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

Current Resident or:



CHILD CARE COUNCIL

Your premier resource. Inc.

WE DO THAT!

CARING MATTERS

September 2009 - Vol. 27 Issue 9



FREE Flu Vaccine Clinics at Child Care Council, Inc. offices in all three counties:

Monroe: Child Care Council-Main Office on October 27th, 3:30pm-5:00pm and 6:15pm-8:00pm. In the Drake Lok Lifelong Learning Center

Wayne: Child Care Council-Newark Office on October 5th from 5:30pm-8:00pm

Livingston: Child Care Council-Lakeville Office on October 22nd from 5:30pm—7:30pm

Please look inside for your invitation to the Annual Dinner!

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

\$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)
 - 11-20 Staff members (\$150)
 - 21-30 Staff members (\$200)
 - 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	<input type="checkbox"/> Renewal Membership
Memb. # _____	

Name _____ Home Phone () _____

Home Address _____ City _____ Zip _____

Center Name _____ Center Phone () _____

Center Address _____ City _____ Zip _____

Total \$: _____ MC/Visa# _____ Exp. Date _____ V# _____

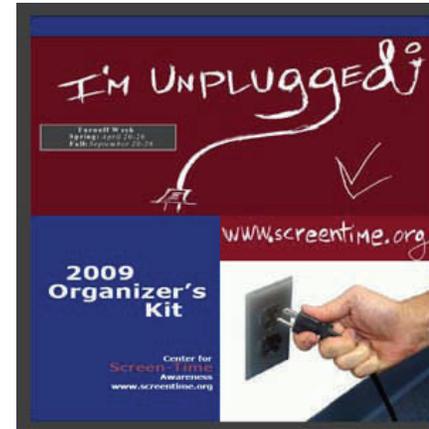
(3 digit # on back of credit card)

Amount Enclosed: _____ - Check # _____ Signature: _____

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



News You Can Use



Statewide Turnoff Week 2009 September 20-26 I'm unplugged

The New York State Department of Health Obesity Prevention Program and the Center for SCREEN-TIME Awareness invite your school, library, or community organization to participate in the third Statewide Turnoff Week, September 20-26, 2009.

The American Academy of Pediatrics recommends no television for children under two years, and children over two years limit their screen time to no more than one to two hours of educational programming per day.

Turnoff Week is a great opportunity for child care, school staff, PTA representatives, community libraries, or other youth-based organizations to work with children and their families to find fun, active alternatives to hours in front of a screen. To help you plan and promote a week without screen-time, an event **Organizer's Kit** and **Posters** are available free upon request to New York State schools, organizations and interested individuals while supplies last.

To order contact Dan French at djf05@health.state.ny.us or 518-408-5142

Order forms can also be picked up at Child Care Council, Inc. Offices.



Babies and Music

By Elaine Sanzel, Referral Consultant



Much has been written about the effect of music on babies. In the 90s there was even a theory called “The Mozart Effect”. Since disproved (although there is still debate about it), the theory was that listening to music by Mozart would boost IQ, improve health and even produce a child prodigy.

Does music make us smarter?

Not exactly. Music does, however, prime our brains for certain kinds of thinking. It seems to prime the pathway to our brains to enhance spatial pathways (problem solving).

Music by Beethoven, Bach or Mozart has a more complex musical structure. Researchers think that the complexity of classical music primes the brain to solve spatial problems more quickly.

Studies have shown that even in the womb, babies respond to music and melody. Hearing is fully developed by the third trimester. When a fetus hears a tune over and over again, it will respond to that tune after birth. The kind of music doesn't seem as important as its being a part of the child's life. Music has the ability to comfort and soothe. It is associated with our earliest memories. Mother cradles and sings to her baby to comfort her.

How do you integrate music into your child care program?

Music and movement naturally go together. Children naturally respond to music by moving and being active with it (“Hokey Pokey”).

They respond to music and prepare for transitions from one activity to another. They enjoy “learning” songs like the “ABC song”. Many children make up their own songs.

So, whether it's the classics, modern, rap or rock, just sing and enjoy it!



Healthy and Fun Summer Snacks

By Jenna Mehlenbacher, Food Program Consultant

Isn't it nice to be outside! Hopefully you and your children are enjoying the extended daylight hours by being out and about more. It is a great time of year to take field trips to local Farm Markets and purchase the abundant amounts of fresh fruits and vegetables offered at a more inexpensive price than during the cold winter months. It is also a lot of fun to pick your own fruits at local orchards, farms, and fields. Once you have gotten these yummy foods home and washed them it is time to eat! Remember it is important to eat 5 servings of fruits and vegetables a day! If you are looking for some new recipes to use to serve fruits and vegetables during the warm summer months try the ones below:

Frozen Banana Ka-Bobs

Peel some fresh bananas. Insert popsicle sticks or Ka-bob sticks into one of the ends of the banana. Roll the bananas in a little bit of 100% juice of your liking. Roll the bananas in some coconut flakes, either sweetened or plain (be sure no one is allergic to coconut) and place the Banana Ka-Bobs on a cookie sheet. Place the cookie sheet in the freezer for a couple of hours and then eat!! This is an excellent alternative to generic, store bought, popsicles. *It is a frozen treat that is healthy and that will fill you up at snack time!*

Tomato Summer Sandwiches

You will need ripe tomatoes, 2 slices of whole wheat and low-fat cheese per person, a flower shaped cookie cutter, and a cookie sheet. Preheat your oven to 350 degrees. Slice the tomato into thin slices. Place a slice of cheese on each piece of bread. Press the cookie cutter into the bread and cheese. Place the bread and cheese flower on the cookie sheet. Place the finished "flowers" in the oven for approximately 2-4 minutes until the cheese bubbles and melts. Remove the cookie sheet. Place one slice of tomato on each sandwich. Return to the oven briefly to heat through. Remove again and serve either warm or cool. Try using other cookie cutter shapes and let the kids help build their own, unique sandwiches for snack time!

Frozen Juice Cubes

Fill one ice cube tray with 100% juice of any kind (using a few different flavors makes this drink colorful). Place small pieces of cut up fruit (blueberries, apples, raspberries, oranges) in sections of a second ice cube tray and fill with water. Place both trays in the freezer until solid. Serve a favorite summer drink or ice water with the colored cubes and fruit cubes. Add a straw, a fruit ka-bob, and even a little paper umbrella! Serve with a spoon to avoid choking hazards once the cubes have melted!!

Recipes by a family friend & the book Cooking Art: A Year Full of Special Treats

**Child Care Council, Inc.
Your “Premier Resource”**

**Helping providers & parents every day because-
“We Do That!”**

By Mark Bradley, Family Child Care Inspector

We all know that registered child care providers in New York State are required to document information to ensure that children are being well cared for. Since the time that Child Care Council, Inc. took over registration and inspection services in Monroe County we have taken steps to help ease the process of documenting information.

Because provider/parent agreements are required for napping, transportation, indirect supervision, authorization of the release of children from care, and infant feeding, we here at the Child Care Council have developed forms to help make it easier for providers to gather all the necessary information from parents. The forms we have developed ensure that, when filled out correctly, all necessary information will be included in the agreements. When a parent returns a form to you, don’t assume that he or she has filled out the forms correctly! Quite often parents might have missed a space on the form that needs to be filled.

Of course, it stands to reason that we developed these agreements because it benefits us as inspectors, too! The forms are designed to encourage and improve clear communication between parents, providers and inspectors. In addition, each office of Child Care Council, Inc. has on hand for your use many forms available from the New York State Office of Children and Family Services that are designed to make documentation easier and more convenient.

Forms can be picked up during regular business hours and during evening hours prior to classes. Also, if you know what forms you need just call the front desk at any of our offices and we will be happy to gather them together for pick up or mail them to you.



**“Child Care Council, Inc.
How Can I Help You!”**

Legally Exempt Activity and Nutrition

By Nicole Pulcino, Legally Exempt Inspector

We here in the Legally Exempt Department are proud to announce a brand new addition to our Legally Exempt Classes. Thanks to a grant from the Greater Rochester Health Foundation (Legally Exempt Activity and Nutrition, or LEAN) we have enhanced the 10 hour series to include 5 hours of information specifically targeted towards creating more active and nutritionally minded children! In addition to earning more money for the hours that you are providing care, by attending one of our upcoming sessions (the next session starts September 14th) you will receive approximately \$60 worth of items for use with your children in care. Included in the free gifts are a six foot parachute (small enough for use in-doors), bean bags, scarves, ribbon sticks, plastic balls, two CDs, and a folder of ideas for their use. During each class the instructors will lead you through the activities and dances that you can then use with the children, as well as a food demonstration and taste testing of healthy snacks for young kids (and the young at heart).

For those eligible providers not yet enrolled in the Child and Adult Food Program (CACFP), a CACFP representative from the Child Care Council, Inc. will be available to help you enroll in the program and you will be reimbursed for the food that you purchase for your children in care. When you enroll with CACFP through our classes, your visits from your CACFP representative will include additional activities to get your children up and moving. Furthermore, after 6 months in the program you may be eligible for additional materials and equipment for you to keep and use with your children in care.

The cost of the series is \$70 and can be paid in two installments of \$35. This offer of free products is for a limited time only. Call Linda Stilson at 585-654-4794 today!

Did you know?????

If you are a legally exempt provider you must list all household members over the age of 18 on your enrollment packet even if they do not help with child care.



Health Regulations & Vaccines for Child Care

By Joanne M. Buell RN, MSN

In May 2009, 9 children in Brooklyn, New York contracted measles, a preventable disease that carries a risk of pneumonia. The ages of the children ranged from 8 months to 4 years old. These children were not immunized or were only partially immunized. All but one child had close contact with each other. Since September 28, 2008, CDC has received 89 reports of influenza-associated pediatric deaths that occurred during the current influenza season, only 22 of which were due to novel influenza A (H1N1) virus infection. Many experts feel the novel influenza A (H1N1) virus will make a return appearance this fall. The fact remains that these serious illnesses can be prevented through vaccination. That is why NYS Child Care Regulations state “*Children enrolled in a child care program must remain current with their immunizations*” In addition, the CDC & the American Academy of Pediatrics recommend children 6 months to 18 years old receive the seasonal influenza vaccine each fall.

Why are vaccines so important?

First, vaccines are very effective in building immunity to diseases in all but the very youngest of children.

Second, young children have immature immune systems which make them easy targets for viral & bacterial infections.

Third, children are at higher risk of complications associated with childhood diseases and flu (pneumonia, dehydration, and encephalitis [swelling of the brain]).

Fourth, most childhood diseases and flu are spread by close contact with infected people or objects. Many young children spend most of their day in close contact with non-related children.

Fifth, family members, especially infants too young for some vaccines, are at risk of contracting the preventable illness.

Sixth, an adult loses work time to care for their contagious, sick child, usually 5-7 days.

What can you do? Be diligent in requesting up-to-date immunization records for the children in your care. Encourage hesitant parents to speak to their pediatricians about childhood vaccines and obtaining seasonal flu vaccines. The Child Care Council, Inc is hosting **flu vaccine clinics** for providers and *their families (See front page).*

Resources: www.cdc.gov; NYS Child Care Regulations



The ‘Special’ in Every Child

By Beverly Maisch, Education Consultant

Doesn't every child have special needs of their own?!? Sure they do! Sometimes it can feel like we have to write several different programs in order to serve each and every child in our care. Where to start? We need to learn all we can about the children we serve. First, go to the source - their parents. Ask them what they have observed in their child, and what they think their child is most interested in, as well as what things they don't like. Then, start to make your own assessment of what you have seen that the child really enjoys. Some children make it easy for us to know what they enjoy and want to learn about.

On the other hand, one might wonder how to find the areas of special interest for the children who seem to give us little to go on. We need to be excellent observers. If a child pauses to look or listen, observe what it is that has caught their attention. As a general rule, anything that holds a child's attention for longer than usual could be an indicator of their special interest. If a child seems not to have one, we need to expand our offerings through books, and experiences so that they have a greater variety of things to think about and choose from. On this subject, make sure that you are reading from books on a wide range of subjects and that the art work is in a wide variety of styles. It even helps to have books with the story read on cassette, so that they can hear books read in a different voice than yours.

It is beneficial to watch for things that children show that they don't like. Actually, we can certainly save our own nerves and do much to maintain a calmer atmosphere if we learn quickly the things that can set off the children. For some children, fluorescent lights can cause a problem, and make it hard for them to concentrate and function. Other children find it difficult to manage when their environment is over-stimulating either visually (too much stuff in too small a space, or too bright) or auditorily (too much noise).

Getting to know each child will also entail spending some one-on-one time with them. Conversations are essential. Meal and snack times are great times to start conversations with the children. Listen carefully both to what is said and to what is not being said. Use what you can learn from these times to choose books and plan activities on things that you have heard the children talk about. And, notice how they talk about things, listen for the excitement in their voices and in their bodies that tell us that they really care about something we are discussing.

Individualized care becomes do-able when we apply a few simple strategies, and the rewards are so worth it! Children flourish, and we do too when we succeed in providing stimulating activities driven by the interests of the children.

"The Book Nook" Professional Library Book Review

By Staff Member:
LaShaun Snowden-Smith,
Child Care Consultant

Making Friends— A Guide to Understanding and Nurturing Your Child's Friendships

Written by Kathleen M. Dwyer

How exciting, the 2009 –2010 school year is quickly approaching!! Many children are starting new schools, going into different grades or starting a new child care program. During this educational journey of life they will meet new friends and the start of friendships are developed. You may wonder what role parents will play, or should play as the child develops new friendships. Should parents be concerned, should they worry or should they just let them be?

This book "Making Friends, A Guide to Understanding and Nurturing Your Child's Friendships" by Elizabeth Hartley- Brewer addresses friendships from the age of 2 to 12 years old. The book goes through "the four phases of friendship: how friendships grow and change", "What, and Who, Is a "Friend"?", "Why Friends Matter, and When They Don't", "Oil and Water: Boys' and Girls' Friendship Patterns", "Recognizing Problems—and What to Do", "Friendship and Social Pressure" and "Encouraging Friendship Skills at Home".

This book will give you some insight on what to expect while children explore the lovely world of friendships. During this exploration, long term friendships maybe formed.



THE RECYCLE SHOP ITEM OF THE MONTH IS:

BINDERS-BINDERS-BINDERS

Just in time for back to School!

All sizes just 25¢ each

IMPORTANT INFORMATION

NEW CDA Classes Starting!!!!!!

September 15, 2009 Tuesdays 6-9pm BOCES II in Spencerport
& Rochester Office

EIP scholarship money is running out. Apply NOW to guarantee your award!!!! Call Yolanda at 654-4798

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

<u>Rochester Office:</u>	9/17-Introduction to Family Child Care	<u>Lakeville Office:</u>
9/1-Why so Many Pokes	9/19-Raising Nutritionally Savvy Children in a Multi-Media World 9am-11:30am	8/31, 9/2,9,14,16,21-Health & Safety
9/8 & 10-Community CPR	9/21-Common Childhood Illness (Renewal Series)	9/1,8-Community CPR
9/9-Introduction to Family Child Care 9:30am-Noon	9/22-Recycle Shop Art	<u>Newark Office:</u>
9/9-Inclusive Tool Belt	9/24-Biting and Toilet Learning	9/14-Professional Development Series 6:30pm-8:30pm
9/10-Culture & Child Abuse 6pm—9pm	9/26,27-MAT 9am-2pm	9/16-Taming the Paperwork
9/14,16,21,23,28,30-Health & Safety	9/28-Blocks, Blocks & Blocks (Renewal Series)	9/29-Raising Nutritionally Savvy Children in a Multi-Media World
9/14-Preschool Development (Renewal Series)	9/29-MAT Independent Study 6pm-9pm	
9/15-Business Operations		
9/15,17,21-MAT 6pm-9pm		
9/15,17-Basic First Aid 6:30pm-8:30pm		

<u>Rochester Office:</u>	10/14-Behavior Management—Call 585-467-4567 to register for this FREE class	<u>Lakeville Office:</u>
10/1-Create Your Own Benefits	10/19,26,28-MAT 6-9pm	10/7-Focus on School Agers
10/1-Parent Handbook	10/19-Parent Handbooks & Policies (Ren Series)	10/17&24-MAT 9am—2pm
10/5-Making Curriculum Fun	10/20-Bullying	<u>Newark Office:</u>
10/5-Safe & Secure (Ren Series)	10/21-Intro to FCC	10/1-MAT Independent Study
10/6-Fire Safety	10/26-The Other Child Abuse: Munchausen Syndrome (Ren Series)	10/5-Professional Development Series 6:30-8:30
10/6,8,13,20,22,27 Health & Safety		10/7,14,19,21,26,28 Health & Safety
10/7-Business Operations		10/20-Understanding Abuse & Neglect
10/8-Pre-school Math		
10/14,21,28,11/4,11,18 School Age Series 9:30am—Noon		
10/14-Family Regulations		

See the July-December 2009 Course Calendar for more details and a full list of courses.
Courses are also listed on www.childcarecouncil.com