

Do I Need CPR/First Aid Certification?

By Wilma Colotti, Family Child Care Inspector

It only takes a short time, to learn to save a lifetime.

The worst case scenario in any parent's life is dropping his or her child off to child care or a sitter only to find that at some point in the day a tragic accident occurred and the provider was not CPR or First Aid certified. When an emergency occurs, time is of the essence. Anyone caring for children should be trained and certified in order to respond to an emergency situation.

When Antonia Surace talks about her granddaughter Francesca her eyes fill with a combination of tears and love. Francesca has developmental disabilities and frequent health issues. One day, while Antonia was caring for Francesca, the little girl stopped breathing. Luckily for the family, Antonia, who is a registered Family Day Care provider in Greece, had taken CPR and First Aid with her daughter Paula who is Francesca's mother. Antonia performed CPR on Francesca while she waited for the ambulance. She was able to save her granddaughter's life with the skills she learned and skills that are now required of all registered Family Day Care providers in New York State as of March 1, 2011.

When the inspector comes, he/she will ask to see if your certification is current. If you need assistance in obtaining current training for CPR/First Aid, call the Child Care Council Inc. or your local Red Cross for information.

Francesca's family is grateful for the training they received because it has given them more time with grandma's little angel.

Child Care Program Administrators:

SAVE THE DATE of SEPTEMBER 30, 2011

New, aspiring and seasoned leaders in the field are invited to attend the Kick-off event for the 2011- 2012

Leadership Development Program

at the Strathallan Hotel, 8:30 A.M. – 3:30 P.M.

Program includes keynote address on new NYS developments in the field, Conversation Café on needs of local leaders, and workshops on change and teamwork.

Costs and other details coming soon.

Sponsors: Early Educators' Network, Rochester Childfirst Network, Rochester Association for the Education of Young Children, Council of Child Care Administrators. Supporters: Child Care Council Inc, QualitystarsNY.

Contact: Mary Louise Musler at 585-295-1000 x 311



CHILD CARE COUNCIL

Your premier resource. Inc.

WE DO THAT!

CARING MATTERS

September 2011 - Vol. 29 Issue 9



Family First-Penfield Challenge 5K

Please join Child Care Council Inc. in supporting the military at the Family First Penfield Challenge 5K. The race will be an opportunity for military personnel and their families to explore a variety of available services, and for the community to support our military service members. Local military organizations will be available onsite to provide information on services. The race proceeds will benefit Child Care Council, Inc. and the services we offer to support military families.



Race Information

Date: Sunday, September 25, 2011

Time: 9:00 a.m.

**Location: Penfield Community Center
1985 Baird Road, Penfield NY**



Fees: \$17.00 prior to 9/20, \$22.00 after 9/20

First 200 Runners registered will receive a t-shirt and Nalgene water bottle. Prizes will be awarded to the top male/female finishers in each age category. Course is certified by the USATF/RRTC #NY04023KL. Those who pre-register will be able to pick up their race number and t-shirt Thursday 9/23 or Friday 9/24 at the Community Center.

Race registration forms are available in this month's Caring Matters Newsletter, at Child Care Council, Inc., or at Penfield Community Center. Registration forms and payment can be returned to Penfield Recreation Dept, 1985 Baird Rd, Penfield NY 14526.

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
510 West Union St., Suite 1
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
*Please note: This option is not available for non-child care organization memberships
 - 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

<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

CDA News & Updates

CDA Renewal Applications Are Now Available Online

The Council for Professional Recognition now offers an online option for Candidates who need to renew their credentials. To use YourCDA you must have (1) a valid email address and (2) your ECE Reviewer's valid email address. You must also purchase the CDA Renewal Application Packet

With YourCDA you can:

- Get your CDA renewed in a few days, if not in a few hours!
- Fill out and submit your renewal application online
- Check your status anytime
- Receive and submit your ECE Reviewer recommendation letter electronically
- Pay the renewal fee electronically
- Communicate quickly with the Council

More recent changes include;

- Recently, the Council broadened its requirements to allow applications from high school juniors and seniors who are enrolled in an early childhood education vocational program. This opens up the possibility that the CDA credential will become available to a whole new population.
- The Council now accepts Direct Assessment Applications on a rolling basis. Your Verification Visit will occur within 90 days from the date the Council receives your complete and correct application.

For more information go to www.cdacouncil.org

Serious Injuries

By Jennifer Hart Shook, Family and School Age
Child Care Inspector

*Injuries and unexpected events can occur during program hours!
Do you know if you should report them to your inspector or registrar?*

417.15(a)(14) - *The caregiver must immediately notify the Office upon learning of the death, serious injury or infectious illness of an enrolled child which occurred while the child was in care at the program or was being transported by a caregiver.*

According to Policy Statement #06-8, an injury is considered serious if it requires professional medical attention. This would be an injury that is beyond the routine superficial cuts, scrapes and bug bites that are so common among young children.

If the provider or parent/guardian seeks medical attention for the child, even after care is done for the day or during the weekend, from a licensed physician, physicians assistant or nurse practitioner, the injury would be considered serious.

Some examples include: a cut that requires stitches, an animal bite, a head injury, burns, poisonings or a broken bone.

In an emergency, OCFS would expect a provider to see that the medical needs of the injured child are met, while also providing for the physical and emotional needs of the other day care children. Notifying the parent and their registrar of the serious injury would come after these two priorities, but notification is expected the same day the injury occurred.

If you are notified by a parent that the injury of child, incurred while in your care, was actually a serious injury (for example, a sprain that was actually a broken bone), the provider should notify their registrar or inspector as soon as the parent notifies the provider.

As always do not hesitate to call our office if you have further questions; we will be happy to help!



Building Relationships

Anne Leone, Business Services and Referral Director

Comfort and security of a caring adult is one of the most important things parents and caregivers can offer children. This is true for children in general but in particular for children who have been affected by exposure to violence.



The special relationship between a child and a caring adult is called an "Attachment Relationship".

This relationship is ongoing with a significant adult who is responsive and sensitive to a child's needs. These relationships can take time to develop. However, once the relationships have been established they can be very healing and positive for all children but especially for children who have witnessed violence.

Here are some steps that will help parents and caregivers build an "Attachment Relationship":

- take time to know the child well
- work to understand the child's cues
- learn to understand what a child's behavior means
- know and respect a child's likes and dislikes
- help a child "use words" to label feelings and/or ask for help
- provide limits so that a child feels safe and secure
- help a child develop a sense of self-worth
- create opportunities for the child to feel independent
- learn how to comfort a child who is distressed
- offer the child age appropriate tasks and/or activities
- celebrate a child's small victories



Baby Talk

Education Services Department

Let's Get Ready to Rumble!

By Kristen Knight, Infant Toddler Specialist

Over the years, there has been a large debate about the appropriateness of rough and tumble play in early childhood programs. Rough and tumble play includes movements such as rolling, kicking, launching, pushing, hugging tightly, running, chasing, tagging, wrestling, falling down, etc. Rough and tumble play is very physical by nature which often makes adults feel uncomfortable and leads programs to prohibit this type of play. Despite the bad reputation it has acquired, rough and tumble play is not only enjoyable for children from infancy through school age but it also supports learning across all the developmental domains. By participating in rough in tumble play, children develop their gross motor skills as they participate in large body movements, increase their social and emotional skills through turn taking, negotiating, risk taking, empathy and perspective taking, develop receptive and expressive language skills as they communicate during this play, and stimulate brain development and cognition as they learn to move their bodies in space, cross the midline, and coordinate body movements.

Critics argue that rough and tumble play is too similar to real fighting and teaches children to be aggressive toward one another. However, research shows that rough and tumble play leads to real fighting less than one percent of the time. Therefore, rather than prohibiting this type of play, adults should work toward supporting and supervising rough and tumble play. Teachers and parents can support this type of play by modeling appropriate physical play to children, providing a safe environment with a large open space, mats to occur, creating policies and rules that the children must follow during rough and tumble play (for example: no hitting, pinching, stopping when a child tells you to stop), allowing children to help create these rules, communicating with families about the importance of this type of play, and closely supervising rough and tumble play to ensure that set rules are being followed and that all children feel safe, comfortable, and happy participating in rough and tumble play.



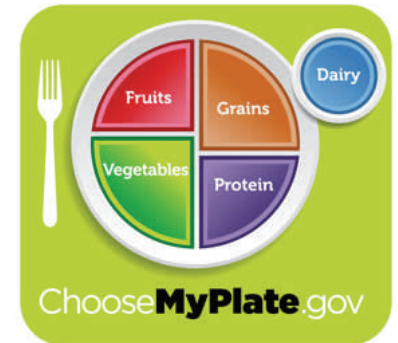
Food For Thought

Nutrition Services Department

MyPlate: Pictorial Presentation Of the Perfect Eating Pattern

By Becca Johnson, Eat Well Play Hard Dietitian

In early June, the United States Department of Agriculture (USDA) released a new graphic to replace MyPyramid, based on the 2010 Dietary Guidelines for Americans. This graphic (see here, to the right) is meant to remind Americans how to eat healthy by showing us what a meal should consist of. Of course, everyone's diet is a little different, so there are some **key messages** that MyPlate features, including:



- Balance your calories:
 - Enjoy food, but eat less
 - Avoid HUGE portions
- Eat more of some foods
 - Make half your plate fruits and vegetables
 - Make at least half your grains whole grains
 - Enjoy fat-free or low-fat (1%) milk
- Eat less of some foods
 - Choose foods with less sodium
 - Drink water and avoid soda, juice, + other sugary drinks

As you may have guessed, the food groups represented in the graphic are proportional to how much of the food should be consumed in each meal, **and in an entire day**. For example, the fruit portion (red) is a little smaller than the vegetable portion (green), so you should eat more vegetables than you do fruits. Also, the fruits and vegetables take up half of the plate; this means your diet should be approximately half fruits and vegetables.

The website for nutrition and lifestyle advice based on MyPlate (choosemyplate.gov) has lots of helpful information and user-friendly tools, including personalized nutrition advice for how much you should eat. You can even click on the different food groups on the plate for more information on that food group! Check it out, and use this new tool to help create a new, healthy YOU!



Legally Exempt Changes

By Kristinne Seibel, Legally Exempt Enrollment Coordinator

Monroe County Department of Social Services has recently made some major changes that impact Legally Exempt Child Care Providers.

TIME SHEETS

In June a new time sheet system was implemented and only these new time sheets are being accepted by Monroe County. Make sure your time sheets have the ARRIVE and DEPART time

slots for you to document the time you provide care each day. The old time sheets will not be accepted.



IN-HOME CHILD CARE

If you provide child care in the home where the children reside and you only provide care for the children who live in the home you are an In-Home Child Care Provider. Monroe County will no longer be sending payment to In-Home Child Care Providers — PAYMENT WILL GO TO THE PARENT. It is now up to the parent to pay the subsidy amount plus the family fee directly to the provider. Since this is a major change from the previous arrangement please make sure you are using a receipt tracking system so that you can accurately track the money received for tax purposes. We recommend a basic receipt book to help with this information.

- NEW LE Classes will begin in September!
- Classes will be held from 9:30 a.m. until 12:00 p.m.
- Dates for the NEW classes are Sept. 12, 19, 26 and Oct. 3
Call to sign up today!



10 Reasons Why Childhood Obesity is such a BIG Problem

By Emily Leone RN, MSN Health Services Coordinator

Overweight and obesity can cause serious illness in children now and as they grow into adulthood.

Overweight is defined as BMI between the 85 and 95 percentiles for children of the same age and sex. Obesity is defined as BMI above the 95%.

Only the child's health care provider should determine if a child is overweight or obese. Other factors such as skeletal frame and extra muscles can skew the BMI measurement and must be taken into consideration.

Children who are overweight or obese have a higher likelihood of developing the following health problems:

1. Extra weight can lead to joint problems in growing children.
2. Obesity is associated with asthma and sleep apnea in children.
3. Children who are obese can develop impaired glucose tolerance, insulin resistance, and type 2 diabetes.
4. Obese children can get fatty liver disease, gall stones, and gastroesophageal reflux disease (GERD).
5. Obese children have a higher risk of social and psychological problems such as discrimination and low self-esteem.
6. Discrimination, low-self-esteem, and sleep problems from GERD and sleep apnea have been shown to impair learning and lead to poor school performance in some obese children.
7. Overweight or obese children often become overweight or obese adults.
8. In adulthood, obesity is associated with serious health conditions including diabetes, heart disease, and cancer.
9. When children are overweight, their obesity in adulthood is often more severe leading to more serious chronic diseases and even death.

10. The majority of cases of overweight and obesity are preventable through living a healthier lifestyle which includes:

- Increased exercise
- Decreased sedentary behavior (screen time)
- More fruits and vegetables
- Less sugary and fatty foods



"The Book Nook" Professional Library Book Review

By Staff Member: Jennifer Hart-Shook, Inspector

Providers are nurturing, supportive, energetic caregivers who throw themselves into their work. By the time the children leave after a long day, many providers still have their own families to care for. Constantly caring for others can lead to providers failing to care for themselves. Ultimately, providers burn out, and lose their smiles.

The book, Keeping Your Smile: Caring for Children with Joy, Love, and Intention by Jeff A. Johnson, is an easy to read handbook to look deeply into yourself as a caregiver. Mr. Johnson shares stories, techniques, tips and tools to simplify your life, identify your ultimate purpose, and manage stress in your life. Some of his suggestions include:

- Make time for your favorite activities: walking, yoga, gardening, reading
- Recognize and understand that your feelings matter
- Determine how your environment can impact your life

As a provider you may have days when you feel overwhelmed and question why you became a provider. Give this book a try; it may provide new insights into your life and give you back your smile. The children you care for and your family will thank you for it!

THE RECYCLE SHOP ITEM OF THE MONTH IS:

Pipe Cleaners!
Lots and lots of pipe cleaners
\$1 per bunch (approximately 100)

Keeping Your Smile

Caring for Children with Joy,
Love, and Intention

Jeff A. Johnson

IMPORTANT INFORMATION

2011 EIP Applications

To apply on line, or download an application go to
<http://www.ecetp.pdp.albany.edu/eip.shtm>
Call our office for assistance and signing up for classes!

A review of classes in Sep & Oct 2011. New items are in BOLD

Classes are 6:30pm—9:00pm unless otherwise noted

<u>Rochester Office:</u>	9/13-Early Experiences	9/27-MAT Independent Study class 6pm-9pm
9/6,13,20,27-Legally Exempt Class in Spanish 10am—12:30pm	Build Healthy Brains	9/28-Know your Regulations—Family
9/7-Nutrition Concepts Explored: Beyond CACFP	9/14-Intro to FCC	9/29-Coping with Crying
9/8-Why So Many Pokes? Immunization Surveys	9/19-Recycle Shop Art	
9/8-Business Operations for New FDC/GFDC	9/20-Parent Handbook	
9/12,19,26 & 10/3-Legally Exempt Class-Series 7 9:30am-12pm	9/20 & 22-CPR	
9/12,14,19,21,26,28-Health & Safety	9/20 thru 10/25 Tuesdays 9:30am-Noon	
9/12-10/17-FCC Renewal	School-Age Training Series	
9/13-Growing Goodness: Vegetables	9/21-Asthma Attack and Severe Allergic Reaction	
	9/22-MAT Independent Study class 6pm-9pm	
	9/24 9am-3pm & 9/25-Noon-4pm MAT	
	CDA class 69 beginning September 20, 2011	
	<i>Call (585) 654-4798 for a course registration package</i>	
<u>Rochester Office:</u>	10/12, 17, 19 MAT	<u>Lakeville Office:</u>
10/3 & 5-CPR	10/13-Preventing Child Abuse	10/5-Storybook Art
10/4-Business Operations for New FDC/GFDC	10/17,24 & 11/7,14-Legally Exempt Class-Series 8	10/6,11,13,18,25,27-Health & Safety
10/4,6,11,13,18,25-Health & Safety	10/19-Intro to Family CC 9:30am-Noon	10/15 & 22-MAT Training 9am-2pm
10/5-Intro to Family CC	10/20 SUNY videoconference	<u>Newark Office:</u>
10/5-It's Your Duty to Care	10/24-Make Your Child Care an Eco-Healthy Child Care	10/4 & 6-CPR
10/6-Asthma Attack & Severe Allergic Reaction 6:30pm-8pm	10/27-Any Child, Every Child	10/11 & 13-Basic First Aid 6:30pm-8:30pm
10/11-Know Your Regulations-Centers	10/29 & 11/5-MAT Training 9am-2pm	10/18-Child Abuse 101
10/11 & 13-Basic First Aid 6:30pm-8:30pm		

See the Jul-Dec 2011 Course Calendar for more details and a full list of courses.
Courses are also listed on www.childcarecouncil.com