



Early Vision Screening
a program of
Vision Wellness & Preventive Services at
ABVI-Goodwill

EVS is a free outreach program designed to detect potentially blinding eye disorders that are easily overlooked among children ages 6 months to 5 years of age.

One out of every four school-aged children suffers from vision problems that can potentially lead to vision loss. If diagnosed and treated before age 5, most irreversible disorders can be prevented. Early detection is key!

EVS uses a revolutionary vision screening device called the PlusOptix which is designed to **detect not only refractive errors, but some of the most leading causes of blindness** such as amblyopia (lazy eye), strabismus (crossed eyes), anisocoria (unequal pupil size), and media opacities (cataracts). If these disorders are not found and treated by age 5, it may be too late to save a child's vision.

Approved by Prevent Blindness America, the PlusOptix is the only binocular screening device that yields highly accurate, immediate results in preschool aged children, including pre-verbal and special needs children.

Screenings are conducted at local child care centers throughout the area after consent forms have been obtained from the parents. Screenings are provided **free of charge**; however donations from the child care centers are always welcome.

The screenings are **non-invasive, quick, and easy**. The PlusOptix screener is held a few feet away from the child, captures a photo and video of the eyes, and prints out a pass or fail certificate with the findings.

A letter is sent home to the parents if a child fails the screening instructing them to contact their pediatrician to obtain a referral to a pediatric eye care professional for a comprehensive eye examination. Our staff will assist families lacking adequate medical insurance to ensure follow-up treatment and care.

Call **Early Vision Screening** today at **(585) 327-5546** to schedule your screenings!

Vision Wellness & Preventive Services is a program of The Association for the Blind & Visually Impaired (ABVI)-Goodwill
 422 S. Clinton Avenue, Rochester, NY 14620
www.abvi-goodwill.com



CHILD CARE COUNCIL
Your premier resource. Inc.

WE DO THAT!

CARING MATTERS

October 2010 - Vol. 28 Issue 10



The Child Care Council website has a new look, new information, and is now easier to use than ever. Be among the first to get our latest news and updates:

Connect and share on Facebook
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Join our email list

Visit today—www.childcarecouncil.com

President Amy Fici * CEO Barbara-Ann Mattle * Editor Jennifer Weykman

***** LOCATIONS *****

Main Office
 595 Blossom Rd. Suite 120
 Rochester, NY 14610-1825
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 Fax: (585) 654-4721

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 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 # _____

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

“Your vote counts.”

Child Care Council, Inc. has voter registration cards available at our offices in Livingston, Wayne, and Monroe county.

To make registration easy, the registration card is already printed with the corresponding county board of elections as the return address. This will ensure that you become registered in the appropriate office to be able to vote in time for the November election.

The form needs to be mailed by October 8th to be a part of the November 2010 election.



Happy Healthy Halloween

By Jennifer Duby, Livingston Branch Coordinator

Healthy eating and healthy weight promotion are important for children and are especially difficult during Halloween and throughout the holiday season. Below are some hints and suggestions to help make this Halloween fun, safe, and a bit healthy.

- Serve your kids a healthy snack such as a peanut butter sandwich and some fruit before trick-or-treating. If they aren't hungry, your kids will be less likely to gorge themselves on candy when they get home.
- Let your children enjoy some of their Halloween candy in moderation when they have finished trick-or-treating -- after you have inspected the treats for safety. Keep a close eye on the kids who tend to binge so they don't eat too much candy.
- Give your kids a day or two to enjoy the Halloween candy, then you could throw the rest away. Many people think this is wasteful. However, if your child has difficulty controlling his candy consumption, this may be what you need to do.
- If you don't want to throw the candy away, give it away. Take the rest of the candy to work or group meetings. Hopefully, the adults will have good control over their candy consumption.
- Put all of the extra treats into a high cabinet in your kitchen or pantry. Out of sight is out of mind, and you can control how many treats your kids get to eat over the next few days.
- Divide up the leftover candy to be eaten a little bit at a time.
- Don't buy Halloween candy early or buy it and hide it. You will tempt yourself and your kids to eat too much before the trick-or-treating even starts.
- Promote a healthy Halloween by handing out alternatives to candy, such as pencils, stickers, party favors, or trading cards.
- Give out individually packaged non-sugary treats like nuts, raisins, sunflower seeds or pumpkin seeds, chips, microwave popcorn, or whole grain crackers.
- Have some treats available for children who may have allergies to peanuts or other nuts.
- Skip the Halloween candy sale on November 1st. Cheap bags of candy sounds like a good buy, but you don't need the sugar and calories.

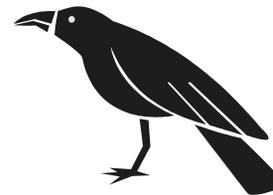
Fall Holiday Safety

By Mitzi Rose, Referral Specialist

Not every family participates in Halloween activities, but most of us find some enjoyment in traditional fall and harvest activities, like decorating our porches with pumpkins, eating candy corn, and possibly dressing up in costumes. It is getting dark earlier in the evening, but children are often still awake and eager to play outdoors. Here are a few safety ideas to keep in mind with general outdoor play in the early evening as well as trick-or-treating on Halloween.

Halloween and harvest activities can be exciting for children, but it is important that they know some safety guidelines beforehand. Parents should make sure that costumes are safe, warm enough for a cool night, flame-retardant, and that masks do not cover a child's face. Consider face paint or eye-covering masks only, but make sure your child can still see well. Also, as with any evening activity, make sure your child is visible. Discuss your plans before you leave the house—where you will go, who will be with them, and not to eat anything before an adult has checked all the treats. Try to visit neighborhoods you are familiar with or check with your town for events at community centers, churches, or local fire departments, which can be a fun alternative to door-to-door trick-or-treating. Make sure older children travel in groups of at least three and have a set route and return time and remember never to enter a home. This can be a good opportunity to remind children of stranger safety and fire safety as many people use real candles inside pumpkins.

By following many common-sense safety guidelines, reminding children what the rules are, and engaging in all holiday-related activities with your children or the children in your care, everyone can have a safe and fun fall season.



Safety Tips: www.halloweensafety.com
 Consumer Product Safety Commission: <http://www.cpsc.gov/cpsc/pub/pubs/hallow.html>



Baby Talk

Education Services Department

Program for Infant and Toddler Care

By Andrea McKenna, Education Specialist

This past month 120 early childhood professionals from all over New York State participated in PITC training certification in West Point, NY. PITC or the Program for Infant Toddler Care certification is an intensive program designed for trainers, who teach any adults that work with infants and toddlers. This opportunity was made possible through stimulus funds to improve infant and toddler care in New York state.

People from all over New York State attended this training and from our area we had infant toddler specialists, trainers, early head start staff, and OCFS licensers attend. Child Care Council was very fortunate to have 4 staff people selected to attend.

The topics covered for this session were; Understanding Children's Behavior, Temperament, Guidance and Discipline, Social-Emotional Milestones, Learning Environments, Primary and Continuity of Care, More Than Just Routine, and Individualized Care and Small Groups. During the next year, if you work with infants and toddlers, be sure to look for and attend classes labeled PITC from Child Care Council's Course Calendar. If you are going through your CDA renewal, sign up to attend 15 hours of CDA renewal this fall, the curriculum will be entirely based on the PITC training. It was a very educational and interesting week and we look forward to completing the final 8 lessons back at West Point in January.



Pictured left to right are Child Care Council staff members: Andrea McKenna, Kristen Knight, Rose Shufelt and Kristin Perrone



Food For Thought

Nutrition Services Department

Scrub a dub dub get BPA out of the tub!

By Kate McArdle, Food Program Consultant

BPA is known to imitate the hormone estrogen and to affect sexual development and processes, especially in developing fetuses, infants, and children. Hundreds of studies have linked BPA to cardiovascular disease, intestinal problems, brain cell connection interference, increased risks of reproductive and immune system diseases and disorders, problems with liver function testing, interruptions in chemotherapy treatment, premature puberty, polycystic ovarian syndrome, and erectile dysfunction and male sexual problems. In urine tests, BPA is found in the overwhelming majority of Americans, more than 93 percent and, significantly, the chemical is found in 90 percent of all newborns.

The good news? On July 31st, New York State passed a law banning the sale of baby bottles, sippy cups, and a variety of other children's products that contain BPA. It is scheduled to become effective on December 1, 2010. In addition, 18 other states are looking toward a ban. The BBC recently reported that BPA has been banned or limited in Canada, Denmark, France, Australia, and New Zealand.

In addition to the tub toys, BPA can be found in baby bottles, sippy cups, water bottles, aluminum can linings, eyeglasses, cars, DVD and CD cases, and some dental sealants. BPA can also be found in water as a result of aquatic paints and in appliances and windshields. On recyclable bottles, BPA, as a component, can be verified if the item contains recycling number 7. When buying products, look for the BPA free logo or avoid buying number 7 plastics.

Let's make sure the toys our little ones get their hands (and mouths) on are BPA free! We've rounded up some goods that are safe for splashing around (listed below). To protect the bath goods from mold, clean all toys with an eco-friendly cleanser or homemade solution. If you have any questions please contact Kate at the Council at (585) 654-4752 or k.mcardle@childcarecouncil.com.

- Rich Frog Natural Latex Original Rubber Duck (\$7)
- Sprig Toys Adventure Scuba Search Play set (\$7)
- Sassy Count 'N Spell Bath Appliqués (\$7)
- Sassy Pour & Explore Bath Cups (\$8)
- Boon Splat Floating Ring Toss (\$9)
- Spielstabil Water Fun Set (\$20)
- Kido O's Floating Ducks (\$12)
- Green Toys Tug Boat (\$13).





Fire Safety

By Kristinne Seibel, Legally-Exempt Coordinator

October 3—9 is National Fire Prevention week. Child care providers must think about fire safety every day but this week is a good time to review some fire safety tips that are recommended by the National Fire Protection Association and are part of your Health and Safety Checklist.

- You must have 2 separate and remote ways to exit. If you choose a window as one exit, you and the children must be able to reach the ground safely.
- Develop and practice an evacuation plan to get everyone out of your house in case of a fire. **Practice this with the children once a month**—and try to get everyone out faster each time to make it a fun challenge for the older children.
- You must have a working smoke detector on every level of your home. Make sure it will warn you of all types of fires.
- Test the fire/smoke detector monthly; make each test a chance to practice your escape route.
- Keep portable space heaters at least 3 feet from anything that can burn (curtains, bedding, clothing, etc.)
- Store all matches and lighters up high, preferably in a locked cabinet.

In addition The National Fire Protection Association recommends:

- Keeping fire extinguishers designed for A-B-C (combination) fires near the kitchen (22% of all home fires occur in the kitchen) and near doors for easy access.
- Eliminating all hazards in your home that could block escape paths in an emergency.

For more fire safety information you can visit the NFPA’s website at www.nfpa.org. You will find good information and some fun activities to do with the children!

Did You Know?

Any questions about your payments for child care services must be directed to the parent’s caseworker at the local Department of Social Services.



Bullying Revisited

By Joanne M. Buell, Health Care Specialist

Much is written about bullying during the school years. Most experts define bullying as “**repeated aggressive behavior against a person perceived to be weaker with the intention to cause distress or harm**”. So what about the 5 year old and under crowd? Does bullying occur at this early age? Experts would answer “yes **and** no”.

By nature, *toddlers* seem to live by the “I see it, I want it, it’s mine!” rule. This age group is more concerned about their own needs (gaining possession of another child’s toy for example). Toddlers are not yet aware of the needs of others. Consequently, pushing, grabbing, hitting, pinching and biting occur to gain a desired result. Aggressive behavior to be sure. *Is this “repeated behavior with the intention to harm” as seen in bullying?* **No.**

Pre-school children are developing a sense of empathy and cooperation with playmates. However, aggressive behavior is still seen in situations of frustration and anger. In addition, the bullying behavior of isolation and ostracizing of a child from the group, usually seen in school age children, is observed in the preschool set. Is there an “*intention to cause harm and distress*”? **Yes, at that moment.** Is the behavior “*pre-planned and repeated*”? **Rarely.** Often 3-5 year olds model aggressive behavior seen in adults or older siblings, on TV & videos and displayed by peers. In situations of distress, a preschool child may impulsively strike out against another child or adult in an attempt to make sense of a frustrating or confusing situation or to assert independence. In some cases, the “victim” becomes the “aggressor” as he/she retaliates.

When should parents or child care providers become concerned? Most experts suggest seeking outside evaluation when the aggressive behavior **occurs frequently** (either daily or several times throughout each day) or **begins to escalate in severity**. Underlying developmental or behavioral disorders may account for this more serious behavior.

Come to our “Bullying” training scheduled in December to learn more.

Resources: www.aap.org

"The Book Nook" Professional Library Book Review

By Staff Member: Nicole Gardner,
Education Specialist

Cooking Art

By **MaryAnn F. Kohl
& Jean Potter**
Illustrated by
Ronni Roseman-Hall

As the weather gets colder and we begin to spend more time indoors, cooking with children can be a great way to add fun exploration to your day. **Cooking Art** is a recipe book full of creative, edible art experiences for children and adults. The projects in **Cooking Art** allow children to discover the exciting art possibilities in food and to create art projects they can eat or serve to others. Here is a sample from the book of a great fall recipe to share with your children. Enjoy!

Dried Apple Chain

Ingredients: 1 cup lemon juice, 3 cups water, apples

Process:

1. Mix the lemon juice and water in a small bowl.
2. Peel and core as many apples as desired with the apple peeler. Slice apples in 1/3 inch thick rings with a knife.
3. Dip each apple ring into the lemon juice and water mixture to prevent browning. Then, pat dry with a paper towel.
4. String a piece of sturdy thread through the center of each ring.
5. Hang the string of apples in a dry, warm place—near a sunny window is ideal. The rings will take approximately one to two weeks to dry. Dry rings will be chewy with almost no juice.
6. When completely dried, add a ribbon to hang the apples in a decorative way and enjoy snacking.

* To speed up the drying process, dry the apples in a warm oven. Place the slices (not on a string) on a wire cooling rack placed on a baking sheet so the air can circulate. Place the sheet in a 150 degree oven for about four hours, turning apples once.



THE RECYCLE SHOP ITEM OF THE MONTH IS:

3-Ring Binders
25¢ each or 5/\$1

IMPORTANT INFORMATION

2010 EIP funds are still available.

We expect that like last year, available scholarship funds will run out quickly. Sign up for your remaining classes NOW through the end of the year. Please contact our office, we will be happy to assist you!

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

Rochester Office:

10/4-Fire Safety 10/18, 20 & 27-MAT
10/5-FREE-Intensive 6pm-9pm
Health Tech. Assistance: 10/25-Know Your
Asthma & Severe Regulations—Family
Allergic Reaction 10/28-Do You Know the
6:30pm-8pm Muffin Man?
10/5,7,12,19,21,26-Health
& Safety **NEW CDA Renewal**
10/6-Business Operations 10/7, 10/21, 10/28,
for NEW FDC & GFDC 11/4, 11/11, 11/18
10/12 & 19-CPR 6:30pm—
9:00pm Topic-Infant &
10/13-Intro to Family Child
Care Toddler Social
Growth

Lakeville Office:

10/16 & 23-MAT Training
9am—2pm Saturday
10/19 & 21-Basic First Aid
6:30pm-8:30pm
10/27-You be the Inspector

Newark Office:

10/4-Provider Professional
Development Group
10/12,13,19,21,26,28-Health
& Safety

Rochester Office:

11/1,3,8,10,15,17-Health
& Safety 11/16-Know Your
Regulations: Center
11/1,8,15,29 12/6 & 13 **11/16-Advanced**
FCC&GFCC **CACFP**
Registration & Licensing 11/17-Intro to Family
Renewal Series VI Child Care
11/2-Childhood **11/18-Effects of Media**
Psychological Disorders **Violence**
11/2,4,9-MAT Training 11/30 & 12/2,7,9,14,16-
6pm-9pm Health & Safety
11/6 9am-3pm & 11/7 **11/30-The Quest for**
Noon to 4pm (Saturday)-MAT **Quality Care**
& Sunday)-MAT
Training
11/9-Business Operations
11/11-Child Abuse 101

Lakeville Office:

11/1,3,8,10,15,17-Health
& Safety
11/11-Advanced CACFP
11/16-MAT Independent
Study 6pm-9pm
Newark Office:
11/2 & 4-Basic First Aid
6:30pm-8:30pm
11/10-Advanced CACFP
11/16-Intensive Technical
Assistance-Asthma &
Severe Allergic Reaction
6:30pm-8:00pm FREE

See the June-Dec2010 Course Calendar for more details and a full list of courses.
Courses are also listed on www.childcarecouncil.com