



Welcome!



The Recycle Shop

The new Wayne County Branch Office location is a bright and welcoming space. Amenities include:

- ~High visibility
- ~Plenty of parking
- ~Comfortable and inviting reception area
- ~A large training area with kitchenette
- ~A wonderful recycle shop and craft area
- ~Ample private office space



Awesome new exterior signage

Door Prize Winners were:
 Julie Fuller-Tote Bag
 Vicki Cinquegrana-Foot Massager
 Wanda Arnold-Cloth pouches with art supplies
 Chris Yuskiv-Harry & Davids gifts
 Theresa Cummings-Candle & Holder
 Stacey DeGross-Blue Tote Bag
 Diana Billerbeck-Tote Bag & Picture frame
 Cathy Cowell-Totes Tote & Umbrella



Let's have some fun

Operation Safe Child I.D. Program

Provided by the Wayne County Sheriff's Office



Smile for the camera!



WE DO THAT!

CARING MATTERS

December 2011 - Vol. 29 Issue 12



Child Care Council, Inc. Celebrates Grand Opening of new Wayne County Branch Office location!



On September 29, 2011 community members, child care providers, and parents, joined Child Care Council staff in witnessing the ribbon cutting of the new facility at 510 W. Union St. in Newark.



Pictured cutting the ribbon are:
 ~Christopher Yuskiv, Child Care Council Board Member
 ~Barbara-Ann Mattle, CEO
 ~Rob Hoe, Wayne County DSS
 ~Dick Colacino, Arcadia Town Supervisor

-More pictures on back cover-

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

Wayne County Branch Office
 510 West Union St., Suite 1
 Newark, NY 14513-9201
 Phone: (315) 331-5443

Livingston County Branch Office
 3513 Thomas Dr. Suite 4
 Lakeville, NY 14480-0670
 Phone: (585) 346-6050

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 Care 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

Apply Online for Your Initial CDA or Renewal!

Candidates for the Child Development Associate® (CDA) Credential can now apply online for their Initial CDA or Renewal! YourCDA, the Council's online application, allows Candidates to:

- Check their status at any time
- Pay online
- Have their Director and CDA Advisor submit statements electronically
- Receive email notifications and reminders
- See useful application tips
- Chat directly with Council staff



Please visit www.cdacouncil.org/yourcda to learn more.

Congratulations CDA 65 Graduates!

On 7/26/11 Child Care Council, Inc. celebrated the graduation of 21 students from the CDA preparatory program.

We are very proud of them all, and wish them the best as they continue on their journey to receive the Nationally Accredited Child Development Associate Credential.

Names starting at top, first row: LeAnn Rudenski, Leslie Hernandez, LaTeshia Smith, Kashina Amons, Yulander Halmond, Naimah Mapp, Rose Shufelt (instructor)



Stairs starting at top, second row: Kathleen Kasanov, Donna Peck, Noreen Raymo, Donyee Coleman, Lysandra Bagley, Danyell Voss, Jada Williams, Nelida Houlihan

Names starting left, floor: Jenny Colon (inset), Ashant Nelson, Laquanda Lippens, Molly Muszak, Rontasia Galvin, Chastity Vega

The Importance of Fire Drills

By Megan Personale, Registrar

Snow will be falling soon and with it comes winter coats, boots, hats, gloves, snow pants, etc. Performing a fire drill in the winter months can seem like a hassle and seem time consuming. Providers may dread having to do them. But, as we all know, regulations state that they must be performed at least once a month.

The importance of these fire drills is to make sure the children are familiar with the smoke detector sound, know where to line up and meet the provider, know where the meeting places are, and especially learn not to panic, to listen, and to stay calm.

Providers should always use the actual smoke detector for their fire drills so that children and adults alike recognize the sound and know what to do. In the winter months, providers should have a plan for boots and coats. A good idea may be to have all the children put their boots in a basket with a handle upon arrival to the daycare so that the provider can grab the basket on the way out the door. Remember, in a real emergency, there will not be time to stop and put boots, coats, and hats on.

Providers should also always have extra slippers or socks in their emergency bag so that if the children's feet get wet, they can change into something dry and warm once in a safe place.

Even in the winter, it's a good idea to perform the fire drill and actually take the children outside so that they can see the meeting place in all seasons. For example, a tree may look different without its leaves and covered in snow. For the fire drill, the children can put on their winter gear prior to the drill, so after the fire drill is over is a good time to let the children play outside!

Also, remember that it's very important to make sure that the exits out of the program are cleaned of all snow and ice everyday. A fire drill is a good time to check to make sure that the doors can open and that the removal of the snow is not still blocking the exit.

Lastly, always remember to teach the children to stay calm, listen, and DON'T PANIC. If the provider can do these things, the children will see it and do it too.



Sharing Traditions

By Mitzi Rose, Data Specialist



We are entering a time of year when many families enjoy religious or traditional holidays, pulling out decorations, listening to familiar or fun music, gathering with family and friends, attending religious services, and dusting off memories. You probably know your families well enough to know what some of their beliefs or traditions are, but this time of year is perfect for involving parents in your program and teaching the children about holiday and seasonal traditions.

You may have your own fixed traditions or beliefs, or you may work for a faith-based program, but it is still appropriate to discuss other traditions in a non-judgmental way. You could start by speaking with your families about their beliefs or traditions. If your families do not represent a variety of backgrounds, invite someone as a special guest to your program to talk to the children about Advent, Christmas, Hanukkah, or other winter traditions. Take a field trip to the library (or stop by on your own) and check out some books. There are many collections for children on holidays around the world, winter holidays, traditions, as well as myths and legends and traditional stories. Many even have recipes, activities, and craft ideas.



Invite your families to a holiday party with the children where you can celebrate the traditions your families prefer and involve them in your program on a more personal level. This will not only help reinforce relationships but it also encourages the children in your program to understand each other better and promote a sense of community and better respect each other. If you all share the same traditions, celebrate them. If not, or if your families do not participate in any religious traditions, enjoy a winter celebration with snowsuits, hot cocoa, and favorite comfort foods.



Ideas from your local Library System:

- Robyn Brode and Mari Kesselring have books on each month of the year that include seasonal holidays.
- [Winter Celebrations](#) published by World Book.
- "Holiday Times" by Ella Jenkins, a multi-holiday music collection appropriate for children (Compact Disk).
- [Hershel and the Hanukkah Goblins](#) by Eric Kimmel.
- [Balder and the Mistletoe: A Story of the Winter Holidays](#) by Edna Barth, a retelling of a Norse myth.
- [The Friendly Beasts](#) by John Blumen, based on a Carol.





To Praise or Not to Praise?

Rose Shufelt, Infant Toddler Specialist

“Good job.” “Good girl.” “I like that.” How many times in a day do you make these comments to the children you care for? If you stop and count, you will probably be amazed at how many times you actually say a version of these things in a typical day of child care. These comments send powerful messages to the children you care for. Our intentions in praising children is to reinforce their self-esteem. Because praise is given so often, it is worth looking at what message these words actually send.

According to Merriam-Webster dictionary, “Praise” means to express a favorable judgment of. The underlying message of praise is, “I approve or disapprove”. It teaches children to seek out the approval of adults for acceptance and self worth and to act a certain way to please adults rather than for their own pleasure. Repeated praise from adults leaves a child vulnerable to relying on adult responses for validation of what they can or can’t do well. It is better for children to learn something because he/she wants to learn it. True confidence comes from within; it is the knowledge that you can do something. Motivation to do well needs to be self-directed and self-motivated and not from external sources. This is the message we want to send to children.

Eliminating praise is difficult. What should you do to comment on a child’s behavior? The answer is to acknowledge and reflect on what you see a child doing. This sends the message that you noticed her effort and ability and she will learn to appreciate her own efforts without having to please someone else. Acknowledging and reflecting takes practice. Use words such as “I see,” “I hear,” and “I notice” instead of praising and judgmental comments. Here are a few examples of reflective responses versus praise responses:

Praise

Reflection

Yeah! You grasped the ball.

I see you grasped the ball.

Good job! You climbed up the ramp.

I saw you climb up the ramp. You look pleased.

Good boy! You ate all your food.

Yes, you ate all your lunch.

Practicing these statements will help acknowledge rather than judge a child’s efforts. This lets them know that you are interested, that they are special, and that they are accepted for what they do in their own way. Cultivating self-esteem is the ultimate goal.

Reference: *Being with Babies*, Beverly Kovak , Denise Da Ros-Voseles



Do You Know Where Those Sweet Cravings Come From?

By Jodi Holgado, Food Program Specialist

Are you one of the many people that suffer cravings for sweets and sugar? So many people suffer from this, and in turn pay the price of weight gain, headaches, tiredness, etc. Children can suffer the same problems if they eat too much sugar as well so it’s important to teach children healthful alternatives to sugary treats. The causes of such cravings can vary, but some of the top contributing factors are hormonal imbalances especially in insulin and serotonin, unhealthy dieting, Adrenal Fatigue, and premenstrual syndrome. To fully understand the root cause for your sugar cravings you should consult at least one doctor, in order to take the first steps in getting an accurate diagnosis of the cause of your cravings. Many agree, however, that some basic steps are effective for all the various causes of sugar cravings.

- Increase your protein intake.
- Remove temptations. Go through cupboards and get rid of sweets and avoid purchasing them when you are shopping.
- Eat fruits. Fruits contain natural sugars which are digested differently than the refined sugars in candy and processed foods. Fruit contains fiber which helps to slow the absorption of sugars so you don’t get as much of a sugar high, and the low of a crash.
- Read labels. You will be surprised to learn that many foods that are not sweets, such as pasta, yogurt, and bread, contain sugar.
- Try the following to help combat low blood sugar: Avoid sugary breakfasts by eating a breakfast high in protein and consume no sweets until later in the afternoon. If you eat sweets too early you will stimulate sweet cravings throughout the day.
- When you are through eating, brush your teeth with minty toothpaste. The minty taste will deter you from reaching for something sweet.

Don’t get down if you give in a little to your sugar craving. Just get back on track in your next meal. For recipes with low sugar content search online or take books out of the library.

Source: Wikihow.com



Convención sobre los Derechos del Niño

Por Héctor L. Santiago, Especialista Inscriptor
del Departamento Legal Exento

Los niños y niñas tienen derechos como seres humanos y necesitan también cuidados y protección especiales. La misión de UNICEF consiste en proteger los derechos de niños y niñas, para contribuir a resolver sus necesidades básicas.

UNICEF se rige bajo las disposiciones y principios de la Convención sobre los Derechos de Niño.

La Convención está basada en diversos sistemas jurídicos y tradiciones culturales para crear una serie de normas y obligaciones aceptadas por todos. Estas normas básicas establecen derechos y libertades mínimas que los gobiernos



deben de cumplir. Las normas se basan en el respeto a la dignidad y el valor de cada individuo, independientemente de su raza, color, género, idioma, religión opiniones, orígenes, riqueza, nacimiento o capacidad, y por tanto se aplican a todos los seres humanos en todas partes.



La Convención sobre los Derechos del Niño es un instrumento internacional que incorpora toda gama de derechos humanos: civiles, culturales, económicos, políticos y sociales. La Convención establece estos derechos en 54 artículos y 2 Protocolos Facultativos. Define los derechos humanos básicos que disfrutan los niños y niñas en todas partes: el derecho a la supervivencia; al derecho pleno; a la protección contra influencias peligrosas, los malos tratos y la explotación; y la plena participación en la vida familiar, cultural y social. Los cuatro principios fundamentales de la Convención son la no discriminación; la dedicación al interés superior del niño; el derecho a la vida, la supervivencia y desarrollo; y el respeto por los puntos de vista del niño.

Todos los derechos que se definen en la Convención son inherentes a la dignidad humana y el desarrollo armonioso de todos los niños y niñas. La Convención protege los derechos de la niñez al estipular pautas en materia de atención de la salud, la educación y la prestación de servicios jurídicos, civiles y sociales.

Keeping the Lead Out!

By Joanne M. Buell, Health Care Specialist

For over thirty years, we have known the dangers of lead exposure especially to children. We have taken lead out of our paints, plumbing pipes and gasoline. Why are we still concerned? We're concerned because children, primarily 9 months to 36 months old, are still being exposed. We are still seeing high blood lead levels with the resulting developmental delays, learning disabilities, anemia, kidney damage, hearing loss and behavioral problems. Why bring it up now? With the up-coming holidays, gift givers may inadvertently give a gift containing lead.

What items still contain lead? Some children's toys and jewelry imported from other countries can contain lead. Pottery, old painted furniture, stained glass, pewter, crystal, some craft paints, some ethnic herbal medicines and imported cosmetics can be sources of lead. Be wary of these gifts.

In addition to avoiding possible sources of lead, follow these protective strategies:

- Promptly repair cracked or peeling paint especially in buildings built before 1978.
- Supervise infants and toddlers so they do not mouth or eat paint chips, paint dust, or lead containing items.
- Wash children's hands and toys as well as damp mop floors and windowsills frequently to reduce the risk of exposure to lead dust.
- For adults in high risk occupations (old building restoration, painting, plumbing, stain glass work), change work clothes before entering the house.
- Use only cold tap water for cooking, drinking, formula making and run the water for a minute before using.
- Have children tested for lead blood levels at ages 1 and 2 years.
- Feed children foods containing iron, calcium and vitamin C to reduce the retention of lead in the body.

A small sample of blood can detect a child's lead level. A result less than 4mcg/dL is ideal. Speak to your doctor for results of 5mcg/dL or higher. For more information, visit these websites: Department of Health (www.nyhealth.gov/environmental/lead & for product recalls www.cpsc.gov/cpsclist.

"The Book Nook" Professional Library Book Review

By Staff Member: Kristinne Seibel,
Legally Exempt
Enrollment Coordinator

Children In Danger: Coping with the Consequences of Community Violence

By James Garbarino, Nancy Dubrow,
Kathleen Kistelny and Carole Pardo

"Community violence puts your children in jeopardy. It threatens the very core of what they need to make a go of their lives." The opening two sentences of *Children In Danger* provide inspiration for caring community members to contribute to establishing a more caring community—one child at a time. Teachers and Child Care Providers in particular are in a position to offset some of the impact of community violence on any child in their care.

Children benefit from a social context that affects their response to danger as a result of experienced or perceived violence. Most children can cope effectively with low levels of risk (death of a loved one, divorce, unemployment, physical or mental illness of a parent, hostile communities are some examples of risk factors). Children who are exposed to multiple risks in early childhood are likely to suffer from developmental delays—physical, emotional and intellectual. Children in the higher risk category may find their sense of fundamental safety displaced by a sense of "chronic danger" that can suppress natural curiosity and the child's desire to explore—both necessary for learning.

Children In Danger includes case studies and descriptions of specific childhood situations. The authors also offer specific ways a community can offset the toll on kids who live with these risks. Creating a caring community culture is the greater goal. But anyone who cares about children can strive to provide a physically and psychologically safe environment for the kids in their lives. We can all commit to being good role models, to supporting the individual strengths of each child, to being responsive, nurturing and warm caregivers and to providing organized and predictable environments where kids can feel safe.

THE RECYCLE SHOP

HOLIDAY SPECIAL

A variety of aluminum foil baking pans
Tree shape, Round, Mini Bread

Mix and Match

8 for \$1



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 Dec 2011 & Jan 2012. New items are in BOLD
Classes are 6:30pm—9:00pm unless otherwise noted

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

Rochester Office:

1/10-Intro to FDC
1/10,12,17-MAT 6pm-9pm
1/12-Business Operations FREE to new FDC/GFDC CACFP participants
1/14,21-CPR/First Aid 9am-1:00pm
1/17-Business for FCC
1/19-Taxes for FCC
1/23-Legally Exempt Series
1/24-Asthma & Allergy 6:30pm-8:00pm
1/28-CACFP Advanced 9am-11:30am

New Series!

For new Family/Group Family Child Care Providers
1/9,11,18,23,25,30,
2/1,6,8,13,22 & 27-Series
One: Starting Your Own Child Care Business 101
1/31,2/2,7,9,16,21,23,3/1,
6,8,13 & 15-Series Two
Call for more info!

Lakeville Office:

1/23,25,30-CPR/First Aid 6:30pm-9:00pm

Newark Office:

1/5,10,12,17,19,24-Health & Safety
1/9-Professional Development Group 6:30-8:30pm
1/14,21-MAT-9am-2pm

New Computer Area For Military Families

We are reaching out to our military families. If you have someone in your family serving in the military who is deployed and you would like to communicate with them via email or Skype, you can now use the computer at the Child Care Council to do so! This service is free of charge. Semi-private area provides you the opportunity to keep in touch with your loved-one. For more information call us!

CCC offices will be closed December 26 and January 2, 2012 for the holidays.

See the Jul-Dec 2011 & Jan-Jun 2012 Course Calendars for more details and a full list of courses.

Courses are also listed on www.childcarecouncil.com