



**Eco-Healthy  
Child Care®**



## 5 Ways to Green Your Halloween

**DIY face paint:** Face paint contains dangerous toxins like cadmium, arsenic, lead, and more. Save some money and minimize your family's chemical exposures by making your own nontoxic face paint. Even with homemade face paint, you should always do a test on a small patch of skin before applying to your face or body.

**Buy nontoxic face paint:** Read the label. Don't be fooled by "green," "all natural," or hypoallergenic labels: these terms have no legal definition. Avoid the chemicals on the chemicals of concern list from the Campaign for Safe Cosmetics, [www.safecosmetics.org](http://www.safecosmetics.org). Remember, always spot test cosmetics before using them: test on a small patch of skin before applying to your face or body.

**Costume Swaps:** Are there any old or outgrown kids costumes hanging around in your closet? Or is your child sick of last year's costume? Instead of buying a whole new costume, try costume-swapping. You can do it casually by letting your friends know through social media the sizes and costumes you have available, or you can turn it into an event and host a costume swap.

**Make your own costume:** Shop your own closet and your kids closets for clothing that can be transformed into costumes. Use materials in your home or from second hand stores to create a costume of your own. Thrift stores are chock full of costumes at this time of year. Check out their selection and don't skip the clothing racks: you never know what potential costumes you might find there.

**Donate old costumes:** If you have old costumes that you're not using, consider donating them to kids in need. A lot of local community groups collect costumes for kids in foster care, in shelters, or in other circumstances where your costume donation could bring a lot of joy to their Halloween.

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](mailto:k.mcardle@childcarecouncil.com).



**CHILD CARE COUNCIL**  
*Your premier resource, Inc.*



## CARING MATTERS

October 2013 - Vol. 31 Issue 10



### Important News for Schools and Child-Care Facilities

**What:** Schools and child care settings are required to post influenza educational material, in plain view, within their facilities. **Information should be posted starting now.** Influenza season begins in early fall and can last through May. Outreach to parents and guardians of children ages 6 months to 18 years is directed to those whose children attend:

- Licensed and registered day-care programs
- Nursery schools
- Prekindergarten
- Kindergarten
- School-age child-care programs
- Public schools
- Nonpublic schools



This requirement supports New York State Public Health Law (PHL) section §613. To view amended PHL §613 in its entirety, visit the "Recommended Vaccinations" Web page [www.health.ny.gov/prevention/immunization/recommended\\_vaccinations.htm](http://www.health.ny.gov/prevention/immunization/recommended_vaccinations.htm), scroll down to "Looking for Information on Vaccine Laws?" and follow directions for "Influenza Education Public Health Law Amendment."

The New York State Department of Health (NYSDOH) would like you to know that information regarding influenza and the benefits of influenza immunizations is free, accessible and available in different languages from several organizations:

- NYSDOH: [www.health.ny.gov/diseases/communicable/influenza/seasonal/childhood\\_adolescent/](http://www.health.ny.gov/diseases/communicable/influenza/seasonal/childhood_adolescent/)
- Centers for Disease Control and Prevention: [www.cdc.gov/flu/freeresources/print.htm](http://www.cdc.gov/flu/freeresources/print.htm)
- New York City Department of Health and Mental Hygiene: [www.nyc.gov/html/doh/flu/html/home/home.shtml](http://www.nyc.gov/html/doh/flu/html/home/home.shtml)

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Phone: (315) 331-5443  
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## Building Resilience in Children

By Renee Scholz, Referral Service Coordinator

As parents and caregivers, we want to protect our children against adverse situations in life. While it's not possible to create a so-called bubble to surround our children with, we can help them learn how to cope with adversity in life and develop skills to cope with difficult situations and future challenges.

Dr. Kenneth Ginsberg, MD, author of the book "[Building Resilience in Children and Teens-Giving Kids Roots and Wings](#)", has recognized 7 C's to building resilience. He recognizes that resilience isn't a simple one part entity. Parents and caregivers can use these guidelines to help children recognize their abilities and strengths.

**Competence: Competence describes the feeling of knowing that one can handle a situation effectively. We can help children develop competence by:**

- Helping children focus on individual strengths
- Focusing any identified mistakes on specific incidents
- Empowering children to make decisions
- Being careful that your desire to protect the child doesn't mistakenly send a message that you don't think he or she is competent to handle things
- Recognizing the competencies of siblings individually and avoiding comparisons

**Confidence: Build children's confidence by:**

- Focusing on the best in each child so that he or she can see that as well
- Clearly expressing the best qualities; fairness, integrity, persistence, and kindness
- Recognizing when he or she has done well
- Praising honestly about specific achievements; not diffusing praise that may lack authenticity
- Not pushing the child to take on more than he or she can realistically handle

**Connection: Developing close ties to family and community creates a sense of security. You can help children connect to others by:**

- Building a sense of physical safety and emotional security within your home
- Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times
- Addressing conflict openly in the family to resolve problems
- Creating a common area where the family can share time (not necessarily TV time)
- Fostering healthy relationships that will reinforce positive messages

**Character: Help children to develop a sense of morals and values to determine right from wrong. To strengthen a child's character start by:**

- Demonstrating how behaviors affect others
- Helping your child recognize himself or herself as a caring person
- Demonstrating the importance of community
- Encouraging the development of spirituality
- Avoiding racist or hateful statements or stereotypes

**Contribution: Children need to realize the world is a better place because they are in it. Teach children how to contribute by:**

- Communicating to children that many people in the world do not have what they need
- Stressing the importance of serving others by modeling generosity
- Creating opportunities for each child to contribute in some specific way

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## Community Support for Breastfeeding

By Mitzi Rose, Data Specialist

Most of us are aware that October is considered Breast Cancer Awareness Month, but in the month of October, we should also be remembering one of the great ways that we can help reduce the breast cancer risk in our community—through creating a supportive environment for breastfeeding moms and children. Did you know that the longer a mother breastfeeds the greater the protective effect is against breast and other cancers? That means that any success a mother has, whether she nurses each child for a few months or one child for a year has a positive, preventive effect.

In August, Cat Turco (CACFP) and Mitzi Rose were able to attend a community event at the Cornell Cooperative Extension of Wayne County in honor of World Breastfeeding Week. August is also considered National Breastfeeding Month, but any



community support for nursing moms throughout the year increases the positive long-term effects of breastfeeding—healthier babies by lowering their risks of asthma, diarrhea, ear infections, childhood obesity, and reducing the risk of SIDs, to name a few. Breastfeeding also improves women's health by helping them recover faster from childbirth, lowering their risks of breast and ovarian cancers, improving the mother/child bond, eliminating the financial concern of purchasing infant formula in a tough economy, and showing our community's commitment to what is best for babies.

CCE's 1st Annual Breastfeeding Summit featured community supports for breastfeeding moms, including information about health care, WIC and the Peer Counseling programs, information about the Business Case for Breastfeeding (employer support), CACFP's Breastfeeding Friendly Child Care program, and included presentations from health care providers and local moms. There are many resources available for nursing moms and support for employers, child care providers, and other family members. August and October give us a great opportunity to draw attention to the support that is needed and available throughout the year.





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**What should I use to clean hands?**

Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them unless they are visibly soiled. The gels should be rubbed into hands until the hands are dry.

**What can I do if my child gets sick?**

Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.

**Can my child go to school/day care with the flu?**

No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.

**When can my child go back to school/day care after having the flu?**

Children with the flu should be isolated in the home, away from other people. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours.) Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes or gels with alcohol in them if the school allows gels.

**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: \_\_\_\_\_



## The Joys of Storytelling

By Rose Shufelt, Infant Toddler Specialist

As a society, we rely heavily on the written word. Language development automatically leads to a discussion about literacy and communication-the ability to give and receive information. These skills are developed at a very early age and as child care providers, we can help develop these skills. One of the most important ways to do this is by reading and telling stories to children. Just as important, is letting the children tell you stories. Make sure that you always have paper and a pen available to capture every word. There is nothing as exciting to a child as to see their words in print.

When reading to a child, make sure that the books you choose are appropriate for your audience. **When selecting books, keep in mind the following:**

- Select books with simple texts that rhyme and have rhythm.
  - Choose books with bright colors and sharp contrasting patterns.
  - Select books that have bright, realistic illustrations.
  - For babies, select books that have different textures to explore.
  - Choose books that are easy to hold and that are easy to manipulate such as soft, washable, vinyl books or machine washable cloth books.
  - Choose books that are primarily picture books. It's the illustrations that are important to young children, not the words themselves.
  - For toddlers, start adding some board books.
  - Take into account the child's interests.
  - Select stories that have lots of repetition.
- Once you have your book, it's time to read. Make this time an enjoyable and memorable experience for the children.**
- For infants, reading should be a one-on-one experience with the baby snuggled comfortable on your lap. Set the stage. Get cozy; snuggle into pillows, or a big soft chair.
  - Pick your time. Read when the child is rested and alert.
  - Read books the babies and toddlers love over and over again.
  - "Talk" the book rather than read it first.
  - Don't rush. Take the time to look at the pictures on each page. Respond to comments and be sensitive to the natural curiosity of the children.
  - Don't force participation. Simply sit down with a book and see who shows up.
  - Ask questions that extend ideas.



The most important thing to remember is to have fun and enjoy the experience of introducing a very young person to the joy of books. Happy Reading!!

Reference: [www.environmentresources.info](http://www.environmentresources.info)



## Antibacterial Soap: Is It Safe?

By Chris Kordenbrock RN, Health Care Consultant

In 1978, the FDA stated that triclosan and its relative triclocarbon, the germ-killing chemicals used in antibacterial products, were “not generally recognized as safe and effective”. Because the FDA never finalized their studies, companies have not had to remove triclosan from their products.

There is growing pressure from lawmakers, consumer advocate groups and others for the agency to complete its review. Triclosan has recently been studied in animals. This has “led scientists to worry that it could increase the risk of infertility, early puberty and other hormone related problems in humans.” Any cleaning, sanitizing or disinfecting product sold to the public has not been proven safe by government agencies. The Environmental Protection Agency only requires that the products sold are proven to kill the germs they say they kill. These products are not evaluated for all possible health risks. Manufacturers can choose to have the EPA evaluate their products for “human health and environmental safety”. This is voluntary. The European union has banned the use of triclosan from products that come into contact with food. A group of doctors and scientists who specialize in the hormone system of the human body, the Endocrine Society, had identified triclosan as an ingredient that alters levels of thyroid hormones and testosterone and estrogen. Data from 30 different studies about the use of antibacterial soap showed that soaps with triclosan were not more effective at preventing illness or reducing bacteria on the hands. Other studies have shown that longer hand washing works better than adding antibacterial ingredients. The Center for Disease Control recommends washing hands for at least 20 seconds.

The other concerns/ issues about triclosan are:

- Drug resistant germs that are immune to antibiotic treatment
- Triclosan ends up in our sewage systems, waterways and agricultural fields, where it may be absorbed by growing fruits and vegetables.
- Collects in human and animal tissue, including the breast milk of nursing mothers.



## CCC Membership Benefits and Application

### Individual Membership—\$35.00/yr

- Loan privileges at the Early Childhood Professional Libraries
- My First Library loan privileges for your own children between the ages of 6 wks thru 5 yrs
- Free Notary Public Services
- Council Pin, Lanyard, Tote Bag or Cooler Beach Bag

#### Benefits

### Child Care Center Staff Member, Registered Family Child Care Provider or Legally Exempt Child Care Provider Membership—\$50/yr

- All Benefits** ➤ 50% discount on Business Center Services
- Above Plus** ➤ 10% membership discount every Tuesday on Recycle Shop purchases
- Access to group rate Health and Dental Insurance
- Substantial member savings on Council offered classes and events

### Non-Child Care Organization Membership—\$75/yr

- All Benefits** ➤ \$5.00 discount on individual staff memberships in the Child Care Council
- Above Plus**

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

- All Benefits** ➤ Substantial member discount on in-service training at your location
- Above Plus** ➤ 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** ➤ Substantial Discount on Individualized Training Program and In-Service Sessions
  - Above Plus** ➤ 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    Memb.  
 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     Carabiner Key Tag

**Is seasonal flu more serious for kids?**

Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.

**Flu vaccine may save your child's life.**

Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu.

**What is seasonal flu?** The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.

**Flu shot or nasal spray vaccine?**

- Flu shots can be given to children 6 months and older.
- A nasal-spray vaccine can be given to healthy children 2 years and older.
- Children younger than 5 years who have experienced wheezing in the past year – or any child with chronic health problems – should get the flu shot, not the nasal-spray vaccine.
- Children younger than 9 years old who get a vaccine for the first time need two doses.

**How else can I protect my child?**

- Get the seasonal flu vaccine for yourself.
- Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get vaccinated.
- Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs.
- Tell your children to: Stay away from people who are sick; Clean their hands often; Keep their hands away from their face, and Cover coughs and sneezes to protect others.

**What are signs of the flu?**

The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

**How does the flu spread?**

People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.

**How long can a sick person spread the flu to others?**

Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).

*Continued on page 14...*

**Establishing a Healthy Back to School Routine**

By Tiffani McClain, Legally Exempt Enrollment Specialist

The first day of school has now come and gone. This is a day that can be filled with a variety of emotions. For a kindergartener who is embarking on a world full of new people and bright yellow school buses, the first day can be overwhelming and exciting. While a returning student who is bursting at the seams from the thought of seeing friends, old and new, is complete with impatience and the eagerness to get things started. Whether it is a child who is five or eighteen years old, getting back into a good school routine can be challenging for everyone involved, the parents, teachers, child care providers and most importantly, the child and or children. However, with the use of a few tips on how to organize a routine, going back to school can be easily done!

**Sleep schedules:** For a large number of children during the course of the summer, bedtimes are either completely removed and or altered to fit into two months of endless free play, vacation and activity. Therefore, returning to a structured bedtime schedule can be quite a power struggle between parent, caregivers and the child, as well as between the child and themselves. When determining a bedtime, parents and care givers should look at the age of the child as well as the child's arrival time for school. Children who are between the age of six and twelve years of age should receive between ten to eleven hours of sleep while a child between the age of twelve and eighteen years of age needs nine hours of sleep. For example, a child who is seven years old and attending school at 8:30 a.m. each morning, should be in bed by 7:00-7:30pm. Consequently while there are a large number of agendas which may not be able to accommodate an early bedtime such as this, using it to set a goal can prove to be useful. Adjusting the bedtime by fifteen to thirty minutes over the course of a week helps alleviate some of the struggle to implement a new bedtime; this along with using appropriate lighting and restrictions on electronics one hour before bed, gradually transitions each child into a structured bedtime leaving them completely rested and ready to conquer the day.

**Mornings:** Breakfast is the most important meal of the day. All children, whether they eat at home, in a daycare setting or at school, should have a balanced breakfast each and every morning. Mornings and breakfast should be non stressful, creating simple breakfast options and having lunched prepared the night before can prevent hectic mornings, allowing the day to begin more peacefully.

**After School:** Establish structure, rules, schedules and exceptions on day one. Ensure that everything is clear and understood prior to moving forward. Allow children to actively participate in some of the decision making. This helps children to have respect for the environment while feeling independent. Create a space for each activity and establish rules those areas. For example, create a homework corner with rules such as indoor voices only and no electronic devices or television allowed.

As adults, it is necessary to each child that we show enthusiasm, excitement and interest as children tackle their academics. Becoming conscious of all social dynamics, especially bullying combined with the useful tips above, can help make a year of school a successful milestone for everyone involved.



## Healthier Halloween Ideas

By Cat Turco, CACFP Specialist

Halloween can be an exciting time of year for many kids. The idea to dress up in costume and stock up on sweets is any child's ideal holiday. It is also a high season for candy, and can be a hard time for parents who encourage kids to eat healthy foods and make sweets a limited part of a balanced and nutritious diet. Many parents find it easier to set limits using a variety of strategies to keep kids from going overboard on the Halloween treats. After letting kids indulge in some treats right after trick-or-treating, they limit their kids to a certain number of pieces each day or put the candy out of reach and out of sight. Some have also tried to limit the amount of sweets while also making sure that it was served alongside something healthy. Most parents who try to limit treats have said that they successfully kept their kids from overindulging. Other parents said that a big obstacle was having different caregivers for kids, from grandparents to babysitters, with different rules for the candy.



### Some other tips that could be helpful:

- Feed them before they go out to discourage snacking.
- Toss out the most brightly colored candy.
- Let kids know ahead of time the limits and reasons for those limits.
- Remind the kids that if they don't eat it all now, they'll have more for later.
- Encourage sharing the candy with friends. Not only does it thin out the candy supply, it enforces sharing.



**New items are in BOLD** Classes are 6:30pm—9:00pm unless otherwise noted

Categories are listed in parenthesis ( ) following the date.

### Rochester Office:

10/1-11/12-(\*) Starting Your Own Child Care Business 101  
 10/1-(6,8,9) Mandated Reporter  
 10/1-Joining CACFP-FREE  
 10/2-(2,4,7) MAT Independent Study 6pm-9pm  
 10/2-(1) "Ouch! Biting Hurts!"  
 10/5-(2,3,5) Make Your Child Care Eco-Healthy, 9am-11:30am  
 10/7-(7) Know Your Regulations-FCC  
 10/8- NEW CDA 76 (Starting Date)  
 10/9-(2,4,7) MAT Independent Study 6pm-9pm  
 10/9-MAT Skills Competency Demonstration 9:30am  
 10/9-(3,5) Environmental Rating Scales-Centers  
 10/16-(2,4,5) Asthma 101  
 10/16-(3,4,5,7) Parent Handbook & Policies, 10am-12:30pm  
 10/19-(2) Get Kids Movin' and Groovin'  
 10/19-(2,4) CPR & First Aid Sat. 9-2  
 10/22,24,29 & 11/5,7,12-Health & Safety in **Spanish**  
 10/22,29 11/5-School-Age Child Care Training Series-Tuesdays 9:30-Noon  
 10/24,11/7,14-(1,2,3,4,5,6,7,8) Foundations of Secure, Safe and Healthy School-Age Programs, Thursdays 9:30-Noon  
 10/26-(4) Child Care Emergency Preparedness Training, Sat. 9am-1pm  
 10/29-Joining CACFP-FREE  
 10/30-(3,4) Power of Relationships

### Lakeville Office:

10/5-(4) Child Care Emergency Preparedness Training, Sat. 9am-1pm  
 10/26 & 11/2-(2,4,7) MAT Sat. 9am-2pm  
 10/28 & 30 (2,4)-CPR & First Aid

### Newark Office:

10/7-(Varies) Prof. Dev. Grp 6:30-8:30  
 10/10-Joining CACFP-FREE  
 10/16-(2,4,5) Make Your Child Care Eco-Healthy

### Rochester Office:

11/2 & 9-(2,4,7) MAT Training 9am-2pm  
 11/4-(5) Environmental Rating Scales-Family Child Care  
 11/9-(2) All in the Way You Cook It CACFP-9am-11:30am  
 11/9-(2,4) CPR & First Aid 9am-2pm  
 11/11-(1,4) You Can't Say that to Me!  
 11/16-(2,4) First Aid & CPR in Spanish 9am-2pm  
 11/18-(1,3) Sugar, Spice and Everything Nice  
 11/19-(2,4,7) MAT Independent Study 6pm-9pm  
 11/19 or 11/21-(2,3,5) Make Your Child Care Eco-Healthy  
 11/21-(1) Understanding Autism  
 11/25-(7) Know Your Regulations-FCC

### Lakeville Office:

11/4-Joining CACFP-FREE  
 11/9-(3,4,5) Eco-Healthy Children's Products and Toys, Sat. 9am-11:30am

### Newark Office:

11/2-Child Care Emergency Preparedness Saturday 9:00am-1:00pm  
 11/5-12/19-(\*) Starting Your Own Child Care Business 101  
 11/6-(2,4,7) MAT Independent Study  
 11/13-(2,4,5) Asthma 101

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

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

*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.

**October**

- 14th- Offices closed for Columbus Day
- 23rd-Start Bright Gala
- 30th-staff meeting, closed 12-2pm

**November**

- 28th & 29th-Closed for Thanksgiving Holiday

**Check out our social media pages!**

Twitter	<a href="https://twitter.com/ChildCareCoun">https://twitter.com/ChildCareCoun</a>
Facebook	<a href="https://www.facebook.com/pages/Child-Care-Council-Inc/140064946010719">https://www.facebook.com/pages/Child-Care-Council-Inc/140064946010719</a>
Pinterest	<a href="http://pinterest.com/ccouncilinc/">http://pinterest.com/ccouncilinc/</a>
YouTube	<a href="http://www.youtube.com/user/ChildCareCouncilinc">http://www.youtube.com/user/ChildCareCouncilinc</a>

**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, 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!*

**A Quick Moment About Forms**

By Jason Place, Wayne County Branch Coordinator and Registrar

Fall is a very busy time for many. Children going back to school, parents going back to work and many children returning to care. At this time, providers have many forms that need to be completed and/or updated. You have had your parents sign a napping agreement, indirect supervision, infant feeding, blue cards, transportation, medical statement of child in child care and many more. To sum it up, you really do use lot of forms.



Many of the forms are OCFS specific, but some of the forms, like transportation and indirect supervision, can be created by the provider. However, if the provider chooses to do this they need to have the form reviewed and approved by their registrar/ licensor. Please mail or drop a copy of the form off at the Child Care Council office. Many times there may be some information excluded that is required. An alternative to this is using the forms that are available at the offices of the Child Care Council. We have many forms that are requested and used by providers. These forms have been approved by OCFS and will contain the information that your registrar or licensor will be looking for.

Non-OCFS specific forms, either self created or provided by our office, may need updating. If you have forms that you have been using for several years, please feel free to stop by or contact us. We will be happy to review the forms to assure that they comply with current regulations.

Using the correct forms will help keep your program in compliance with the current regulations.



## News You Can Use

...Continued from page 2-Family Focus

### **Coping: Positive coping lessons include:**

- Modeling positive coping strategies on a consistent basis
- Guiding children to develop positive and effective coping strategies
- Realizing that telling him or her to stop the negative behavior will not be effective
- Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids' daily lives
- Not condemning the child for negative behaviors and, potentially, increasing his or her sense of shame

### **Control: Children who realize that they can control their decisions are more likely to realize that they have the ability to bounce back**

- Helping children to understand that life's events are not purely random and that most things that happen are the result of another individual's choices and actions
- Learning that discipline is about teaching, not punishing or controlling; using discipline to help children to understand that there is no simple answer to guarantee resilience in every situation, but we can challenge ourselves to help our children develop the ability to negotiate their own challenges and to be more resilient, more capable, and happier

## THE RECYCLE SHOP ITEM OF THE MONTH IS:

*Pocket Folders:  
20¢ each or 6 for \$1*



## 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](http://www.cpsc.gov). On the site you can sign up to receive alerts through many avenues including email, youtube, and twitter.

### **Product Recall**

*Name of product:* Baby Jogger Recalls Car Seat Adaptors for Strollers Due to Fall Hazard

*Remedy:* Consumers should immediately stop using their car seat adaptor and contact Baby Jogger for free replacement support bars.

*Consumer Contact:* Baby Jogger(r) toll-free at (877) 506-2213 from 8:30 a.m. to 5:30 p.m. ET Monday through Friday or online at [www.babyjogger.com](http://www.babyjogger.com) and click on Recall Information tab at the bottom of the page for more information, or email [recall@babyjogger.com](mailto:recall@babyjogger.com).

*Photos available at* <http://www.cpsc.gov/en/Recalls/2013/Baby-Jogger-Recalls-Car-Seat-Adaptors-for-Strollers/>.

*Units:* About 23,700 in the United States and 6,500 in Canada

*Description:* The car seat adaptors come in three models and are used to secure a variety of infant car seats onto Baby Jogger strollers. The "Single" model fits all single strollers, the "Double" works only on double strollers and the "Select/Versa" fits Select and Versa strollers. The car seat adaptors consist of two U-shaped, black, aluminum support bars and two black plastic adaptors that allow the support bars to attach onto the stroller. Black nylon straps secure the car seat to the adaptor on the stroller. The black support bars are labeled A and B. The A support bar is the larger of the two U-shaped bars and has a red plastic tip with 10 holes. Descriptions, Models and Manufactured Dates can be found here: <http://www.cpsc.gov/en/Recalls/2013/Baby-Jogger-Recalls-Car-Seat-Adaptors-for-Strollers/>.

*Incidents/Injuries:* Baby Jogger has received 47 reports of the car seat adaptor supports bars failing and car seats falling to the floor. Reports include two injured infants with bruises to the head and toes.

*Sold at:* Buy Buy Baby and other juvenile product stores nationwide and at [albeebaby.com](http://albeebaby.com), [amazon.com](http://amazon.com), [buybuybaby.com](http://buybuybaby.com), [diapers.com](http://diapers.com) and other online retailers from June 2012 through June 2013 for about \$60 for the single adaptor and \$100 for the double adaptor.