



## Green your Summer Home Improvement Project

Working on a project this summer in your home day care or facility? Be careful when you engage in DIY projects to make sure you are not risking exposure to environmental hazards.

**Lead:** If your home was built before 1978, chances are high it contains lead, a potent neurotoxin. The CDC says lead exposure can affect nearly every system in the body. It's particularly harmful for children. Test for it in: paint, pipes, porcelain bathtubs, and tile.



### Construction Dust:

Demolition dust is a potentially hazardous chemical cocktail. It doesn't even have to contain toxic materials to be dangerous; exposure to tiny dust particles have been linked to irregular heartbeat, asthma, decreased lung function, and other respiratory issues. Protect from it: Seal off work spaces with plastic sheeting, use a HEPA filter and wet wipes with a detergent solution to clean, and wear a respirator while working.

### Asbestos:

This carcinogenic mineral linked to lung disease, including cancer, can be found all over a home. Test for it in: pipe wraps and insulation, vinyl flooring and wallpaper, roof tiles, fireproofing material, and more.

**Radon:** This odorless, colorless radioactive gas linked to lung cancer is produced by the decay of natural uranium found in most soils. Test for it: Radon typically comes into homes via foundation cracks, construction joints, utility entrances, and other openings. Test in your basement.

**For more information about the Eco-Healthy Child Care program contact Kate at (585) 654-4752 or [k.mcardle@childcarecouncil.com](mailto:k.mcardle@childcarecouncil.com).**



## CARING MATTERS

August 2014 - Vol. 33 Issue 8



## farm2preschool

We will be joining local farmers at the following Farm Markets in August! They are open to all child care providers, parents, and the community. Come out and see us!

Join us at one of the three locations:

**Mondays at Wilson Commencement Park  
251 Joseph Ave 3:00-5:30 PM**

**Tuesdays at YMCA 53 Lewis St 3:00-5:30 PM**

**Thursdays at VOA 214 Lake Ave 3:00-5:30 PM**

Eat Smart New York!



Eat Better For Less!

**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



## Remember to be Safe

By Jill Griffith, Referral Specialist

Summer is a time when temperatures can rise into the nineties and we hear the heartbreaking story of a child dying because a parent accidentally left them alone in the car. While it is often a change in daily routine that leads to this type of tragedy, there are ways to prevent it.



Make a habit of looking in the front and back seats before locking your car and walking away. Place something you must have in the back seat, such as a purse or briefcase, so that you must check the back when you leave the car.

The temperature inside a car can rise quickly. The longer a car is closed up, the higher the inside temperature rises. In an hour, the temperature inside a car can rise more than 40 degrees.



Never leave a child unattended in a car, even with windows partially open. It does little to help the rising temperatures.

If you see a child alone in a car, call the police!



## Let's Move! Child Care Celebrates 3rd Anniversary

In a few weeks, Let's Move! Child Care (LMCC) will celebrate its third anniversary. Part of First Lady Michelle Obama's Let's Move! Initiative to raise a generation of healthier kids, LMCC is a voluntary effort to empower early care and education providers to instill healthy choices from the start. One in five children is overweight or obese by age 6. With about 12 million babies and young children in child care and 1 million in Head Start nationwide, child care and Head Start providers have an important opportunity to prevent childhood obesity by supporting the following LMCC goals:

- ~ **Increase Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible. The summer months are an especially fun time to get active outside. To stay safe, remember to keep babies younger than 6 months out of direct sunlight. For children older than 6 months, try to limit sun exposure when UV rays are strongest, dress children in protective sun hats and shatter-resistant sunglasses with UV protection, and apply sunscreen.
- ~ **Reduce Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week (with learning objectives) during child care and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
- ~ **Improve Food Choices:** Serve fruits or vegetables at every meal, eat meals family style whenever possible, and don't serve fried foods.
- ~ **Provide Healthy Beverages:** Provide access to water during meals and throughout the day and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or nonfat milk and no more than one 4- to 6-ounce serving of 100% juice per day.
- ~ **Support Breastfeeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.



## Classes Coming Soon!

### Learn to Prevent Sexual Abuse by Bivona Child Advocacy Center

“Stewards of Children” is a child abuse prevention training program that seeks to protect children from sexual abuse by placing the responsibility on adults’ shoulders. It is a nationally evaluated program taught by Authorized Facilitators and proven to increase knowledge, improve attitudes, and change child protective behaviors. This is an interactive training utilizing video, a workbook, and group discussion.

**August 19, 2014 6:30-8:30pm** CCC Rochester Office

This class has a reduced cost of \$20.00 and is approved by OCFS. To register, contact the instructor Stefanie Szwejbka, 585-935-7822 or [sszwejbka@bivonacac.org](mailto:sszwejbka@bivonacac.org)



### School Age Training Series

Member Course Fee \$156.00  
Non-Member Course Fee \$260.00

**Dates** 3 Tuesdays, August 12, 19, 26  
**Time** 6:30 pm-9:00 pm  
**Location** Rochester  
**Instructor** Jennifer Shook

This course is designed for staff who are working with school age children and want to further develop their knowledge and skills specific to this age group. This three week series will consist of the following topics:

#### **Creativity:**

Learn ways to provide a variety of activities and materials that encourage spontaneous expression and expand children’s imagination.

#### **Science in Your Program:**

Learn how to engage children in experiments utilizing the scientific method.

#### **Nutrition:**

Make fun, nutritious recipes that everyone will enjoy preparing and eating.

Call 585-654-4720 to register.



## Toys, Toys, Toys

By Beverly Maisch, Education Specialist

Providers often wonder how best to spend their toy budget. The summary that I am giving here is taken from an article from Young Children magazine’s May 2014 Issue called: Which Toys Promote High-Quality Play? Reflections on the Five Year Anniversary of the TIMPANI Study. TIMPANI stands for Toys That Inspire Mindful Play and Nurture the Imagination. “The quality of children’s play in preschool predicts later social and intellectual development (Vygotsky 1976), and a large percentage of classroom play includes **toys.**”

There are a number of criteria to determine the quality of play: They include toys that promote thinking and learning behaviors, engage children in problem solving, encourage curiosity, promote sustained interest, invite creative expression, allow for symbolic transformations, elicit collaborative communication, and can be used by a child independently.

It was observed that children didn’t always choose the toys that were found to inspire the highest quality of play. Implications for teachers include that through *careful observation* (mentioned several times), we can learn which toys the children favor that meet those previously identified criteria for quality play. Teachers can also enrich play with better toys by **asking questions, modeling, and scaffolding play activities**. Not surprisingly, large interlocking construction blocks and a wooden train set are examples of open-ended toys that promote quality play. Other ideas for ways to stimulate play with better toys is to **enthusiastically introduce them at group time, place them in a more prominent place, and model how to use them during free play time**. If toys are not being used, it might be advisable to put them away for a time and reintroduce them later. Influences that impact *how* children play with toys are gender, age, culture, and socioeconomic status. Magnetic construction shapes, plastic tools, hard wood unit blocks, and Tinkertoys were mentioned as universally effective toys. Parents can also help to identify toys for their children. Take a look at your toys and assess their usefulness.



## Test Your Pollen Knowledge

By Joanne M. Buell RN, MS. Child Care Health Specialist

Airborne pollen is essential for plant reproduction. It is airborne pollen that for some people can trigger their immune system to react as if pollen is a “dangerous” invader. Antibodies (Immunoglobulin E or IgE) are produced that release histamine and other chemicals causing the allergic symptoms of sneezing, runny nose, nasal congestion, and itchy eyes.

The American Academy of Allergy, Asthma & Immunology (AAAA&I) developed a Pollen Quiz. Knowledge is power! Minimize your exposure to pollen and your symptoms by taking the full quiz on our website or Facebook or go to <http://www.aaaai.org/condition-and-treatments/allergies/rhinitis/pollen-quiz.aspx>.

Here are a few questions from the quiz. Good luck!

1. Pollen is only produced by flowering plants. **True or False**
2. All types of pollen are found in the air. **True or False**
3. Is the pollen from certain plants more allergenic than others?  
**Yes or No**
4. The size and shape of the pollen grain makes them more allergenic. **True or False**
5. The National Allergy Bureau (NAB) is the best resource for finding accurate pollen information. **True or False**



Here are the short versions of the answers:

1. **False** pollen is produced by all seed plants.
2. **False** pollen is transferred by wind or insects.
3. **Yes** wind transferred pollens (like ragweed pollen) tend to be more allergenic than insect transferred pollen, however even within wind pollinated plants the degree of allergic reaction varies.
4. **False** the **proteins** in the pollen grain trigger allergic reactions.
1. **True** Check out their website <http://www.aaaai.org/global/nab-pollen-counts.aspx> or listen to the local weather report for our area pollen counts.

How did you do? To get the full explanations and take the rest of the quiz, go to our website, our Facebook page, or the AAAA&I website listed above.

## CCC Membership Benefits and Application

### Individual-Non-Child Care 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 Carabineer Key Tag

#### Benefits

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

- 50% discount on Business Center Services
- 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

#### All Benefits

#### Above Plus

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

- \$5.00 discount on individual staff memberships in the Child Care Council

#### All Benefits

#### Above Plus

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

- Substantial member discount on in-service training at your location
- 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

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| \$150.00/yr (1-10 staff members)  | \$250.00/yr (21-30 staff members) |
| \$200.00/yr (11-20 staff members) | \$300.00/yr (31+ staff members)   |
- Substantial Discount on Individualized Training Program and In-Service Sessions
  - All staff members eligible for substantial member savings on Council classes and events

#### All Benefits

#### Above Plus

### 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 (\$150)
  - 21-30 Staff members (\$250)
  - 11-20 Staff members (\$200)
  - 31+ Staff members (\$300)

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



## Senate Subcommittee Increases Federal Early Education Investments

By Hannah Matthews

As part of the 2015 appropriations process, the U.S. Senate Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies marked up a bill that includes more than \$348 million in new funding for child care and early education programs. The Subcommittee approved:

- ~ A \$145 million increase for Head Start, including \$80 million for a cost-of-living increase for existing grantees and \$65 million for Early Head Start, including funding for Early Head Start – Child Care Partnership grants.
- ~ A \$100 million increase for the Child Care and Development Block Grant (CCDBG) to help states improve quality while maintaining access for low-income families.
- ~ A \$100 million increase for Preschool Development Grants to help states initiate or implement high-quality preschool programs for low-income families.
- ~ A \$3.3 million increase for the Individuals with Disabilities Education Act (IDEA) Part C for services for infants and toddlers and their families.

This significant investment in the context of a very tight budget shows once again that many federal policymakers understand the critical importance of investing in our youngest children.

## The Cure for the Summertime Blues

By Brenda Colón, Legally Exempt Inspector

Summer is the time of year when parents and child care providers are looking for new ways to motivate the children in their care. By August, the children may have lost interest in many of the games and activities in which they were so eager to participate at the beginning of the season. This may be a great time to prepare them for the upcoming academic year by giving them ample opportunities to participate in fun, but structured, learning opportunities.



One good place to start is your local library. The library staff will be happy to give you information about the various events that are taking place all summer long in the children's section, located in most branches. I recently visited the Winton Road branch with two children in my care. When we entered the children's area, we were immediately greeted by a staff member-She informed us of various upcoming children's events. They ranged from regularly scheduled magic shows and movie presentations to daily science experiments and reading competitions with trips to local and out of state ball games as grand prizes. In addition, we were given flyers containing all the necessary information and sign-up sheets needed to enter the reading contests along with dates and times for other scheduled events.

Whether the children in your care participate in these structured library events or not, it is always a good idea to expose them to environments that require them to practice their indoor socialization skills. Moreover, frequent visits to libraries, museums, and other formal settings help children to prepare for the upcoming educational environment when they return to school in the fall.



## Kitchen “To Do” List: The Dirty Dozen & Clean Fifteen

By Kate McArdle, Environmental Education Coordinator

Eating fresh produce is the best way to obtain the nutrients that support optimum health, but the pesticides used on many crops remain a major health concern. By choosing organic foods, you can reap the health benefits of fruits and vegetables without exposing yourself and your family to potentially harmful chemicals.

Pesticides present real health risks, particularly to children and those with health concerns. The toxicity most commonly associated with pesticides in animal studies include disruptions in the normal functioning of the nervous and endocrine system, and increased risks of cancer.

Whether you are on a budget and need to prioritize your organic purchases, or you would simply like to know which type of produce has the highest pesticide residues—and which do not—the following guide from the Environmental Working Group will help.



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

NYS Required Categories are listed in parenthesis ( ) following the date.

### August

#### Rochester Office:

8/4-9/15(\*) Starting Your Own Child Care Business 101  
8/5-Know Your Regulations-Child Care Centers  
8/6-(2,4,7) MAT Independent Study 10am-1pm  
8/7-Child Day Care Orientation 9:30am-12pm  
8/7-(2,3,5) Emergency Preparedness  
8/9 & 16-(2,4,7) MAT Training Sat. 9am-2pm  
8/9-(2,3,5) Building a Healthy Plate Sat. 9am-11:30am  
8/9-(2,4) CPR & First Aid-Sat. 9am-2pm  
8/12-(2,4,7) MAT Independent Study 6pm-9pm  
8/14-Child Day Care Orientation  
8/19-(6,8) Learn to Prevent Child Abuse by Bivona 6:30pm-8:30pm  
8/21-MAT Skills Competency Demonstration 6pm-9pm  
8/28-(1,3,4) Television, Xbox, Internet, Oh My!

#### Lakeville:

8/2-CPR & First Aid-Sat. 9am-2pm  
8/4-MAT Skills Competency Demonstration 6pm-9pm  
8/5-(2,4,5) Asthma 101  
8/18-9/29(\*) Starting Your Own Child Care Business 101

#### Newark:

8/4-Provider Professional Development Group 6:30pm-8:30pm  
8/5-Being Successful in CACFP  
8/23-(2,4) CPR & First Aid Sat. 9am-2pm

### September

#### Rochester Office:

9/2-Child Day Care Orientation 9:30am-12pm  
9/2-(2,3) It's All in the Way You Cook It (Spanish)  
9/8-(3,5) Lesson Planning & Curriculum  
9/9-Directors' Institute  
9/10-(2,4,7) MAT Independent Study 6pm-9pm  
9/13-(1,2,3,5) Get Kids Movin' and Groovin' Sat. 9am-11:30am  
9/13-(2,4) CPR & First Aid Sat. 9am-2pm  
9/16-(2,4,7) MAT Independent Study 9:30am-12:30pm  
9/17-Child Day Care Orientation  
9/20 & 27-(2,4,7) MAT Training Sat. 9am-2pm  
9/23-(3,5) A Look at Literacy: An Author Study  
9/23-(1,2,3,5) Get Kids Movin' and Groovin'  
9/24-MAT Skills Competency Demonstration 6pm-9pm  
9/30-(1,3,9) Happiest Baby on the Block

#### Lakeville:

9/10 & 15-(2,4) CPR & First Aid  
9/17-Being Successful in CACFP

#### Newark:

9/8-Provider Professional Development Group 6:30pm-8:30pm  
9/10-MAT Skills Competency Demonstration 6pm-9pm

See the Jul-Dec Course Calendar for more details and a full list of courses. Child Care Council courses, and links to SUNY videoconference information and EIP applications, are available at [www.childcarecouncil.com](http://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



## Child Care Council

### Office Schedule and Calendar of Events

#### Monroe County-Rochester

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

#### Livingston County-Lakeville & Wayne County-Newark

**\*August hours available by appointment only. Co-op as scheduled.**

#### **September**

- 1st-Closed for Holiday
- 26th-Closed for Child Care Council Staff Retreat

#### **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>

## Meet the Staff of Child Care Council

Introducing Andrea McKenna, Education Specialist



Hello, my name is Andrea McKenna. I joined Child Care Council in August of 2007. Prior to working for Child Care Council, I was a child care center administrator and a preschool teacher. Currently, I am an Education Specialist, a position that includes teaching CDA, providing in-service trainings at child care centers, providing technical assistance to licensed child care providers, and helping people start child care centers, among other things. I really enjoy what I do because I get to meet so many different types of people

who care about young children. I love learning about new theories and practices in the field of early childhood and it's exciting when I can help child care programs implement changes that will positively impact children's growth and development. If you are a child care provider looking for ways to improve your program or an individual interested in starting a center, call me at 585-654-4737.



## A Closer Look



## Child Care Council Loves Literacy!

Introducing the

*Child Care Council  
Children's Lending Library*

**Grand Opening**

**September 16, 2014**

**Sign up for a free Library Card and  
Participate in Story Time  
from 10:00am to 11:00am**

**Additional Story Times: 10:00am-11:00am**

Newark: September 24

Rochester: October 2

Rochester: October 15

Lakeville: November 5

Rochester: November 13 and 20

December 9 and 18

*Call today to Register! 585-654-4720*

**Literacy, Activities, and FUN!!!**

**New Class! September 23, 2014 from 6:30-9:00pm  
Rochester**

*A Look At Literacy: Author Studies*

**Learn how to enhance your literacy activities by incorporating  
an author study into your programming.**

**This class will help you promote literacy in your program and  
help you turn off electronic media!**

\*\*417.7(u) If television or other electronic visual media is used, it must be part of a planned developmentally appropriate program with an educational, social, physical or other learning objective that includes goals and objectives. Television and other electronic visual media must not be used solely to occupy time.

## Language and Literacy Tips:

*Make reading playful!*

Reading is not a sport to be watched from the sidelines.

### Act out the part

When you read, change your voice. Match it to different characters in the story. Have your child pretend to be a part of the story. Have her “roar” when she sees the lion.



How it works: Let your child help you tell a story. When she is involved, reading turns into fun. If it's fun, she'll want to do it more.

## THE RECYCLE SHOP

### ITEM OF THE MONTH IS:



Signs donated by Wegmans

Velcro border on reverse

Bag item or 10 for \$1.00



## 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.

**Name of product:** Brooks Furniture Glider Rockers

**Hazard:** The spindles in the glider base can separate while rocking, posing a fall hazard to the user.

**Description:** The recall includes two styles of Brooks Furniture glider rockers 1529P and 1529V-LM. The 1529P glider rocker has a maple wood frame with blue fabric upholstery. The 1529V-LM glider rocker has a maple wood frame with beige vinyl upholstery and a locking mechanism to disengage the glider. Both recalled chairs have the style number and manufacture date between 1/1/2011 and 12/31/2012 printed under the chair's seat. Brooks Furniture is printed on a label attached to the seat cushions.

**Remedy:** Consumers should stop using the glider rocker and contact Brooks Furniture to receive a free replacement base.

**Sold:** Kaplan Early Learning Co. nationwide from October 2011 to December 2012 for about \$390 to \$540 depending on style.

**Contact:** Brooks Furniture at (800) 427-6657 from 8 a.m. to 4:30 p.m. ET Monday through Thursday, Friday from 8 a.m. to 3:30 p.m. ET or online at [www.brooksurnitureonline.com](http://www.brooksurnitureonline.com) and click on “Recall” for more information.

