



## Taking Action



### Comprehensive Background Checks

By Mitzi Rose, Data Specialist

Did you know that only 11 states require that child care providers have comprehensive background checks? New York State currently requires a fingerprint check and clearance through the State Central Register but no federal background checks or clearances through any sex offender registry.

Representative Gwen Moore (D-WI) has introduced legislation that would require a fingerprint check against state and federal records as well as a check of the sex offender, child abuse and neglect registries. H.R.3829, or the Child Care Accountability and Responsibility Act of 2012 (CARE for Kids Act) was proposed in January.

#### What can you do?

Members in the House of Representatives need to know that we care about our children. Taxpayer money should not be used to pay convicted felons or sex offenders to care for children, but more importantly, children deserve to be cared for by people who are NOT convicted felons or sex offenders. Parents should know that their child care providers have passed comprehensive checks, and providers should know that employees, co-workers, and household members have demonstrated clean backgrounds to ensure the safety of children.

Contact your representative to ask him or her to cosponsor H.R.3829.

Visit NACCRRRA's Action Center for a standard form to contact your representative at: <http://capwiz.com/naccrra/home/>. Sign up for email alerts about child care issues and other public policy efforts.



**CHILD CARE COUNCIL**  
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## CARING MATTERS

March 2012 - Vol. 30 Issue 3

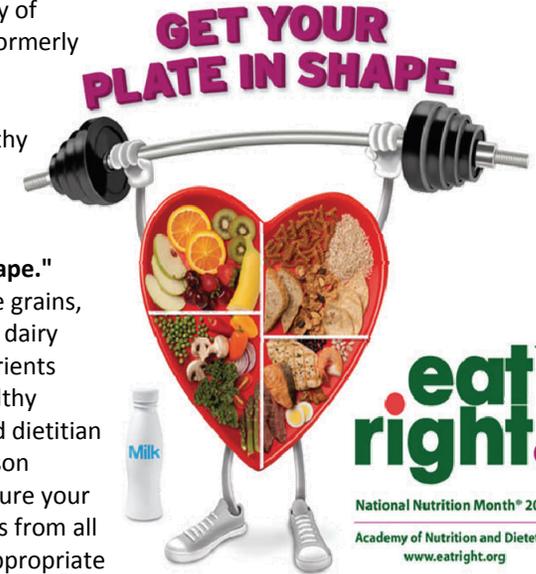


### During National Nutrition Month<sup>®</sup>

and beyond, the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to include healthy foods from all food groups through this year's theme:

#### "Get Your Plate in Shape."

"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles," says registered dietitian and Academy Spokesperson Andrea Giancoli. "Make sure your eating plan includes foods from all the food groups and in appropriate portions. USDA's MyPlate is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan."



See Giancoli's recommendations on how to "Get Your Plate in Shape" on page 11 in 'News You Can Use'

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

\*\*\*\*\* LOCATIONS \*\*\*\*\*

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Newark, NY 14513-9201  
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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

Health Foundation

# 2012 Mini-Grants

## Grants of \$500 - \$7,500

to promote active play and healthy eating for Monroe County children, ages 2-12.

**Mini-Grants for:**

<b>Community Organizations</b> \$500 to \$7,500 for community organizations in Monroe County including faith-based organizations, recreation centers, after school programs, summer programs and others.	<b>Child Care Centers</b> Up to \$5,000 for child care centers in the City of Rochester, Gates, Greece, and East Irondequoit.
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Go to: [www.thegrhf.org](http://www.thegrhf.org) for more information. Due March 9, 2012

# 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

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

### National Nutrition Month

"Get Your Plate in Shape"

#### Make half your plate fruits and vegetables.

- ♥ Eat a variety of vegetables, especially dark-green, red and orange varieties, as well as beans and peas.
- ♥ When buying canned vegetables, choose "reduced sodium" or "no salt added" whenever possible.
- ♥ Rinsing whole varieties like beans, corn and peas can also reduce sodium levels. Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.
- ♥ Make sure every meal and snack has at least one fruit or vegetable or both.

#### Make at least half your grains whole.

- ♥ Choose brown rice, barley and oats and other whole grains for your sides and ingredients.
- ♥ Switch to 100-percent whole-grain breads, cereals and crackers.
- ♥ Check the ingredients list on food packages to find foods that are made with whole grains.

#### Switch to fat-free or low-fat milk.

- ♥ Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and fewer calories.
- ♥ If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

#### Vary your protein choices.

- ♥ Eat a variety of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs.
- ♥ Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- ♥ At least twice a week, make fish and seafood the protein on your plate.
- ♥ Keep meat and poultry portions lean and limit to three ounces per meal.

#### Cut back on sodium and empty calories from solid fats and added sugars.

- ♥ Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees.
- ♥ Choose 100-percent fruit juice.
- ♥ Compare sodium in foods and choose those with the least amount listed on the Nutrition Facts Panel.
- ♥ Season foods with spices or herbs instead of salt.
- ♥ Select lean cuts of meat or poultry and fat-free or low-fat dairy products.
- ♥ Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.

## A Different Way to Look at Inspections

By Wilma Colotti, FDC Inspector

It's that time of year again. Your inspector is calling to schedule your annual inspection. Think of this as your opportunity to create some "New Years Resolutions".



This is a great time to review what has changed about your program in the last year, what works well, what doesn't work and what needs "tweaking". Does your paperwork need updating? Is your Daily Schedule working for the children in care?

Programming need some new ideas? Have you checked your fire extinguishers and smoke detector batteries lately? Be honest!

As you have probably discovered, your program changes based on the needs of the children in care. That's not necessarily a bad thing. A good program evolves as you learn to adapt what works for you with the needs of the children.

Maybe you're like me and promise to try to be more organized. What about training hours? Have you looked at some of the exciting new classes we offer?

As an inspector, I not only want to ensure the safety of the children in your care, I also want to make myself available to answer any questions you have regarding the all important job you have been entrusted with.

So get your paperwork together, grab a pen, paper, a mug of hot chocolate and make a list of questions for your inspector when they come out. Or, if it can't wait, we are always available to take your call.

Don't forget to make some "New Year's Resolutions" as well.

## Get the Credit You Deserve

By Renee Scholz, Referral Services Coordinator

Did you know that you or the families you serve may be eligible for valuable tax credits? Now more the ever the Federal Government is helping families put more money in their pockets by allowing the following tax credits:

- ◆ **Earned Income Tax Credit**, which helps provide a wage supplement for low and moderate-income families earning less than \$45,250. This credit is worth up to **\$5,666**.
- ◆ **Child and Dependent Care Tax Credit**, designed to offset some of the child or dependent care costs that families incur in order to work. This credit is worth up to **\$2,100**.
- ◆ **Child Tax Credit**, designed to help families offset some of the costs of raising children. This credit is worth up to **\$1,000** per child. Families who owe little or no income tax can receive some or all of this credit as a refund if they earned at least **\$3,000** in 2011.
- ◆ **Making Work Pay Credit**, designed to increase families' take-home pay. This refundable credit is worth up to **\$800** for couples. Many workers already have received its benefits through an increase in their take-home pay.

Programs that offer free tax preparation assistance include:

**Volunteer Income Tax Assistance program (VITA)**, this program offers free tax help to low to moderate income people (\$49,000 and below) people who cannot prepare their own tax returns. To locate the nearest VITA site, call 1-800-829-1040.

**Tax Counseling for the Elderly Program**, provides free tax help to people aged 60 and older. **AARP** offers the tax aide counseling program. To locate the nearest site call 1-888-227-7669.

**The Armed Forces Tax Council (AFTC)** oversees the operation of the military tax programs worldwide and serves as the main conduit for outreach by the IRS to military personnel and families. Volunteers are trained to address military specific tax issues such as combat zone tax benefits and the effect of the Earned Income Tax Credit guidelines.

**Creating Assets, Savings and Hope (CASH)**, for households earning less than \$45,000 annually. CASH also offers free and confidential financial coaching and classes. Contact 585-454-4060.



## Waiting the Day Away

By Andrea McKenna, Education Specialist

Waiting isn't fun, no matter how old you are. You don't ever hear people say, "I'm so excited I have to spend the morning at the DMV" or "Wasn't that traffic this morning great; my 15 minute commute took me two hours." So why is it in early childhood we not only expect children to wait throughout the day, but we also expect them to wait patiently? Children under the age of 4 years old have not developed the self-control that adults have to be able to wait patiently and yet so much of the day in early childhood is, "hurry up and... wait." Here are some pointers to help reduce wait time in your program and help to ease transitions.



1. **Have a predictable yet flexible schedule.** In an early childhood program it's important to have a predictable schedule so that children know what to expect throughout the day, however it is just as important to be flexible in your daily schedule. If lunch is always served after outside time, but one day lunch is not ready yet, it's ok to read the children a story or do another activity before lunch. It's not appropriate to wait at the lunch table for 15 minutes before lunch is finally served.
2. **Be prepared.** Have all the materials you need to do an activity out and ready before you call the children over to participate. Before the children even get dropped off in the morning, have some activities set up to engage the children upon arrival. If the children are engaged in an activity, they will be less likely to act out.
3. **As soon as one child is ready to start, begin.** Often when children are gathering as a large group for circle or story time, it takes time for all the children to sit down and get settled. Most people want to wait until all the children are ready before they begin the activity, but if you start the activity as soon as the first child is ready you reduce wait time and the other children move much faster into large group time. You do not have to start the story or circle time right away. You can begin with a song like, "Head, Shoulders, Knees, and Toes" while you wait for the other children to finish what they are doing and join the group. Starting with a song and large motor activity will also help the children focus better on the activity.

These are just a few examples of ways to reduce wait time and ease transitions throughout the day. As early childhood professionals, it's good practice to review your daily schedule periodically for long periods of wait time and work on strategies to reduce or eliminate waiting from your schedule.



## Can a Vegetarian Diet be Healthy for My Child?

By Darla Ferrante, Food Program Specialist, CACFP

A vegetarian diet can be a healthy option for your child or adolescent as long as they are prepared to put some thought into what they eat and include a large variety of foods. Lacto-ovo vegetarians exclude meat, fish, and fowl but still eat dairy and eggs. Vegans exclude all animal products. Vegetarian diets are higher in fruits and vegetables and lower in saturated fat.

It is a good idea to explore your child's motives for becoming a vegetarian and then monitor their diets for a while afterward. Most people choose to become vegetarians for the health benefits. Some adolescents experiment with a vegan diet as a means of controlling their weight and some as a way of masking disordered eating behaviors.

Vegetarian diet is nutritionally adequate for children and adults of any age. The American Dietetic Association (ADA) has officially endorsed vegetarianism, stating "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases" (Mary L. Gavin, MD)

Vegetarians have to be careful to include the following key nutrients that may be lacking in a vegetarian diet:

- iron
- calcium
- protein
- vitamin D
- vitamin B12
- Zinc



It is recommended that you meet with a registered dietitian who can go over lists of foods that would give you the nutrients you need. Girls need to be particularly concerned about getting adequate iron because some iron is lost during menstruation.

[http://kidshealth.org/teen/food\\_fitness/nutrition/vegetarian](http://kidshealth.org/teen/food_fitness/nutrition/vegetarian)



## Lead Found in Children’s Juices

By Edwin Maier, LE Inspector

Research studies have recently found lead in apple and grape juices.

Dr. Jerome Paulson, chairman of Academy of Pediatrics, notes that 35% of children, ages 5 and under, consume higher amounts of juice per body weight than older children. Consumer Digest has found that pesticide contamination of water used for processing is a main source of lead in juices and that much of our juice is supplied from countries such as China.

The U.S. Food and Drug Administration notes that a standard does not exist for juices. It does indicate that the lead standard for drinking water is less than lead found in grape and apple juices. Putting this into perspective, apple juice measures at 14 ppb, grape juice at 25 ppb and tap water – 10 ppb. – and drinking water is a federal standard. It has been noted by the FDA that it is imperative to develop a standard for these products and that the health of children must be addressed. “Nectar” is tainted....find a healthy substitute, consider the health of the children that are in your care.

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## Do You Care For Children of Military Families?

As part of Child Care Council’s service to military families, we are providing any Provider that cares for children of military families with materials that focus on such families. A child that you care for may have a parent, or parents, in the Military Reserves, National Guard, or even be Enlisted. One or both parents may have to go away to trainings from time to time, or even be deployed to another country. Having a parent leave the home for a lengthy period of time is traumatic to any child, and there are ways that you can help them cope and adjust. You can make a difference in fostering the relationship between the child and the absent parent(s). Child Care Council will provide you with free story books and materials to use in your program. We even have a computer available for use at our Blossom Road office, free of charge, for military families to stay in touch via Skype and email. For more information, please contact Jodi Holgado at 585-654-1220.



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## Sensory Processing Disorder

By Emily Leone RN, MSN Health Services Coordinator

Sensory Processing Disorder or SPD is a neurological disorder where an individual has challenges taking in, processing, and responding to sensory information from the environment. Senses affected can include touch, smell, hearing, vision, proprioception, taste, and vestibular. Affected individuals may have difficulties with too much or with too little sensory stimulation.

Children with hypersensitivities to sensory stimuli are also known as having sensory defensiveness. Examples include a shirt label causing pain, inability to tolerate fluorescent lighting, and dislike of being touched gently.

Sensory hyposensitivity's are characterized by a person being able to tolerate unusually high levels of sensory stimulation. This could cause a child to seek sensory input.

Children with SPD can be misdiagnosed as having Attention Deficit Hyperactivity Disorder (ADHD). Sensory Integration Disorder (SID) is felt to be classified within the spectrum of SPD.

Environments and therapies for children with SPD need to be tailored to fit the child’s needs. This is called the “just right challenge”. Environments should provide sufficient stimulation to interest the child and make them comfortable, but not be so stimulating as to overwhelm. Simple changes such as eliminating flickering fluorescent lighting or removing clothing tags can greatly increase a child’s comfort and thereby productivity. Therapies that meet the just right challenge motivate the child and stimulate changes in the way the neurologic system processes sensory stimuli.

A child with SPD will often be prescribed a “sensory diet”. The sensory diet provides the child with the sensory fuel needed by the body to achieve an organized state and stay there throughout the day. The theory is that a carefully designed program of sensory input throughout the day will foster lasting, positive changes in the child’s neurologic system.

The therapies of the sensory diet are usually play experiences that provide needed sensory stimuli to the child. Therapies include activities such as swinging, climbing, finger-painting, playing with Play-Doh or modeling clay, and playing with water or rice sensory tables.

## "The Book Nook" Professional Library Book Review

By Staff Member:  
Jennifer Hart Shook, Inspector

There is an increasing national interest in providing high quality child care for school age children during non-school hours. Whether you are a Family, Group Family or School Age caregiver, *Caring for School Age Children*, Fourth Edition, could be a great resource for you as a caregiver. In the first section, "Caregivers," children and families are discussed. The authors suggest what would make an effective caregiver and how such a caregiver can support parents. Section II includes how children grow and develop physically, cognitively, and psychosocially. One chapter in this section that I found especially helpful was the chapter titled, "How Children Develop Social Competence." It shares conflict resolution and provides strategies and activities to foster friendships in the child care setting. In the subsection of self image and cooperation, the authors provide additional activities that could easily be adapted for use in family or group family programs serving preschool age children. The last three sections of this book include chapters on program planning, creating an environment, curriculum, and resources and regulations. A helpful suggestion is to always maintain a questioning attitude and a sense of wonder. Another benefit of this text is the profiles of caregivers and families. This creates a sense of realism and allows the reader to relate to others' stories.

In conclusion, *Caring for School Age Children*, is a great resource for caregivers, whether they are beginning their journey as providers or have their graduate degree.

## Caring for School Age Children

Phyllis M. Click  
and  
Jennifer Parker



### THE RECYCLE SHOP ITEM OF THE MONTH IS:

*Assorted Ceramic Floor Tiles:  
Many to choose from.  
\$9/box or \$1 each.*



## IMPORTANT INFORMATION

### EIP applications are available for 2012!

We expect that like last year, available scholarship funds will run out quickly. Plan your classes now! Please contact our office, we would love to assist you!

*A review of classes in Mar & Apr 2012. New items are in BOLD*  
*Classes are 6:30pm—9:00pm unless otherwise noted*

#### Rochester Office:

3/1-Intro to Family Child Care	<b>3/8-Art with the Masters</b>
3/1-Parent Communication Parents as Partners	3/13-Bullying
3/5,7,12,14,19,21-Health & Safety	3/15-Taxes
3/6-MAT Independent Study Class 6pm-9pm	3/15-MAT Independent Study Class 6pm-9pm
3/6-Know Your Regulations Child Care Center	<b>3/20-Make Your Child Care an Eco-Healthy Child Care</b>
3/7-Asthma Attack and Severe Allergic Reaction 6:30pm-8pm	3/24 & 31-MAT-9am-2pm
3/8-Business Operations Free for FDC/GFDC	3/24 & 31-CPR and First Aid 9am-1pm
	<b>3/26,28 &amp; 4/2,4, 9,11-Health &amp; Safety in Spanish</b>

#### Rochester CDA 71 starts

3/22. Don't miss this opportunity to start earning your Child Development Associate Credential!

#### Newark Office:

3/1,6,8,13,15,20-Health & Safety  
3/5-Wayne County Family Child Care Association Professional Development and Support Series 6:30pm-8:30pm  
3/22,27,29-CPR and First Aid

#### Rochester Office:

<b>4/3-Let's Get Organized, for FDC/GFDC Prov.</b>	4/14 & 21-CPR/First Aid 9am-1pm
4/4-Business Operations FREE for new FDC/GFDC Providers joining CACFP	4/16,18,23-MAT 6pm-9pm
4/9-Having Fun with Music And Movement	4/24-Understanding Abuse and Neglect
4/11-Taxes	<b>4/25-Asthma 101</b>
4/12-Intro to Family Child Care 9:30am-Noon	<b>4/28-2012 Annual Conference, Potty Training &amp; You've Got Biting by Gretchen Kinnell</b>
4/12-Know Your Regulations-Family	Diplomat Party House
4/14-Growing Goodness: Vegetables (CACFP) 9am-11:30am	

#### Lakeville Office:

4/2,4,9,11,16,18-Health & Safety  
4/14&21-MAT 9am-2pm  
4/23,25,30-CPR & FA  
4/26-Growing Goodness: Vegetables (CACFP)

#### Newark Office:

4/2-Growing Goodness: Vegetables (CACFP)  
4/2-Wayne County Family Child Care Association Professional Development and Support Series 6:30pm-8:30pm

See the Jan-Jun 2012 Course Calendar for more details and a full list of courses.  
Courses are also listed on [www.childcarecouncil.com](http://www.childcarecouncil.com)