [www.cdc.gov](http://www.cdc.gov); [www.mayoclinic.com](http://www.mayoclinic.com); Managing Infectious Diseases in Child Care and Schools Editors: Dr. Susan Aronson & Dr. Timothy Shope, 2005



## We're proud to work with you.

By Mark Bradley, Family Child Care Inspector

Greetings from the Registration Services Department. I would like to recognize those of you I have had the pleasure of meeting with over the last several months. The staff of the registration services department feel that the first 6 months of work have gone remarkably smoothly. Thank you for your cooperation and help in making this so.

We are pleased to announce the addition of a new staff member. In November, Polly Ellstrom joined our team as a Family Child Care Inspector. Polly comes to us following 5 years of operating her own in home Family Child Care facility. We are certain that you will find her kind and welcoming presence and her familiarity with the day to day operations of a child care program to be of great value.

Also, we are happy to let you know that Family Child Care Registrar Jeannine Ciulla, has accepted a position as a Family Child Care Inspector. For the foreseeable future, Jeannine will be handling inspections throughout Wayne County and parts of Monroe County.

We are also happy to let you know that Child Care Council, Inc. has purchased file boxes for all registered providers in Monroe, Wayne and Livingston Counties. We hope that you will use these helpful boxes to assist you in keeping necessary documentation on file at your homes. The boxes come with file folders so that information can be kept in an organized fashion. Inspectors will be bringing these boxes to you when they arrive for inspections.

We in the Registration Services Department are excited to bring you a high level of customer service. By working together we can help to provide children the quality care and support they need and deserve.



## "The Book Nook" Professional Library Book Review

By Staff Member: Andrea McKenna,  
Education Consultant

### Discovering Great Artists

Written by  
Mary Ann Kohl and Kim Solga

This is a wonderful book for introducing children to the "Great Masters," and also to encourage imagination and

artistic expression. Discovering Great Artists offers a variety of rich art experiences for children. The art experiences are labeled by icons that depict: the artist, artist style, art technique used, amount of planning and preparation time, and the experience level of the child. Each art activity gives you a brief overview of the "Great Master" that inspired that activity. This book has activities that express the style of well known artists like Van Gogh and Picasso, as well as lesser known artists like Arp and Paik.

One example of an art activity you can do with children, inspired by Michelangelo, is called Lie-Down Painting. The artists style is Renaissance, the technique is painting, the prep time is moderate, and the experience level of the child is also moderate. You can start by giving the children a brief background on Michelangelo. Tell the children one of his greatest works, The Sistine Chapel, was done while laying on his back. Begin by taping a large piece of butcher paper to the underside of a table, such as a school table or a coffee table. Cover the work area and floor with either newspaper or a drop cloth. Assemble paints in jars or cans and have paint brushes available. Lie down under the table and begin painting on the underside of the table. This gives children a valuable insight into what painting the Sistine Chapel may have been like for Michelangelo.

***To see and experience some of these creative activities yourself, be sure to attend our Educational Conference, on April 25, 2009, featuring Mary Ann Kohl, whose first topic is going to be "Kids Discover the Great Artists."***

## THE RECYCLE SHOP ITEM OF THE MONTH IS:

### Tin Trays

These small tin disks are great for making decorations,  
Hole punches, Cymbals, etc. Use your imagination!

**5¢ each or 25/\$1**

## IMPORTANT INFORMATION

The EIP applications for 2009 are now available at [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu). One of the changes is that eligible applicants may receive up to \$756 per year for non-credit training and up to \$1500 per year for college credit courses including on-line, CDA, credentials, assessment fees, and Individual Training Programs. Call us for more information!

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

#### Rochester Office:

3/2,4,9-MAT 6pm-9pm	3/14,21-MAT 9am-2pm
3/2-Preventing Child Abuse & Maltreatment (Renewal Series)	3/17-Understanding Temperament
3/3-Family Regulations	3/18-Culturally Sensitive Care
3/3-Obesity/Diabetes	3/21-Creating and Planning Children's Menus
3/5-Parent Communication	9am-11:30
3/5-Business Operations	3/23-CPR
<b>3/10-Any Child, Every Child</b>	3/23-Infant & Toddler Social & Emotional Dev. (Renewal Series)
3/10,12,17,19,24,26-Health & Safety	3/24-Special Health Care Needs
3/11-Introduction to Family Child Care 9:30am-Noon	3/30-Health & Infection Control (renewal series)
3/12-Shaken Baby Syn; Coping with the Crying	

#### Lakeville Office:

3/2-4,9,11,16,18-Health & Safety  
3/28,4/4-MAT 9am-2pm  
**3/30-Raising Nutritionally Savvy Children**

Newark Office:  
3/2-Professional Dev. Series—Nutrition 6:30-8:30  
3/3,5,10,12,17,19-Health & Safety

#### Rochester Office:

4/1-What's the Plan	<b>4/14-Stretching the Way to Literacy</b>
4/2,7,9-MAT 6pm-9pm	4/21-Creating and Planning Children's Menus
4/6-Center Regulations	
4/6,13/20,27-Family Renewal Series	<b>4/25-Annual Conference</b>
4/7-Intro to FCC	8:30am 2:00pm
4/7-Understanding Abuse & Neglect	<i>The Diplomat</i>
4/7-Family Regulations	<i>Banquet Center</i>
4/8-Common Childhood Illnesses	4/29-Intro to FCC
4/9-Business Operations	<b>4/30-Parent Handbooks</b>
4/13,15,20,22,27,29-Health & Safety	
4/14 & 21-First Aid 6:30pm - 8:30pm	

#### Lakeville Office:

4/1-Mandated Reporter  
3/28 & 4/4-MAT 9:00am - 2:00pm  
4/9-CPR Renewal

Newark Office:  
4/6-Professional Dev Series 6:30pm-8:30pm  
4/15,22-First Aid 6:30pm-8:30pm  
4/28-MAT Independent Study 6:00pm-9:00pm  
4/29-Taming the Paperwork

**CDA 60 Begins in Rochester, April 28th**  
Contact Linda  
585-654-4794 or  
Yolanda 585-654-4798  
for more information

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