

Help Us Keep Children Safe & Healthy

In April, the American Academy of Pediatrics (AAP) endorsed the *Safe Chemicals Act of 2013*, a bill introduced by the late Senator Frank Lautenberg and our own New York Senator, Kirsten Gillibrand. This reform would support chemical manufacturers to prove that new chemicals are safe before they enter the market, provide the EPA more authority to ban harmful chemicals, ensure the safety of chemicals that are already in use, protect children and other vulnerable populations from chemical exposures, and finally, establish a children's environmental health research program and an independent national advisory committee.

These provisions represent a balanced approach to reforming the *Toxic Substances Control Act* (TSCA), the only environmental law that hasn't been updated since passed in 1976. Since then, thousands of new chemicals have entered the market and widespread exposure has been well-documented, but under TSCA, the EPA has only limited authority to regulate unsafe chemicals. In fact, more than 80,000 chemicals are being used every day with inadequate data on their safety or how they impact children's health.

Why does this matter to you? We are encouraged and hopeful the federal government will do their best to protect our children's health but in the meantime, there are many simple and affordable changes you can make to your child care environment. Child care providers interested in Eco-Healthy Child Care® are encouraged to contact Kate McArdle at (585) 654-4752 or k.mcardle@childcarecouncil.com.





CARING MATTERS

July 2013 - Vol. 31 Issue 7



Council

PROFESSIONAL RECOGNITION



CDA Credentialing: A self-Paced and Candidate Driven Professional Development Process—An Overview www.cdacouncil.org

Candidate
Professional

- 120 hours of Professional Education
- 480 hours of Professional Experience
- Professional Portfolio
- Family Questionnaires

Purchase a
Competency Standards
Book

Candidate Application

- Online YourCDA application or paper CDA application
- Anytime of the year
- Identify a CDA Professional Development Specialist
- \$325 Assessment Fee until September, \$425.00 after

Council Approval

- Application review and approval
- Ready to Schedule Notice delivery to the Candidate with a sixmonths assessment deadline

Candidate Assessment

- Verification Visit with a CDA Professional Development Specialist
- CDA Exam at a Pearson Vue test center
- Both completed in any sequence but before a six-month deadline

Council Credentialing

- Scores electronically submitted to the Council by PD Specialist and Pearson Vue
- Credentialing decision

President Christopher Yuskiw-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



Helping Children Cope with an Emergency

By Renee Scholz, Referral Services Coordinator

As we all know, the world around us is unpredictable. In more recent times, there have been serious emergency situations occurring all over the country. These uncertain and unplanned disasters can upset children of all ages. Below are some tips to review when helping children cope with an emergency.

Maintain your routine. Routines are very important to children. Keeping a regular schedule especially when the world around them seems confusing or unpredictable, gives them a sense of reassurance that they are safe. Make sure children get appropriate sleep, exercise, and nutrition. Children may find it difficult to accept routines and limits but continue by being firm, calm, and supportive.

Avoid overexposure to media. Make sure children are not overexposed to news media. Media can be graphic and if children are watching television they are more likely to feel afraid and confused with the images. Children also don't have the understanding of time and space and may assume that what they are seeing on the television is close to home and may become scared that a disaster will hit in their neighborhood.

Answer their questions. Children fear most when they don't understand what is happening around them. Make sure when you are answering your children's questions you are calm and respond at their developmental level. Preschooler's thinking is concrete and egocentric so keep the answers simple and only what they need to know. School-age children can be given a more scientific approach such as explaining to them how tsunamis are formed.

As a trusted adult, children will look to you for guidance and comfort. Remembering these tips may make it easier for you to help children cope with an emergency situation.

Strengthening Monitoring: The rule would require that all child care providers serving CCDF children be subject to on-site monitoring (including unannounced visits) by the State for compliance with minimum standards³. The proposed rule also says that States cannot rely solely on self-certification (e.g. a checklist filled out by the provider without documentation or other verification) to prove compliance with requirements.

2. Improving the Quality of Child Care:

CCDF invests \$1 billion on improving the quality of child care, including investments in professional development for providers. However, the quality of child care across the county is uneven, and too often the quality is insufficient to promote children's growth and development. The proposed rule addresses this issue by:

Equipping Parents with Better Information: One of the pillars of CCDF is parental choice. OCC believes that in order for parents to make truly informed decisions, they need to have access to specific information on their provider options. This rule would require States to make information available to parents on any licensing or health and safety violations, including:

- A user-friendly, easy-to-understand website containing provider-specific information about compliance with health and safety requirements:
- A transparent system of quality indicators to provide parents with a way to differentiate the quality
 of child care providers available in their communities through a rating or other descriptive method.⁴
 The State would have the flexibility to develop a system based on its specific needs. Lead Agencies
 may develop a system that is voluntary for child care providers to participate in or could choose to
 exempt certain providers, such as faith-based providers.

Linking Payment Rates to Quality: The proposed rule would require State to take into account the quality of child care when determining payment rates for child care providers. This provision may impact providers that provide higher quality care, which is often more expensive to provide. HHS is also seeking comment on innovative rate setting approaches and possible new federal requirements that would better ensure that subsidy rates provide equal access, as required by the statute.

3. Implementing family-friendly Policies:

Many CCF families have difficulty accessing child care subsidies in a stable manner, often receiving assistance for a short period of time and frequently cycling on and off the program. This instability can negatively impact providers by causing them to have a high turnover in the number of children in their care. The proposed rule would address these issues by:

Establishing a 12-month Eligibility Redetermination Period: The proposed rule would require the CCDF eligibility be redetermined no sooner than every 12 months, allowing for more stable enrollment for providers serving children receiving CCDF.

Payment Practices: States would be required to provide a description of payment practices for child care services, including timely reimbursement for services, how payment practices support providers' provision of high quality child care services, and practices to promote the participation of providers in the subsidy system.

Grants/Contract for Direct Services: States would be required to use at least some grants or contacts to fund direct services in areas that lack supply of high-quality child care options. Grants or contracts can provide stability for providers which can lead to them making investments in quality improvements or in serving underserved populations. However, as is currently the case, child care certificates/vouchers will be made available to any parents offered CCDF child care services and can continue to be expended for any sectarian purpose or activity that is part of child care services, including worship or instruction.

³States would be able to exempt care by relatives or in the child's home and may also target based on a risk analysis

⁴While the system is required to take into account staff qualifications and/or competencies, learning environment, curricula and activities, it does not mandate specific curricula, understanding that there are many choices available to providers. The aim of this requirement is to ensure that CCDF providers are intentional and responsive to the developmentally-appropriate needs of the children they serve.

HOW THE CCDF PROPOSED RULE WOULD IMPACT **CHILD CARE PROVIDERS**

Grace Reef, Chief of Policy & Evaluation CHILD CARE AWARE OF AMERICA

BACKGROUND:

The Child Care and Development Fund (CCDF) is a federal program that provides approximately \$5 billion to States, Territories, and Tribes to help low-income working families obtain child care and to improve the quality and supply of child care for all families. The program has far-reaching implications for America's poorest children with approximately 1.6 million low-income children receiving child care subsidies per month.

The Office of Child Care (OCC) has prepared a Notice of Proposed Rulemaking (NPRM) for the CCDF, which would provide the first comprehensive update of CCDF regulations since 1998. The changes have the twin goals of promoting families' economic self-sufficiency by making child care more affordable, and fostering healthy child development and school success by improving the quality of child care.

The majority of subsidized child care services are provided through vouchers/certificates, and these funds can be used for a full range of child care options including centers, family home providers, in-home and relative care, and faith-based providers. For child care provided in faith-based settings, funds distributed through vouchers or certificates will continue to be available for any sectarian purpose or activity that is part of the child care services, including religious worship or instruction.

We hope you find this overview helpful, but it is only intended to provide summary information on some key points. For complete context and understanding, we encourage everyone to read the entire NPRM which was published in the Federal Register on May 20, 20131, Comments about the NPRM can be submitted to http://www.regulations.gov/ during the public comment period, which is open until August 5, 2013.

KEY PROVISIONS OF THE PROPOSED RULE:

The proposed rule would change 4 key areas: (1) Improving Health and Safety in Child Care, (2) Improving the Quality of Child Care, (3) Establishing Family-Friendly Policies, and (4) Strengthening Program Integrity. This overview focuses on the first 3 areas, which may impact providers.

1. Improving Health and Safety in Child Care:

Many States have already taken steps to ensure health, safety, and quality of child care and to better prepare children to succeed in school. However, State policies vary widely and critical gaps remain. And while all providers serving CCDF children are already subject to the CCDF health and safety requirements, 2too many children served by the CCDF program are in settings that don't meet adequate health and safety standards. This proposed rule would set a floor for these standards by:

Strengthening Minimum Standards: The proposed rule would require States to set minimum standards for all child care providers serving CCDF children (whether or not they are licensed by the State) to include:

- Comprehensive criminal background checks (including fingerprints);
- Compliance with applicable state and local fire, health, and building codes, determined before serving children receiving subsidies;
- Emergency preparedness and response planning; and
- Minimum pre-service and orientation trainings (e.g. first aid, CPR, SIDS prevention, nutrition, etc.)

The cost of meeting these proposed requirements would vary by State. States already have many of these provisions in place. For those requirements that would be new costs, States have flexibility on how they allocate expenses. Some Lead Agencies use CCDF funds to pay for all or part of the back-ground check. States also have flexibility with training, as some offer free or subsidized training to minimize burden on providers.





More Than Just a Walk in the Park

By Rose Shufelt, Infant Toddler Specialist

Outdoor play is essential for healthy development. It allows babies to learn, grow, explore, make sense of their environment and is critical to all areas of development. Strap those babies in, gather your toddlers and let's go outside!

To optimize learning, babies and toddlers need to get out of the strollers and interact with nature on a personal level. Here are some age appropriate ideas to get you started:

Children 0-3 months: Provide a blanket for the baby to lay on. Point out leaves moving, let them feel the leaves or grass, and point out nature sounds that they hear...

Children 3 months-6 months: With the blanket, let the child explore on his/her stomach. Let them stretch and roll. Bring out objects to grasp, books, or activity gyms. Again, point out things happening and let them feel natural objects.

Children 6 months-9 months: Create a texture path on the ground using assorted textures, such as carpet squares, grass, and resilient surfacing. The children can crawl along this path to explore large motor skills and sensory stimulation. Provide tunnels, balls, or safe sensory tubes.

Children 9 months-12 months: Provide balls, bubbles, and toys that are sturdy enough for them to practice standing. For early walkers, provide simple push toys. Attach musical toys, activity centers, and mirrors to the fence at different levels for children who are still crawling and for children who are standing.

Toddlers: Continue to add more materials that reflect the variety of developmental skills. Bring out riding toys and trikes, wagons to pull, baby carriages with dolls, large trucks to push, etc. Bring some music outdoors so that children can practice dancing, jumping, and twirling outdoors. Set up simple games. Set up obstacle courses where toddlers can climb over and under material and walk a curved path. Finally, provide a garden outdoors so that children can learn about soil, plants, and insects.

Make the most of your outdoor time and maximize learning. Remember, it's more than just a walk in the park!

Pg 3

https://www.federalregister.gov/articles/2013/05/20/2013-11673/child-care-and-development-fund-program 2States have the option of exempting relative care providers from these health and safety requirements, and the proposed rule would also allow exemptions for care provided in the child's home.

Differing Perspectives on Excluding Ill Children

By Emily Leone RN, C-PNP Health Services Coordinator

Child care providers, parents, and health professionals all approach the exclusion of children from child care for illnesses from differing perspectives.

The parent/guardian faces stress and conflicts in their roles. On one hand, they are concerned about child-focused issues such as determining the severity of illness, obtaining an accurate diagnosis and medical care if needed, nurturing their child, and finding alternate care providers. On the other hand, parents/guardians are concerned about job related issues such as how much flexibility their



employer will allow, the availability of paid leave, meeting work deadlines, and fear of losing their jobs.

Child care providers face several dilemmas in caring for the ill child. They are concerned about providing the best care to the individual child, but are also concerned about preventing the spread of infectious disease to other children in care. Child care providers are torn between giving the ill child extra attention while attending to the other children's needs. Many times child care providers are in the position to make an initial assessment of the ill child, but worry about making correct decisions regarding exclusion and care of the child while the ill child remains their responsibility while awaiting the parent or guardian to pick-up. Child care providers also face a dilemma when caring for mildly ill children, but feel the child would be more comfortable and possibly recover faster at home. They may also feel they are not qualified to assess whether a child can return to care.

The Health Care Provider must give consideration to the child who is ill, but to the parents needs, the child care program, and the health of the other children in the program. Health professionals may know little about the skills and circumstances of the child care staff and program, yet must provide written care instructions including medication orders.

Reference: Mayo Foundation for Medical Education and Research. Parental Dilemma: What to do when your child is sick.





Webster: Was called home to be among the angels on May 19, 2013 at the age of 75. Her final days were spent surrounded by family. Ella was the beloved wife of the late Paul Frederick Renckert. She was the devoted mother of Ella (Kevin) Ames, Donald (Jo Ann) O'Brien, Jim (Diane) O'Brien, and Michael (Heather) O'Brien; step-mother of

Pg 13

Deborah (Steven) and Cynthia (Zeigfried). Ella was the loving grandmother of Elizabeth (Michael) Starks, James Meder, Kevin Ames, Donald, Paul and Christopher O'Brien, Reilly, Tyler, and Kayla O'Brien, and Bo and Cosette Kasbo and cherished G.G. of Ethan, Aiden, and Ella Starks.

Ella was born on July 10, 1937 in Niagara Falls, NY. Her parents were the late Charles and Ella Reidenouer. She was the sister of Philip Reidenouer and Alice (Reidenouer) Napierski and the late Charles, James and Sandra Reidenouer. Ella is also survived by many nieces and nephews.

Ella graduated from North Tonawanda Sr. High. She received a Bachelor's of Science in Education at SUNY of Buffalo & Master of Science, Early Childhood Education from SUNY at Fredonia. Ella served as the director of the state regional office of the Office of Children and Family Services for sixteen years. Previously, she was the Director of the YWCA of Genesee County. Ella also filled many positions in the New York State Migrant Child Care Program. Ella developed policies and procedures to operate the organization and developed grants to support programs for women, children and families. As an Adjunct Professor at Roberts Wesleyan College, Ella provided classes in Early Childhood Education. She also enjoyed providing workshops at local, state and national conferences.

Ella served on many not-for-profits boards locally and state wide; volunteering to assist people in the areas of social concern, child welfare, Early Childhood Education and in her faith life. Boards served on included: Food Link, Chautauqua Lake Child Care Center, Rochester Childfirst Network, Camp Pioneer, Chautauqua County Association for the Education of Young Children, and the New York State Association for the Education of Young Children. Ella often played a leadership role within these organizations, serving as President and chairing many committees. As an active member in her church, Ella served on the church council, the Administrative Board of Elders, the Mission Board and the Faith Child Care and Nursery Board of Directors. Ella has received numerous awards exemplifying her dedication to young children, including the RAEYC Friend of Young Children Award, recently re-named the 'Ella Award'.

Ella's greatest joy was spending time with her children and their families.

Donations may be made in Ella's honor to Chautauqua Lake Child Care Center (a non-profit organization) 100 North Erie Street, Mayville, NY 14757. To share a memory of Ella or send a condolence to the family, visit www.anthonychapels.com

Published in Rochester Democrat And Chronicle from May 21 to May 22, 2013

News You Can Use

Congratulations to CDA 72!

This class was comprised largely of family child care providers. All the graduates did a superb job of applying their efforts to complete their work on time and have it done well. I think they all felt like it proceeded faster than they expected, but as you can see from the pride on their faces they were pleased to be done!



(Graduates' names are left to right as they appear in the picture.)

Back row: Cynthia Willis, Yolanda Bennett (Admin. Specialist for CCC),

Ivy Campbell, and Beverly Maisch (instructor)

Middle row: Tina Grayson, Tinya Calhoun, Karen Milton, and Robbie Hedman Front row: Taquiah Shorter, Shawnda Willis, Andrea Zimmer, and Melissa DiSano

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:		

Pg 5

Babies Sleep Safest Alone

By Linda Lane, Legally Exempt Enrollment Specialist

New York State Office of Children and Family Services (OCFS) has a campaign to end children's deaths while sleeping with others. "Babies Sleep Safest Alone" is aimed at preventing accidents or injuries to children and to identify risk and safety factors.



Since 2006, the New York Statewide Central Register of Child Abuse and Maltreatment received 89 reported infant or small children deaths that occurred while the child was co-sleeping with a parent, sibling or caregiver. It has been proven that co-sleeping is a very dangerous situation. A child can be easily suffocated if an adult or child rolls over on the baby.

Additional warnings include special consideration when an adult has been drinking, using drugs, is overweight or sleeping on a soft surface such as a couch. In order to avoid these preventable deaths the campaign has adopted the safe steps from the "Back to Sleep" campaign. Caregivers should take the following steps to ensure their safety while sleeping:

- Put the baby to sleep on his/her back.
- Make sure that the crib has a firm mattress that fits snuggly in the crib. There should be no space between the side of the crib and the mattress.
- The crib should be free of pillows, blankets, and stuffed animals.
- Keep the room at a comfortable temperature, between 65 and 70 degrees.

The best way to keep a child safe is to put them to sleep on their own. If you must have your baby close to you, place their crib or bassinet in your room, near your bed. When your baby wakes up crying, check him to see if he needs a diaper change or is hungry. Put him back to sleep alone in his crib on his back.

For more information on how to keep your child safe call 800-345-KIDS or go to www.ocfs.state.ny.us.

Pg 6



The Importance of the Farmers Market

By Cat Turco, CACFP Specialist

Why shop at a farmers market? Farmers markets serve not only as a way for you to purchase locally grown produce but also as a chance for you to connect with others within the community. Below, you will find some other great reasons why the farmers market is a wonderful resource for both providers and parents.



1. Farmers markets are easy to find.

Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed.

- **2. SNAP and WIC cards are accepted at most farmers markets.** For more information on <u>food assistance programs</u>, you can go to http://www.snaptomarket.com/locations.php
- **3. You can try a new fruit or vegetable!** Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
- 4. Farmers often have good recommendations on ways to prepare their products.

Find new and exciting recipes using fresh fruits and vegetables.

5. Farmers markets can be important anchors for vibrant communities.

Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods. Supporting your local farmers market strengthens your community.

6. It's a great way to get your kids involved.

Let them pick out something new to try, then they can help prepare a meal or snack.

7. Shopping at farmers markets supports your local farmers and keeps the money you spend closer to your neighborhood.

<u>Find a farmers market near you</u> and plan your next shopping trip now! You can help new and/or smaller farmers be successful and help save farmland in your area. If you want tips, food safety information, recipes and more, the Farmers Market Federation of New York has launched a new website at NYlocalfood.com designed specifically for the farmers market consumers.

http://www.eatingwell.com/food news origins/seasonal local/farmers markets/7 reasons to eat and cook from the farmers market

Child Care Council Annual Membership Benefits and Application

Individual Membership—\$35 Non Child Care Organization Membership—\$75

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) **Benefits** 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 50% discount on Business Center Services ΑII Benefits > 10% membership discount every Tuesday on all Recycle Shop purchases Above \$30 savings on each Child Care Council class Plus Access to group rate Health and Dental Insurance Single Site Group Family Child Care Provider—\$75/yr Substantial member discount on in-service training at your location **Benefits** \$5 discount on individual staff memberships in Child Care Council Above Plus > \$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 \$30 savings on each class attended at Child Care Council—per staff member! This equal to: **Benefits** Great Savings—At the \$150 level (up to 10 staff members) You save up to \$300! Above Wonderful Savings—At the \$200 level (11-20 staff members) You save up to \$600! Plus 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) □ New Membership Mail form & payment to: ☐ Center Staff Member Membership (\$50) □ Renewal Membership Child Care Council Membership ☐ Family Provider Membership (\$50) 595 Blossom Road, Suite 120 ☐ Enrolled Legally Exempt Provider (\$50) Rochester, NY 14610-1825 ☐ Single Site Group Family Child Care Provider (\$75) □ Non-Child Care Organization (\$75) □ CACFP Family Provider (\$25) Please check one: ☐ CACFP Enrolled Legally Exempt Provider (\$25) □ Council Pin ☐ CACFP Group Family Provider (\$37.50) □ Lanvard ☐ Group Membership Menu: Please choose one Modality and one Price Point □ Tote Bag Modality: □ Center *Price Point:* □ Up to 10 Staff (\$150) □ Carabineer Key Tag □ Nursery School □ 11-20 Staff (\$200) □ School-Age □ 21-30 Staff (\$250) ☐ Multi-Site Group Family \Box 31+ Staff (\$300) Name Home Phone (Home Address

Total \$: MC/Visa# Exp. Date

Signature:

Center Phone (

(3 digit # on back of credit card)

Center Name

Center Address

Amount Enclosed: Check #



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

SOMEONE MAY BE LOOKING FOR YOU!

Have you updated your Referral information lately?

Call your local Child Care Council office today.



THE RECYCLE SHOP ITEM OF THE MONTH IS:

Carpet Squares: Large \$1, Small 50¢







Thoughts on Teaching Empathy to Young Children

By Lynne Fisher, Registrar

There are actually degrees of empathy, and with practice and a little understanding of psychology, we can promote stronger empathetic skills in ourselves and our children. How, then, do we teach empathy to children? Here are some tips and ideas for doing just that:

- · Meet the emotional needs of your own children/children in your care. Children are more likely to care about others if their own needs are met, and when they have secure relationships with the adults in their lives. Show sympathy when they are hurt, offer help, and hugs.
- · Help children cope with their own negative emotions in a sympathetic, problem-solving way. Talk about feelings and how they influence what we do.
- · Treat children as individuals with a mind of their own.
- · *Model sympathetic feelings for other people*, people who are suffering, live with overwhelming struggles or disabilities, or just relate to people who are of different cultures, countries, ect.
- · Help children discover what they have in common with other people, stressing all the things we share like human needs, feelings, relationships, etc.
- · Read books to them about feelings and people whose lives are different or more difficult than their own. Some TV shows are excellent for this as well. My personal favorite that I feel teaches empathy is "Little House on the Prairie."
- Role play. Discuss scenarios, perhaps about bullying scenarios, during small group activity time. Help children to recognize others' feelings by "making faces" and guessing what emotion is being expressed.
- · Use pleasant social interactions with the children, such as active listening, eye contact, and affection in an appropriate way.
- Talk about the children in the program and those who are absent. Talk about reasons they might not be there that day, such as sickness, etc. Talk about what the children present can do for the absent children.
- · Have live plants, a garden or a pet to help children learn to care for animals and the environment.

These are just some ideas that you can use to teach empathy to children. There are many more out there – good luck!

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/bullving/how-do-you-teach-kids-to-be-empathetic

Pg 9

Office Schedule and Calendar of Events

July & August 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.

July

4th & 5th-closed for the Holiday

August

23rd-Child Care Council Staff Meeting & Retreat-Offices Closed.

Please share your opinion about Council events and provider recognition by taking our brief survey: https://www.surveymonkey.com/s/LX3R2JS.

RESPONSE TO THE **2012 ECONOMIC CENSUS** IS PAST DUE...

...but it's not too late for businesses to respond! Businesses that were mailed a form, but have not responded to this mandatory survey, will be receiving a letter or phone call from the U.S. Census Bureau in the days and weeks ahead. This is not a follow-up with your organization, but rather a courtesy email to help you answer questions.

Get help with forms and report online at: **econhelp.census.gov**. Learn more about the Economic Census: **business.census.gov**

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!





Class Schedule



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

Categories are listed in parenthesis () following the date.

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

Rochester Office:

8/3 & 10-(2,4,7) MAT, Sat 9am-2pm 8/6-9/12-(★) Starting Your Own Child Care Business 101

8/5-(2,4,5) Special Health Care Plan

8/10-(4) Child Care Emergency Preparedness Training, Sat 9am-1pm

8/10-(2,4) CPR/First Aid, Sat. 9am-2pm

8/13-(1,3,5) The Quest for Quality Child Care

8/14-(2) All in the Way You Cook It

8/15-(1,3) Building Children's Character

8/15-(3) Make Your Child Care Eco-Healthy

8/21-(2,4,7) MAT Independent Study 6pm-9pm

8/22-(3) Recycle Shop Art

8/27-MAT Skills Competency 6pm-9pm

Lakeville Office:

8/5-9/16-(★) Starting Your Own Child Care Business 101

8/15-(2,4,5) Asthma 101

8/26,28-(2,4) CPR/First Aid

8/27-(2,4,7) MAT Independent Study 6pm-9pm

Newark Office:

8/3-(2) All in the Way You Cook It 8/6-CACFP

8/24-(2,4) CPR/First Aid, Sat 9am-2pm

Looking for CDA training?

CDA 75 Begins July 10th at our Rochester office.

Spaces fill quickly so sign up today!

See the 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 <u>Family Child Care</u> categories and includes:
- · Health & Safety
- Introduction to CACFP
- Developing Your Program

- CPR & First Aid
- Business Class
- Tax Class