



**Eco-Healthy
Child Care®**

Avoid Hidden Chemicals in Every Day Products

Parents and providers can't help but experience an overwhelming sense of helplessness when searching for safer options in a store full of unlabeled products. Current regulation doesn't provide an effective way to manage the over 2,000 chemicals brought to market each year. Our biggest hope for the near future is truth in labeling so Americans can make truly informed decisions. We've been hearing from providers who just don't know where to start, so here is one simple step to change right away and create a healthy home for your family and children in your care.

**Avoid Products with the Ingredient
"Fragrance" listed**

The problem: The National Institute of Occupational Safety and Health has found that one-third of the substances used in the fragrance industry are toxic. Here is the kicker: manufacturers can list 3,000 chemicals under "fragrance." Millions of people suffer from skin and respiratory allergies caused by hidden chemicals in fragrance. These unknown chemicals are commonly found in skincare, cleaning products and air fresheners.

The solution: Try switching out conventional air fresheners, plug-ins and candles for beeswax or soy candles with essential oils, or make your own! A simple air freshener idea that can be made by children is made from an orange, cloves, and a ribbon! Have children poke cloves into an orange and hang the orange for up to a week for a terrific smell at a low cost!

For more information about creating and purchasing less toxic products, or the Eco-Healthy Child Care program, contact Kate McArdle at (585)654-4752 or k.mcardle@childcarecouncil.com



CHILD CARE COUNCIL
Your premier resource, Inc.

WE DO THAT!

CARING MATTERS

June 2013 - Vol. 31 Issue 6



**NEW YORK STATE LEADS THE NATION
IN CHILD CARE CENTER REGULATIONS**

When it comes to protecting the health and safety of kids in child care centers, New York state is ahead of the rest of the nation.

In a recent report, *We Can Do Better: 2013 Update*, Child Care Aware® of America scored and ranked state laws governing child care centers in the 50 states on 11 different program requirements and on four oversight benchmarks. Requirements and benchmarks ranged from basic health and safety requirements recommended by pediatric experts, to licensing requirements, child development and staff training, online availability of inspection findings, and emergency plans.

New York is a national leader, according to the report's findings, ranked first among all 50 states in the overall condition of child care centers and the only state to rank in the top 10 for *both* program requirements and oversight.

New York's high rankings are the direct result of the commitment of our leaders in Albany to high-quality child care and to the amazing work of child care providers across our state and here in Monroe, Livingston and Wayne counties.

Clearly, the rest of the nation has much work to do to make sure that children are protected while they are in child care. Yet, while New York leads the way among the states, we still have room for improvement as well. Two specific areas where we can enhance our current rankings include:

- Establishing comprehensive background checks for child care center staff, including checking fingerprints against state and federal records, checking the child abuse registry, and checking the sex offender registry.
- Requiring First Aid and CPR training for all child care staff.

Child Care Aware® of America works with more than 600 state and local Child Care Resource and Referral agencies, including Child Care Council Inc., to ensure that families in every community have access to quality. As a Child Care Aware® Quality Assured agency, Child Care Council is the premier resource for parents, providers and businesses, providing information, training and resources.

We look forward to continuing to work with Child Care Aware® of America, New York state policymakers and providers to improve the quality of child care here in the Finger Lakes region.

Barbara-Ann Mattle
CEO, Child Care Council, Inc.

President Christopher Yuskiv - CEO Barbara-Ann Mattle - Editor Jennifer Weykman

***** LOCATIONS *****

Livingston County Branch Office
3513 Thomas Dr. Suite 4
Lakeville, NY 14480-0670
Phone: (585) 346-6050
Fax: (585) 346-6058

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



Outdoor Play and Nature

By Bethany Williams, Referral Specialist

Hooray! Summer is almost here! What an opportune time to get outside and enjoy the weather, explore nature, or go for a walk. Many children's time is quite structured. Their schedule may include a full day of school that may not have a regular recess. Children may go to a child care program after school and then to an organized activity such as sports, dance, music or scouts. They may return home to eat dinner and complete any homework that needs to be done and a late dinner. Within this framework, many children are so hurried or otherwise occupied with electronics that they are losing out on unstructured free play time, or just time to "hang out". This also includes outdoor time. Children are getting 25% less play time than those of 20 years ago. The U.S. is seeing the greatest increase in obesity in children and less outside play is one factor contributing to this disturbing health trend.



Spending time outdoors provides children with a multitude of benefits including:

- Become fitter and leaner
- Experience fewer symptoms of ADD and ADHD
- Play more creatively and have more active imaginations
- Apply science and math principles to real world situations
- Have greater respect for themselves for others and for the environment

Start simple by exploring in your backyard. This could include:

- Looking for bugs, birds, trees, and wildflowers
- Peek under rocks
- Rake leaves and jump in them
- Hang a bird feeder. Get a bird guide and record which birds visit the feeder
- Start a collection of stones, shells, leaves
- Mark off a small square of ground. Have your child(ren) draw or write about what is in the square

FREE Early Care Management Training

- Center Policy- June 18, 2013
- Observation of Young Children- June 18, 2013
- The Director's Role in Ensuring Developmentally Appropriate Practice -August 6, 2013
- Cultural Sensitivity: Promoting Peaceful Relationships - August 7, 2013
- Fiscal Management: The Budget -September 24-25, 2013

There are three ways to register:

Online: Go to <http://www.earlycareandlearning.org/programs/management-training/>

Mail completed registration form (address below).

Fax completed registration form to: (518) 690-2887.

All of the workshops are offered at no cost and are held at Child Care Council's main office. If you have any questions about this program, please feel free to contact:

Early Care & Learning Council

230 Washington Avenue Extension | Albany, NY 12203

Phone: (518) 690-4217 | Fax: (518) 690-2887

www.earlycareandlearning.org

ahahn@earlycareandlearning.org



New York State Library Announces the "Early Literacy Partner Manual"

The New York State Library announces a new literacy resource for child care providers, "Summer Reading at New York Libraries Early Literacy Partner Manual." The manual may be downloaded from the "Summer Reading at New York Libraries" <http://www.nysl.nysed.gov/libdev/summer/>, click on Downloadable Materials.

This manual will assist child care providers and teachers of young children in partnering with a public library, or public library system, to help families gain the full advantage of public library resources and programs during the summer months. Developed by the New York State Education Department in partnership with the Collaborative Summer Library Program and public library system youth services consultants, the manual contains information on public library summer programming for the young child along with extensive book lists related to the Summer Reading at New York Libraries 2013 slogan, "Dig Into Reading."



In Memoriam

Kosel, Denise (Minni)

Webster: Age 51, 4/13/1962 - 4/14/2013. Fought for 4 yrs with Multiple System Atrophy (MSA). Survived by her loving husband of 30 years, Warren Kosel.

She was the President of "Alphabet Campus Childcare Centers" for 25 years. A sincere thank you to all past Alphabet Campus Childcare employees for their devotion of Alphabet Campus and to Denise for serving the Rochester Childcare needs for the past 25 years.

Help to build the CHILD CARE COUNCIL'S Provider Scholarship Fund



Mail form and Donation to:
Scholarship Fund
CHILD CARE COUNCIL, INC.
595 Blossom Road, Suite 120
Rochester, NY 14610

THANK YOU FOR YOUR SUPPORT!

Name _____ Home Phone () _____

Address _____ City _____ Zip _____

Email _____

Donation Amount _____

Payment Information: Check # _____

MC/Visa# _____ Exp. Date _____ V# _____

(3 digit # on back of credit card)

Signature: _____



Let's Get Muddy!

By Andrea McKenna, Education Specialist

For those of you who haven't read National Wildlife Federation's position statement on Dirt entitled, "The Dirt on Dirt," here is what you are missing; children that get dirty playing outdoors are healthier, happier, and more well-rounded. Research tells us that children who don't spend time outdoors are at a much higher risk of obesity, vitamin D deficiency and myopia. In addition, playing in the dirt and mud may actually help children stay healthier. Playing in dirt and mud is an immune-system building step according to Dr. Mary Ruebush author of, Why Dirt is Good: 5 Ways to Make Germs Your Friends. "Dirt is good. If your child isn't coming in dirty every day, they're not doing their job. Their not building their immunological army. So it's terribly important." (CBS News, 2009).



In addition to building their immune system, playing in mud often releases serotonin in children's brains which makes them feel happier, more relaxed, and helps them do better in school. When children are playing in mud and dirt, they are experimenting with and learning about the world in a way that has no right or wrong answers and in an environment that is relaxing. They are exploring their own creativity and they are learning about science and nature. Every child care provider should encourage children to play in dirt. Here some examples of what you can do with children;

When children are playing in mud and dirt, they are experimenting with and learning about the world in a way that has no right or wrong answers and in an environment that is relaxing. They are exploring their own creativity and they are learning about science and nature. Every child care provider should encourage children to play in dirt. Here some examples of what you can do with children;

- **Mud Pies** — Use old pie or cake tins and have the children fill them with mud. Then the children can decorate them using things they find in nature like; leaves, sticks, shells, rocks, flowers, etc. This activity could lead to hours of fun.
- **Mud Sculptures** — Mud can be easier to sculpt than snow. Children can make mud balls, snakes, cups, and even buildings. If the sculpture isn't holding together they can try adding more water or more dirt.
- **Mud Drawings** — Have the children draw or write on a muddy surface with a stick. When they are done just smooth the mud down and have them start again.

Mud can be messy so some tips to playing in the mud are; have parents bring in appropriate mud-play clothing including galoshes, bring out plenty of towels that you don't mind getting dirty, have the children rinse off outside first before washing up inside. Playing with mud is easy and rewarding. If you let the children in your program play with mud, you will have happy healthier kids!

To Sanitize or Disinfect

Change in percentage of active ingredient in bleach

By Chris Kordenbrock, RN, Health Care Consultant

One of the very important jobs a child care provider has is helping to keep the children healthy. A very important part in reducing the spread of illness for children is the cleaning, sanitizing and disinfecting of surfaces that they come into contact with.

“Most items and surfaces in a child care setting require sanitizing or disinfecting after cleaning to further reduce the number of germs on a surface to a level that is unlikely to transmit disease.”¹

Sanitizing means reducing germs on an inanimate surface, but not eliminating them. A sanitizer is appropriate to use on food contact surfaces and toys that children may place in their mouths. This strength is not harmful if a child should come into contact with it. Despite this, we don’t recommend allowing children near wet, sanitized surfaces or toys.

Disinfecting means destroying or inactivating germs on an inanimate surface such as a diaper changing table or for cleaning up blood or body fluids. A disinfectant is very strong and will be harmful if ingested or with contact with skin or mucous membranes. Good ventilation needs to be available and children should not be allowed nearby while it is being used and still wet.

Recently manufacturers have changed the concentration of bleach, meaning the active ingredient, sodium hypochlorite, is a higher percentage compared to the previous product. It used to be 6% and now it is 8.25%. The concentration will be on the product label. If the concentration is not displayed on the label or if it is floral scented, that product cannot be used in child care.

Programs using bleach in their approved Health Care Plan need to check the product label. Follow the instructions on the Appendix E for cleaning and sanitizing if your bleach concentration is 6-6.15%, or follow for 8.25% bleach, follow the manufacturer’s instructions on the label for either sanitizing or disinfecting. It is very important to accurately follow the instructions for formulating and using the bleach spray. If the formula is too weak, it won’t work properly. If it is too strong, a toxic residue will be left behind which can be harmful. We recommend marking the bottles with a label that includes the recipe used.

New bottles of the bleach spray need to be reconstituted each day. Because the sodium hypochlorite evaporates, the concentration made in the morning is stronger than it is at the end of the day. It would therefore not perform the desired sanitizing or disinfecting if it is stored for use until the next day.

We anticipate future guidance on mixing a quart amounts of 8.25 % bleach from OCFS which will be available through OCFS, all Child Care Council offices, and Caring Matters.

1. *Caring For Our Children: National Health and Safety Performance Standards, Appendix J*

Child Care Council Annual Membership Benefits and Application

Individual Membership—\$35

Non Child Care Organization Membership—\$75

- Benefits**
- Loan privileges at the Early Childhood, Professional Libraries and children’s library card for My First Library (for children from birth to 5 years of age)
 - Free Notary Public Services
 - Council Pin, Lanyard, Tote Bag, or Carabineer Key Tag

Single Member of Child Care Center Staff, Registered Family Child Care Provider or Enrolled Legally Exempt Provider Membership—\$50

- All Benefits Above Plus**
- 50% discount on Business Center Services
 - 10% membership discount every Tuesday on all Recycle Shop purchases
 - \$30 savings on each Child Care Council class
 - Access to group rate Health and Dental Insurance

Single Site Group Family Child Care Provider—\$75/yr

- All Benefits Above Plus**
- Substantial member discount on in-service training at your location
 - \$5 discount on individual staff memberships in Child Care Council
 - \$60 savings when provider and assistant take one class at Child Care Council

Group Memberships for your Child Care Center, Nursery School, School-Age or Multi-Site Group Family Child Care

- All Benefits Above Plus**
- \$30 savings on each class attended at Child Care Council—per staff member! This equal to:
 - Great Savings**—At the \$150 level (up to 10 staff members) You save up to \$300!
 - Wonderful Savings**—At the \$200 level (11-20 staff members) You save up to \$600!
 - Fantastic Savings**—At the \$250 level (21-30 staff members) You save up to \$900!
 - STUPENDOUS SAVINGS!**—At the \$300 level (31+ staff members) You can save at least \$930!

All of this plus discounts on Individualized Training Programs and In-Service sessions at your site. For more information, call us today! 585-654-4720 or 800-743-KIDS

Child Care Council Annual Membership Application

- Individual Membership (\$35)
- Center Staff Member Membership (\$50)
- Family Provider Membership (\$50)
- Enrolled Legally Exempt Provider (\$50)
- Single Site Group Family Child Care Provider (\$75)
- Non-Child Care Organization (\$75)
- CACFP Family Provider (\$25)
- CACFP Enrolled Legally Exempt Provider (\$25)
- CACFP Group Family Provider (\$37.50)
- Group Membership Menu: Please choose one Modality and one Price Point
 - Modality: Center Nursery School School-Age Multi-Site Group Family
 - Price Point: Up to 10 Staff (\$150) 11-20 Staff (\$200) 21-30 Staff (\$250) 31+ Staff (\$300)

New Membership
 Renewal Membership
 # _____

Mail form & payment to:
Child Care Council Membership
 595 Blossom Road, Suite 120
 Rochester, NY 14610-1825

Please check one:
 Council Pin
 Lanyard
 Tote Bag
 Carabineer Key Tag

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: _____

CONGRESS TAKE NOTE !

WORKING PARENTS NEED CHILD CARE

At the end of April, Congress protected Air Traffic Controllers from being furloughed as a result of across the board cuts that resulted from the sequestration on March 1.

Air Traffic Controllers are important to our economy. However, our economy is also dependent on working parents - millions of whom need Child Care in order to be able to go to work every day secure in the knowledge that their children are safe and secure in their child care settings. However, congress left town after protecting air travelers from delays while ignoring the needs of working families and their young children.

We all know that across the board budget cuts are no way to govern a country. You wouldn't just cut back, across the board, on all your household expenses without reviewing and evaluating each one based on your family's basic needs. You would carefully review and make the necessary cuts to the family budget based on the identified priorities. We should be able to expect the same careful analysis from our Congress.

Take a few moments to tell congress that if they could fix the sequester for the Air Traffic Administration they can fix it for families and children as well.

To find your congressional representative you can go to the following website: <http://www.contactingthecongress.org>.

If you do not have access to the internet, you can request the information by contacting the Congressional Switchboard at (202) 224-3121.

The Importance of Toys in Child Development

By Tiffani McClain, Legally Exempt Enrollment Specialist

Children learn and develop in a number of ways. Numerous debates surrounding the topic of play and whether or not it serves as a valuable tool in the successful growth of children have occurred. In spite of this, it has been proven that play and the use of toys serve as a fundamental tool to the foundation of learning for children. Play assists in promoting some of the most essential areas of development such as mental, physical, emotional and social development. Allowing children ample time to engage in individual play, parallel and group play supports the well-being of children.

Toys support the ability to engage in creative and imaginative play and or thought. Although children can successfully play without the use of toys, toys enhance play in many ways. Age appropriate toys help to engage children's interest along with making healthy and balanced toy selections. Selecting appropriate toys can help to expand these interests in addition to lending support and encouraging healthy challenges to their abilities. There are a few different ways toys are supportive to play. Toys support safe and healthy emotional expression; children find comfort in playing with toys and often express themselves through play in ways that would otherwise be hidden or overlooked, especially in non-verbal children. Toys help to support social interaction; the way in which a child chooses to use a toy can vary socially (ex. Hugging a stuff animal, feeding it and or reading to it). Toys support pretend play; toys such as trucks, telephones, play food and kitchenette sets allow children to engulf themselves creatively and imaginatively making use of the toys in any way the child sees fit. Finally, while children can successfully engage in play with other children, it is important for parents and caregivers to play with the children as well. This helps to promote healthy bonding which will enrich them for years to come.





The Truth about Coconut Water

By Darla Ferrante, (CACFP) Nutrition Services

Mmm, coconut water, Super-hydrating! Potassium-rich! All natural. There is no shortage of talk about Mother Nature's tropical cocktail these days, but any healthy drink that gets so much buzz and is ridiculously tasty makes us wonder if it's too good to be true.

Coconut water is naturally refreshing and has a sweet nutty taste. It contains easily digested carbohydrates in the form of sugar and electrolytes. Not to be confused with high fat coconut milk or oil, coconut water is a clear liquid in the fruits center that is tapped from young green coconuts. It is also high in Magnesium; a good source of dietary fiber, calcium, riboflavin and vitamin C. Coconut water has less sugar than many sports drinks and much less than sodas and some fruit juices.

Coconut water is ideal in preventing dehydration especially when children get diarrhea. In the hot summer months when children are playing, coconut water is much more beneficial than fruit juices and aerated drinks. If your breast feeding, it will give you nutrients like lauric acid which will make your breast milk even more nutritious for your baby. It will increase your baby's immunity and protect against infections. (babycenter.com)

So in a nutshell, coconut water is healthy for you and your children. It's low in calories, naturally fat and cholesterol free, has more potassium than 4 bananas and is super hydrating. These are benefits ascribed to America's latest health craze: Coconut Water.

(Harevestbay.com)

Harvest Bay Smoothie

8 oz Coconut water
1 cup mixed berries
Ice
Mix all together in a blender & Enjoy!



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

Categories are listed in parenthesis () following the date.

Rochester Office:

6/3-(2,4,7) MAT Indep. Study 6pm-9pm
6/4-7/18-(*) Starting Your Own Child Care Business 101
6/5-(4,5) Parent Handbook
6/5-CACFP for NEW Providers
6/8-(2,3,4,5) Make Your Child Care Eco-Healthy Sat. 9am-11:30am
6/8,15-(2,4,7) MAT Sat 9am-2pm
6/12-(2) Keeping It Safe in the Kitchen
6/15-(2,4) Spanish CPR & First Aid Sat. 9am-2pm
6/19-(1,3) Making Toys for Infants and Toddlers
6/19-(6,8,9) Child Abuse-Morality and Chaos
6/20-Intro to Family Child Care
6/25-(2,4,7) MAT Indep. Study 6-9pm

Lakeville Office:

6/3-7/15-(*) Starting Your Own Child Care Business 101
6/24,26-(2,4) CPR & First Aid
Newark Office:
6/3-(Varies) Prof. Dev. Grp 6:30-8:30pm
6/4-CACFP for NEW Providers
6/12-(2) Asthma 101

Looking for CDA training?

Look no further.

CDA 75 Begins July 10th at our Rochester office.

Spaces fill quickly so sign up today!

Rochester Office:

7/1-8/7-(*) Starting Your Own Child Care Business 101
7/9-(3) Baby Can Sign
7/9-(2,4,7) MAT Independent Study Class, 6pm-9pm
7/10-(3) Make Your Child Care Eco-Healthy
7/13-(2) Be a Role Model: Create a Healthy Child, Sat. 9am-11:30
7/13-(2,4) CPR & First Aid Saturday 9am-2pm
7/16 & 18-(2,4,7) MAT Training 9:30am-2:30pm
7/16-MAT Skills Competency Demonstration 6pm-9pm
7/17-Introduction to Family Child Care 9:30am-Noon
7/18-(2,4,7) MAT Independent Study Class, 6pm-9pm
7/23-(6,8) Learn to Prevent Sexual Abuse by Bivona Child Advocacy Center
7/24-(2) Asthma 101
7/25-(1) Bullying and Children with Special Needs
7/29-(7) Know Your Regulations-FCC
7/29-CACFP for NEW providers

Newark Office:

7/1-(Varies) Prof. Dev. Grp 6:30-8:30pm
7/9-8/15-(*) Starting Your Own Child Care Business 101
7/13 & 20-(2,4,7) MAT Training Saturdays 9am-2pm

See the Jan-Jun & July-Dec 2013 Course Calendars for complete details.

Child Care Council courses, and links to SUNY videoconference information and EIP applications are available at www.childcarecouncil.com

* The Starting Your Own Child Care Business 101 Series covers all Family Child Care categories and includes:

- Health & Safety
- CPR & First Aid
- Introduction to CACFP
- Business Class
- Developing Your Program
- Tax Class

June & July 2013

Monroe County-Rochester

Regular hours are Mon-Fri 9am-5pm.
Other hours available by appointment.

Livingston County-Lakeville & Wayne County-Newark

Regular hours are Mon-Fri 9am-5pm closed from 1pm to 2pm.
Other hours available by appointment.

June

- 20th-SUNY Videoconference: Observation and Assessment with a Focus on School Readiness (1,3)
- 26th-Child Care Council Staff Meeting, closed 12-2pm

July

- 4th & 5th-closed for the holiday

Out and About

Child Care Council offers individualized training and technical assistance on an ongoing basis.

Training at your facility and more can be arranged. Call us today and reserve your spot on our calendar.

FREE CLASS!

Emergency Preparedness for Providers

Emergency Preparedness Training is designed to help child care providers develop and implement emergency plans that cater to the specific ages in their program. All materials are provided. This training is good for all modalities of child care.

Funding for this training is being provided by Save the Children.

Saturday, August 10th—9am to 1pm Rochester CCC
 Saturday, October 5th—9am to 1pm Livingston CCC
 Saturday, October 26th—9am to 1pm Rochester CCC
 Saturday, November 2nd—9am to 1pm Wayne CCC

Questions? Contact Wilma Colotti, Inspector, 585-654-1229

Class size is limited so call now!



The Importance of Empathy to Young Children

By Lynne Fisher, Registrar

What exactly is empathy? Why teach empathy to children? Is it even possible? If so, how does one teach empathy? Hopefully this article will answer some of these questions!

Empathy is understood to mean a few different things, but basically a definition I like is from the Free Online Dictionary: “the identification and understanding of another’s situation, feelings, and motives.” Why should we bother teaching this to children? The benefits are numerous – to the children themselves and to society as a whole.

Benefits to children:

- Helps them to identify their own feelings
- Helps them learn how to cope with their feelings
- Helps them get along with other children / develop positive relationships
- Helps decrease the likelihood of bullying among children
- Leads to well-adjusted, more successful, and happier children! Roger Ebert, the famous movie critic, said that he believes “empathy is the most essential quality of civilization.” I agree, for these reasons:

Benefits to Society:

- Empathetic children are less likely to grow up to be violent or otherwise cause harm to others
- Empathetic children tend to be the “helpers” you see in crisis/emergency situations
- Empathetic children are more likely to grow up to be volunteers / help out in their communities
- Empathetic children care about others’ well-being, animals, and the environment
- Empathetic children tend to be more tolerant of people of different cultures, races, sexual orientation, ethnic groups, etc. creating a more tolerant society

Is it possible, to teach empathy to children? Or is it something you have or don’t have? Are we hard-wired to be empathetic? Research actually shows that empathy is a complex phenomenon involving several component skills: a sense of awareness and the ability to distinguish one’s own feelings from the feelings of others; taking another’s perspective (“putting oneself in another person’s shoes”); and being able to regulate one’s own emotional responses.

Next month—Thoughts on Teaching Empathy to Young Children

Resources used in this article:

“Teaching empathy: Evidence-based tips for fostering empathy in children.” 2009. Gwen Dewar, Ph.D. Parenting Science.

<http://www.parentingscience.com/teaching-empathy-tips.html>

“Teaching Empathy—USU Eastern Child Care Resource & Referral Eastern Region. “
<http://eastern.usu.edu/childcare/htm/provider-resources/teaching-empathy/>

“How Do You Teach Kids to Be Empathetic? (And Why It’s Important)” Empowering Parents.
<http://www.empoweringparents.com/blog/bullying/how-do-you-teach-kids-to-be-empathetic>



News You Can Use

ATTENTION: GARAGE SALE ENTHUSIASTS

Buying or selling second hand treasures?
The New York State Department of State Division of
Consumer Protection recommends
checking the following websites to help assure that
the item has not been recalled or
the subject of a safety warning.

<http://www.recalls.gov>

www.cpsc.gov

www.dos.ny.gov



THE RECYCLE SHOP ITEM OF THE MONTH IS:

Curtain Rods \$1 each



NEWS FROM CPSC



The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of injury or death from thousands of types of consumer products under the agency's jurisdiction. The CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical hazard or can injure children.

Following is one of the important recalls to be found on the CPSC website at www.cpsc.gov. On the site you can sign up to receive alerts through many avenues including email, youtube, and twitter.

Product Recall

Recall Date: April 16, 2013

Recall Number: 13-169

Small World Toys Recalls Spin-A-Mals Farm and Safari Puzzles Due to Choking Hazard

Name of product: Children's Wooden Puzzles

Units: About 4,000

Hazard: Small pegs on the puzzle boards can loosen and separate from the boards, posing a choking hazard to children.

Description: The recalled products are Ryan's Room brand Spin-A-Mals Farm and Spin-A-Mals Safari puzzles intended for children over 12 months of age. Both toys are made of wood. The puzzles consist of a painted, rectangular board with pegs mounted to it and removable gear and animal-shaped pieces. The farm puzzle has 14 puzzle pieces including three animal pieces: a cow, a dog and a sheep. The safari puzzle has 11 puzzle pieces. Children place the pieces onto the pegs and use the knob on one of the pieces or insert an animal figure into other pieces to rotate all of the gears. The puzzle boards have "2012 Small World Toys" on the bottom right.

Incidents/Injuries: The firm has received four reports of pegs separating from puzzle boards. No injuries have been reported.

Sold at: Toy stores nationwide and catalogs from May 2012 through October 2012 for about \$25.

Remedy: Consumers should immediately take the puzzles away from children and contact Small World Toys for a free replacement toy. After contacting Small World Toys, the recalled toys should be destroyed and disposed of in a manner to prevent future use.

Consumer Contact: Small World Toys at (800) 421-4153 from 7 a.m. to 4 p.m. PT Monday through Friday, e-mail recall@smallworldtoys.com, or online at www.smallworldtoys.com, then click on "Recall" for more information.

