

"The Book Nook" Professional Library Book Review

By Staff Member: Jenna Mehlenbacher,
Branch Office Coordinator-
Livingston County

More Story S-T-R-E-T-C-H-E-R-S

More Activities to Expand
Children's Favorite Books

By Shirley C. Raines
and Robert J. Canady

When my children were very young they loved having their favorite books read over, and over, and over again. It would sometimes drive me downright nuts. I had many of the books completely memorized and could "read" them to the kids as we were driving while they looked at the pictures. I am sure many of you can relate.

This book is an excellent resource for anyone who reads books to children, especially the same books over and over again. It is filled with excellent ideas on how to expand on the themes found within several popular children's books. The books are categorized by topic areas and each example book gives many ideas on how to expand the learning for a small child after reading the book.

For example, the book **Chicka Chicka Boom Boom** by Bill Martin, Jr. is under the chapter entitled: Poems, Chants, Rhythms and Rhymes. The authors present ideas on how to first present this book to young readers and step by step narrative of how to read it for the best dramatic effect. They then give story stretchers for several topic areas.

For Art they suggest creating bright citrus borders. They give a materials list and learning objective for this lesson.

For Cooking and Snack Time they suggest tasting coconut (as the coconut tree is a main character in the book) in a variety of forms. They provide details of how to purchase, crack and prepare a coconut for a variety of tasting options.

For the Library Corner they suggest making a recording of the book with the children joining in the reading. This way they can listen to the book anytime they want with or without you reading along with them.

For Mathematics and Manipulatives they recommend counting and sequencing the letters of the alphabet as the alphabet letters are the main characters of the story. They give many suggestions on how to do this and what materials could and should be used.

Finally, for Music and Movement they recommend asking the children to move in sequence while keeping the rhythm of the chant. Again, they provide a step by step plan for how to accomplish this and what materials to have on hand.

This is just one of almost 100 stories that are used as an example in this wonderful book. The authors devote two pages to each story and its story stretcher ideas. The ideas are specific to the books listed in this resource, however I am sure they will give you ideas for how to create story stretchers for many of the other beloved books you and your children enjoy reading together. Happy Reading!

THE RECYCLE SHOP ITEM OF THE MONTH IS:

Aluminum Baking Pans:

*Mini Loaf, Small Casserole size, and Holiday Tree Shaped pans
November Special 6 for \$1
Supplies are limited.*



CHILD CARE COUNCIL
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WE DO THAT!

CARING MATTERS

November 2011 - Vol. 29 Issue 11



Here ye, here ye!
A new training available!



SUNY Videoconference Training November 10, 2011

Guidance and Discipline for Infants and Toddlers

This training will be presented by J. Ronald Lally, a national expert on early childhood development and the director of the WestEd Program for Infant/Toddler Care (PITC). Our own PITC certified trainers will be leading special activities in our offices!

Discussed during this training will be:

- Problem-solving Activities
- The Roots of Socialization
- The Concepts of Prevention and Intervention
- Specific guidance techniques appropriate for infants and toddlers at different stages of development.

For more information and to register for this course please go to www.ecetp.pdp.albany.edu or call (800) 295-9616.

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

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510 West Union St., Suite 1
Newark, NY 14513-9201
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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

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\$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)
 - 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
 ___ 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

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 Nov & Dec 2011. New items are in BOLD
 Classes are 6:30pm—9:00pm unless otherwise noted

Rochester Office:

11/1-MAT Independent Study Class 6pm-9pm
11/1,3,15 & 12/2-Legally Exempt Class in Spanish
 11/2,7,9,14,16,21-Health & Safety
 11/7,14,21,28 & 12/5,12-Family & Group Family Child Care Registration & License Renewal Series
 11/8-Intro. to Family Child Care
CDA Renewal 11/3,10,17, 12/1,8,15
 11/7,9,14 CPR/FA

11/8-The Beat of a

Different Drummer
 11/9-Fire Safety
 11/10-Growing Goodness: Vegetables
 11/10- SUNY video conference
 11/15-Child Abuse 101
 11/16-Know Your Family Child Care Regulations
 11/17-Early Messages: Facilitating Language Development
 11/21,28 & 12/5,12-Legally Exempt Class-Series 9

Lakeville Office:

11/1 & 3-CPR 6:30pm-8:30pm
11/15-Make Your Child Care an Eco-Healthy Child Care
 11/16-Growing Goodness: Vegetables
 11/22-MAT Independent Study Class
Newark Office:
 11/1,3,8,10,15,17-Health & Safety
 11/16-Asthma Attack and Severe Allergic Reaction 6:30pm-8:00pm
 11/22-MAT Independent Study Class 6pm-9pm

Rochester Office:

12/1,6,8,13,15,20-Health & Safety
 12/3 & 10-MAT 9AM-2PM
 12/5-Safety in your Program
 12/6-Intro to Family Child Care
 12/7-Preventing Infections
 12/12-Business Planning For FDC
 12/13-Asthma Attack and Severe Allergic Reaction 6:30PM-8PM

12/14-MAT Independent Study Class 6PM-9PM
12/14-Having Fun with Music and Movement
 12/21-Know Your FDC/GFDC Regulations

Lakeville Office:

12/1,6,8,13,15,20-Health & Safety

Coming Soon!

Child Care Council's Early Childhood Professional Development Course Calendar January—June 2012
 Keep an eye on your mailbox!

Save the Date! Our Annual Conference will be:

Saturday, April 28,2012

Speaker is Gretchen Kinnell at Diplomat Party House

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

The Holiday Season is Approaching

By Nicole Catalfano, Inspector



With the start of the Holiday season, comes changes for the children such as time off from school or family visiting from out of town, and changes in routines. Assisting the children and parents through this time year is important.

With these changes comes stress, for parents and children, as well as for providers. Life is full of frustration and the common everyday hassles that we

have all come to know so well. Holiday season stress can creep up on us and sometimes we can be left to feel frazzled and overwhelmed.

We all deal with stress in many different ways. Having a plan of action and anticipating change can help alleviate some of the stress in our lives. Going for walks with the children or having a “dance party”, just moving or exercising or being outside can help with the stress of everyday life. Getting the children outside in November may be a little more difficult with bundling up all the children, but it is just as important.

It is important to build strong support networks so that you can talk with someone about situations that might be causing stress during this busy time. As a provider if you are feeling stressed, the children will feel it as well. The stress of the holiday season can make for a very chaotic program, preparing for it before hand can help to make it less stressful.

As a child care provider you have a very important job. It is just as important to take care of yourself as well. Reach out to friends and other support networks, keep your sense of humor and a positive attitude. Stress is manageable with all the appropriate support and tools.



Remember November

By Renee Scholz, Referral Services Specialist

Veteran’s Day is celebrated on November 11. It is a day set aside to honor the women and men who served our country. The following poem helps capture the spirit of this special day. This may be significant to many of your children who have a parent serving in the military. Books to share with children may include “Veteran’s Day” by Jacqueline Cotton. This explains the history of the day and suggests ways to honor veterans. In “The Wall” by Eve Bunting a father and his young son visit the Vietnam Veteran’s Memorial. The author captures the significance of the memorial in child-like terms.

Veterans Day

by Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We’re proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.



America Recycles Day is celebrated on November 15th this year. This is a day dedicated to raising awareness about the importance of recycling as well as purchasing recycled items.

You can read a book with an environmental theme such as “The Lorax” by Dr. Seuss for older children and “We are Extremely Very Good Recyclers” by Lauren Child for younger children.

An opportunity for Monroe County Youth

The City of Rochester Recreation and Youth Services in conjunction with the University of Rochester is offering a program for youth ages 12-17 called Project Thrive. This program is free and offered after school Monday through Friday throughout the City of Rochester recreation centers and schools. To learn more, please call the Bureau of Recreation at 428-7371 or Youth Services at 428-6358. For the program offered at school #46 please call Elease Cox at 528-2454. This site will be starting the second week in October.



Inclusion

By Beverly Maisch, Education Specialist

WHAT: Many providers already know what the term inclusion refers to, but for those who don't, it means serving children with disabilities in the same setting as children without disabilities.

WHY: First and most importantly, because it is best for all children. One might be inclined to think that the only one who benefits is the child with disabilities, but in fact, the children without disabilities learn some important lessons too. Obviously, for the child with disabilities, to be in with other children takes the stigma off of them of being "different". It's tough enough to have conditions that prevent a child from functioning like his/her peers, but then to be separated from their peers only makes it worse for them emotionally and psychologically. The children without disabilities gain compassion, and have the opportunity to see firsthand how another human being copes with challenges and can surmount them, thereby serving as models of how they might conquer their own difficulties as well. Working with children with disabilities can build patience and understanding, and accepting of others who are different from themselves. These are significant to functioning in society at large, and skills that will serve them well as they become adults in jobs, neighborhoods, and families with others who are different in any number of ways. Another reason for including children with disabilities is because it is the law. According to the Americans with Disabilities Act, discrimination on the basis of a disability is forbidden.

HOW: We begin with our mindset (an open mind like a parachute functions best when OPEN!), and move on from there to opening our hearts and our homes. While the prospect of such a task may seem daunting, the rewards are countless. We, too are privileged to learn from these children. We grow right along with the children. Parents should be the first resource. Some may not want your input, but others will. Become a member of the team that supports a special needs child. There are also community supports to help us. We are not alone. When the opportunity affords itself, step up, arm yourself with knowledge and **GO FOR IT!**



Know What You Are Thankful For and Know What To Do With The Leftover Turkey Too!

By Jodi Holgado, CACFP Food Program Specialist

Kids don't always know why we celebrate Thanksgiving. For many of them it's a day when family gets together to eat turkey and lots of other good foods. This year, help your kids to think about what they are thankful for before Thanksgiving. A great way to do that is to make a Thankful Jar. Decorate an oatmeal container and cut a hole in the lid. From now until Thanksgiving, have children write things they are thankful for on a piece of paper and put it in the container. Tell them to keep it a secret. Then at your Thanksgiving Celebration, share the ideas as a group. For those that can't write yet, they can quietly tell you what they are thankful for and you can scribe it for them. Everyone will love the anticipation of hearing what things the group is thankful for.

With all the effort that goes into the holiday cooking, plan ahead and make sure you have enough for leftovers. You can stretch your dollars by purchasing a larger turkey than you may need for the actual holiday. With only 144 calories, and less than 2g of saturated fat per 3 oz. serving, turkey is very healthy. Use the left over turkey and other dishes to make Turkey and Rice with Vegetables Soup, Turkey Enchiladas, Turkey Chili, and Stuffing Stuffed Mushrooms. You can even use the left over pumpkin pie to make parfaits with vanilla or plain yogurt and other fresh fruit. Children will never catch on to your sneaky way of getting healthful foods into their diets. Enjoy your holiday and be thankful for the ways you can nourish your body in a healthful way this season!

Turkey Enchiladas:

- 2 cups shredded Cheddar and Monterey cheese blend
 - 1 onion, chopped
 - 1 (2 ounce) can sliced black olives
 - 24 (6 inch) corn tortillas
 - 1 (19 ounce) can red enchilada sauce
 - 4 cups cooked turkey, chopped
- Preheat oven to 350 degrees. Lightly coat baking dish with no-stick spray. Combine the cheese onion and olives. Heat each tortilla in microwave for 20 seconds. Dip tortillas into sauce and coat. Add cheese mixture and turkey to each tortilla and roll and place into baking dish. Sprinkle with remaining cheese and Bake for 20 minutes.





Indoor Fun

By Kristinne Seibel, Legally Exempt Enrollment Coordinator

Some fun ideas for days indoors -

Have a Treasure Hunt: Make one set of clues for every player (try rhyming the clues for fun), each clue leading to the next one and, finally, to the treasure. Seal them in envelopes marked with a clue number (i.e., 2/7, or "two of seven"); this will help the treasure hunters keep track. Whoever solves the clues first and finds the treasure—a small toy, an IOU for a movie, maybe a cache of coins (regular or chocolate)—is the winner. Or have your kids play as a team to solve the clues—and uncover the treasure—together.

Camp in the Great Indoors: If you have a pop-up or small dome tent, it's easy to set up camp for your kids indoors. If not, you can create tents by draping sheets over the couch. Make them comfy with airbeds, pillows, and sleeping bags, then follow through with an indoor picnic to be eaten "under canvas."

Invent a (No-Batteries) Game: *(ideas From Anne Libera, artistic associate at the Second City Training Center)*

One-word story: Starting with "Once upon a time," go around the room and have each person add a single word to the story.

Tip: Decide on a genre in advance—fairy tale, ghost story, etc.—and go from there!

Improv poetry: One person says a line of poetry, and the next must say a line that rhymes with it, and so on. Let kids say the first line; it's up to you to find the rhyme.

Yes, and...monster! Invent an imaginary monster, with each person adding a new characteristic to the first person's monster description. Every new idea has to start with an enthusiastic, "Yes, and..." and build on what has already been described.

(From <http://lifestyle.msn.com/your-life/family-fun/>)



Call for an LE Inspection Appointment or
to Register for LE Classes and receive a free gift!



The Most Common Disease in Children is.....

By Emily Leone RN, MSN Health Services Coordinator

Tooth decay. I bet you thought I was going to say asthma which is the leading cause of missed school or child care days and a very serious chronic disease affecting millions of children. But no it isn't asthma, it is early childhood caries or dental cavities in children that is the most common disease of childhood and left untreated can cause pain and infections that can lead to problems with eating, speaking, playing, and learning.

The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants, fluoride, and regular teeth cleaning has the potential to nearly eliminate tooth decay in children.



Beginning in infancy there are things we can do to promote healthy teeth.

- Never put a baby to bed with a bottle of juice or milk.
- Wipe an infants gums with a clean, damp gauze after feeding.
- Never put an infant's pacifier in your own mouth. This transfers your oral bacteria to the child's mouth.
- An infant should see a pediatric dentist when his or her first tooth erupts or by 1 year.
- Use only a smear of fluoride containing toothpaste for infants under two years.

Healthy primary teeth or baby teeth are an important component of a healthy mouth. Once children have teeth,

- They should be brushed twice daily with fluoride containing toothpaste and a soft bristled infant or child sized toothbrush.
- A pea sized amount should be used until children are 5 years old and they should be assisted with tooth brushing.
- If teeth cannot be brushed, then the child should rinse their mouth with water after meals and snacks.
- A healthy diet with plenty of fruits, vegetables, lean meats, and calcium containing dairy products.
- Limit sweets, starches, and frequent snacking.
- Recommend that parents get regular dental care for their children because baby teeth are as important as adult teeth.



News You Can Use

Military Race September 25

Child Care Council, Inc. was proud to participate in the Family First Penfield Challenge 5K on September 25th. The race provided an opportunity for people to obtain information about local military organizations and their services. Our agency also provides services to support the families of military personnel.



Congratulations to our Eco-Healthy Child Care Endorsed Providers!!

We are happy to announce that three Child Care providers were recognized as Eco-Healthy Child Care endorsed! The providers received their awards at the Child Care Council's Annual Dinner on September 17th at WXXI and as part of the weekend long Greentopia Festival (see opposite page). Becoming endorsed as an Eco-Healthy Child Care provider requires agreeing to making a healthier, safer and more environmentally friendly program in compliance with a checklist created by the Children's Environmental Health Network. For more information, please call Kate McArdle at (585) 654-4752 or k.mcardle@childcarecouncil.com.

Pictured left to right are:
Amanda Bowes,
CCC Staff member Kate McArdle,
Diane Singer,
Pamela Greene-Brooks



Child Care Council is a Proud Sponsor of Rochester's First Annual Greentopia Festival



Child Care Council proudly sponsored Kids Zone



Child Care Council Eco Team in front of Garden Aerial



Kids Zone Soil Sensory Table



Nicole Gardner with Kids Zone Participant



Kids making Eco Friendly Play Doh



Child Care Council Vendor Table



Child Care Council Staff with Vegan Chef Alexandra Jamieson

On September 17th and 18th, 18,000 people flocked to Rochester's First Annual Greentopia Festival at High Falls. The Greentopia festival is a fundraiser for a larger vision called GardenAerial, a three phase project designed to turn High Falls into one of the most thriving communities in Rochester. Over 120 vendors ranging from eco friendly insulation to hand bags made from recycled materials . Interactive events included an Extreme Materials Fashion show (with materials donated from the CCC Recycle Shop!), an Alternative Energy Vehicles Exhibit, Bike the Bridges bike tour, Essay Scholarship contest, Recycled art competition, Culinary series, Film series, Speaker Series and the highly popular and successful CCC Kids Zone!