

**Registration is NOW OPEN!**  
**Register today for a quality professional development opportunity!**

From Chaos to Calm: Supporting our Most Challenging Children  
 Thursday, March 22, 2018  
 5:00 pm - 8:30 pm

RIT Inn and Conference Center  
 5257 West Henrietta Road, Henrietta, NY 14667

Presented by the Rochester Chapter of NYAEYC

### Keynote Speaker: Kim Hughes

Come learn how teacher-child relationships play a significant role in influencing young children's social and emotional development, as well as how to encourage the intrinsic motivators that every child needs to find behavioral and learning success. This captivating presentation is targeted for all who work with young children and identifies the need for positive relationships for the successful promotion of democratic life skills. Join Kim for a session filled with hands-on activities and kid-tested strategies that will send you off excited and revitalized about your work with young children, particularly those with special needs.

#### Registration Information:

Regular \$70

Student: \$35

(Student ID required when submitting Student registration)

#### Online Registration

Please visit [www.eventsforce.net/nysaeyc/4/register](http://www.eventsforce.net/nysaeyc/4/register). Credit card is the only form of payment accepted online.

#### Mail-In Registration

Please visit [www.eventsforce.net/nysaeyc/4/register](http://www.eventsforce.net/nysaeyc/4/register) for the mail-in registration form and flyer. Please submit check payment with completed registration form to the following address:

NYAEYC, Attn: Rochester Spring Seminar, 230 Washington Avenue Ext.  
 Albany, NY 12203

**President Jason Kiefer - 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



## CARING MATTERS

February 2018 - Vol. 36 Issue 2



### Two New CDA Courses Coming this Spring!

On Monday evenings, we will be offering a CDA series specifically for **Family and Group Family Child Care Providers!** You will be meeting together once a week and will be able to learn and network together. Topics will be designed for caregivers that serve children inside the home and will be presented in English. Classes begin April 9<sup>th</sup>.

We will also offer a CDA for child care center staff on Tuesday evenings beginning on April 10<sup>th</sup>. Classes fill up quickly so call us for an appointment to register!

The Child Development Associate (CDA) Credential™ is the most widely recognized credential in early childhood education and is a key stepping stone on the path of career advancement.

The CDA is based on a core set of competency standards, which guide early care professionals as they work toward becoming qualified teachers of young children. The Council works to ensure that the nationally-transferable CDA is a credible and valid credential, recognized by the profession as a vital part of professional development.

Becoming a CDA is a big commitment, but one that creates confident practitioners with command of today's best practices for teaching young children. More information can be found at [www.cdacouncil.org](http://www.cdacouncil.org).

Benefits of The CDA Credential:

- ♦ Advance your career
- ♦ Meet job requirements
- ♦ Reinforce your commitment to early childhood education
- ♦ Provide parents with peace of mind
- ♦ Understand developmentally appropriate practice
- ♦ Increase your confidence





## Family Focus

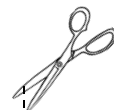


### Tips for Helping Children Cope with Stress

By Renee Scholz, Referral Services Director

1. **Maintain a normal routine.** Helping children wake up, go to sleep, and eat meals at regular times provides them a sense of stability and extra support.
2. **Talk, listen and encourage expression.** Create opportunities to have your children talk but don't force them. Listen to your child's thoughts and feelings and share some of yours. After a traumatic event, it is important for children to feel like they can share their feelings and to know that their fears and worries are understandable. Keep these conversations going by asking them how they feel in a week, then in a month, and so on.
3. **Watch and Listen.** Be alert for any change in behavior. Are children sleeping more or less? Are they withdrawing from friends or family? Are they behaving in any way out of the ordinary? Any changes in behavior, even small changes, may be signs that the child is having trouble coming to terms with the event and may need support.
4. **Reassure.** Stressful events can challenge a child's sense of physical and emotional safety and security. Take opportunities to reassure your child about his or her safety and well-being and discuss ways that you, the school, and the community are taking steps to keep them safe.
5. **Connect with others.** Make an on-going effort to talk to other parents and your child's teachers about concerns and ways to help your child cope. You do not have to deal with problems alone-it is often helpful for parents, schools and health care professionals to work together to support and ensure the well-being of all children in stressful times.

[www.cdc.gov/violenceprevention/pub/coping\\_with\\_stress\\_tips.html](http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html)



#### Benefits

- 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

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

- All Benefits Above Plus**
- 50% discount on Business Center Services
  - 10% membership discount every Tuesday on Recycle Shop purchases
  - Substantial member savings on Council offered classes and events

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

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

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

- All Benefits Above Plus**
- 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*

- All Benefits Above Plus**
- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| \$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

#### 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

<input type="checkbox"/> New	
Membership	
<input type="checkbox"/> 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



## 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.

### Comfort Research Recalls Bean Bag Chair Covers Due to Risks of Entrapment, Suffocation to Children

**Name of product:** Ultra Lounge bean bag chair covers

**Hazard:** The zippers on the bean bag chair covers can be opened by children who can then crawl inside, become entrapped, suffocate or choke on the bean bag chair's foam beads.

**Remedy:** Refund

**Recall date:** January 2, 2018

**Units:** About 1,200

#### Recall Details

##### Description:

This recall involves Comfort Research's Ultra Lounge bean bag chair covers. The natural polyester Sherpa, teardrop-shape bean bag chair cover measures 28 inches by 28 inches by 36 inches and has two zippers on the exterior. The covers were sold without foam bead filling in a DIY package. The covers have three sewn-in tags. One tag reads "id COLORS" on the front and "RN48711" on the back. The second tag has the UPC label code "PO#12991" or "PO13539" on the front. And, the third tag has the care and use instructions printed on one side and the warning notice on the other.

**Remedy:** Consumers should immediately take bean bag chairs with the recalled covers away from children and contact Comfort Research for a full refund.

**Consumer Contact:** Comfort Research toll-free at 844-578-8933 from 9 a.m. to 5 p.m. ET Monday through Friday or online at [www.comfortresearch.com](http://www.comfortresearch.com) and click on the Safety Recall Notices link for more information.

**Sold at:** Kroger, Meijer and Shopko from April 2017 through August 2017 for between \$30 and \$40.



## The Know Place



### Embracing Culture

By: Rose Shufelt, Infant Toddler Specialist



It's time once again to prepare for next week's activities. The teacher pulls out her lesson plans and decides that she will have a multicultural celebration. Monday they will concentrate on China, Tuesday; Mexico, Wednesday; Spain, etc. She is feeling really good about how her plans are coming along and she has all kinds of ideas for songs, stories, music, and art projects for each country. Is this teacher embracing a family's culture? Although what she is doing is ok, her program is probably not as culturally sensitive as it could be.

When talking about incorporating the cultures of the families that you serve, you want to do things daily to let parents and children know that who they are and what they believe in is important to you and your program. By including experiences that are consistent with those the children have at home, you provide children with cultural continuity. This is especially important to infants and toddlers because this is a crucial time for the development of their sense of identity. Whether at home or in childcare, caregivers play a significant role as transmitters of culture. Professional caregivers have an ongoing responsibility to heighten their sensitivity to the culture of the families they serve. We must respond in ways that support the healthy development of children by providing as much consistency with the home culture as possible.

The following are some ways that you can achieve cultural continuity, even if your cultural background is different from that of the families in your program.

#### *Use children's home language's as much as possible*

If you do not speak a child's home language, you will have to think creatively to bring the language into your program. For example, encourage family members to speak their home language when they visit and teach you some important words. Ask families to make tapes of stories and music their children know from home. Get help if necessary to translate written communications.

#### *Reflect children's culture in daily routines*

Knowing how daily routines are handled at home can help you make the children feel at home in child care. For example, a child who is expected to eat neatly at home may need extra reassurance when she spills her juice at lunch.

#### *Reflect children's families in the environment*

Display photographs of children's families that they have chosen to share. Incorporate foods, activities, toys, and songs that children know from home into their daily lives in childcare.

#### *Work towards understanding*

When adults in their lives share a consistent approach, children gain a sense of continuity that helps them feel safe and secure in childcare. Most likely there will be times that you will have different points of view with the parents about caring for their child. Work with parents and problem solve together to work at a compromise. Spend time really getting to know the child's culture and traditions so you have an understanding of the parents and their child rearing practices.

Providing culturally sensitive care is more than spending a week studying different cultures. It is truly embracing the cultures of the children and families in your care. When you do, you build children's confidence, competence, and connections.



## Breaking the Chain of Infection

By Joanne M. Buell, RN Child Health Care Consultant

We are only half way through a very bad flu season. Unfortunately, according to CDC reports, the flu vaccine has not been very effective against the major circulating flu virus (Influenza A (H3N2)) this year. So to avoid becoming seriously ill, here are some insights into breaking the chain of any infection.

### Links to Infection:

- ⇒ Exposure to bacteria, viruses from an ill person or contaminated object
- ⇒ Entry into your body through nose, mouth, open cut
- ⇒ A weakened immune system allows the germ to grow until symptoms begin
- ⇒ You spread the illness to others through coughing, sneezing and handling common objects (door knobs, phone, keyboard)

### Breaking the Links to Infection:

- ⇒ Stay home if you are sick with a productive cough or fever
- ⇒ Avoid or stay a minimum of six feet away from ill people and diligently clean common surfaces such as door knobs, telephones, keyboards, security pads and other frequently touched items
- ⇒ Wash your hands with soap and warm water frequently and apply lotion to avoid dry cracked skin
- ⇒ Cover your mouth when coughing or sneezing with a tissue or the crook of your arm and encourage others to do the same
- ⇒ Be attentive to eating nutritious foods, keep up your exercise routines and get plenty of rest to strengthen your immune system
- ⇒ Get outdoors for even a few minutes to breath in fresh air
- ⇒ Get vaccinated to prevent or minimize infection symptoms

Refer to your Appendices B, C, E, F in your Health Care Plan for details on hand washing, cleaning, sanitizing/disinfecting and gloving.

Reference: OCFS Health Care Plan, CDC: 2017-2018 Flu Season In US Dominated by Influenza A (H3N2) Viruses at [www.aafp.org](http://www.aafp.org) on 12/13/17.



### NYS Paid Family Leave Continued...

In 2018, the Paid Family Leave benefit is 50% of your average weekly wage, capped at 50% of the New York State Average Weekly Wage.

Example: An employee who makes \$1,000 a week would receive a benefit of \$500 a week (50% of \$1,000). Another employee who makes \$2,000 a week would receive a benefit of \$652.96, because this employee is capped at one-half of New York State's Average Weekly Wage — currently \$1,305.92. Half of that amount is \$652.96.

Leave can be taken either all at once or in full-day increments. You may take the maximum time-off benefit in any given 52-week period. The 52-week clock starts on the first day you take Paid Family Leave. All eligible employees are entitled to participate in Paid Family Leave.

Full-time employees: If you work a regular work schedule of 20 or more hours per week, you are eligible after 26 consecutive weeks of employment.

Part-time employees: If you work a regular work schedule of less than 20 hours per week, you are eligible after working 175 days, which do not need to be consecutive.

You are eligible regardless of your citizenship and/or immigration status.

For more information visit <https://www.ny.gov/programs/new-york-state-paid-family-leave#html>







## News You Can Use

### New York State Paid Family Leave Starts

As of January 1, 2018, most employees who work in New York State for private employers are eligible to take Paid Family Leave. If you are a public employee, your employer may choose to offer Paid Family Leave.

New York's Paid Family Leave provides job-protected, paid time off so you can:

- bond with a newly born, adopted or fostered child;
- care for a close relative with a serious health condition; or
- assist loved ones when a family member is deployed abroad on active military service.

You can continue your health insurance while on leave and are guaranteed the same or a comparable job after your leave ends. If you contribute to the cost of your health insurance, you must continue to pay your portion of the premium cost while on Paid Family Leave.

Paid Family Leave benefits phase in over four years. During 2018, you can take up to eight weeks of Paid Family Leave and receive 50% of your average weekly wage (AWW), capped at 50% of the New York State Average Weekly Wage (SAWW). Your AWW is the average of your last eight weeks of pay prior to starting Paid Family Leave. The SAWW is updated annually.

#### Paid Family Leave Benefits Examples for 2018

Worker's average weekly wage	Weekly PFL Benefit (2018)*
\$600	\$300
\$1,000	\$500
\$2,000	\$652.96

\*The weekly PFL benefit is capped at 50% of the New York State average weekly wage, which is \$652.96.

#### Benefits Increase Through 2021

Year	Weeks of Leave	Benefit
2018	8 weeks	50% of employee's AWW, up to 50% of SAWW
2019	10 weeks	55% of employee's AWW, up to 55% of SAWW
2020	10 weeks	60% of employee's AWW, up to 60% of SAWW
2021	12 weeks	67% of employee's AWW, up to 67% of SAWW



## Legal Ease



### Free Time

By Gina Barber, Legally Exempt Inspector

*Fight the winter blues and take advantage of some of these free activities in our area!*

#### Lollypop Farms: Victor, NY

Bundle up and take a tour of the outside area and then head inside to see the animals and staff!

#### Barnes and Noble: Various Locations

Each location offers free story times. Check their website for details!

#### Public Libraries: Various Locations

Check websites or stop in to ask about activities for children. Many libraries offer great, educational activities for free. From concerts, to story times, to movies, to robotics, coding classes!

#### Strasenburgh Planetarium: Rochester, NY

Saturday nights you can enjoy free telescope viewing from dark until 10pm.

#### Sledding Hills: Various Locations

Check local resources, such as [kidsoutandabout](http://kidsoutandabout.com) for local sledding hills!

#### Community Centers/Rec. Programs: Various Locations

Each town has a community center and recreational program with a variety of offerings for residents. Many of these activities are free or low cost to residents of that community. Check local websites or stop in to find out what is going on!



Source: [www.kidsoutandabout.com](http://www.kidsoutandabout.com)



## Getting Kids Moving

By Chelsea Peckham, CACFP Specialist

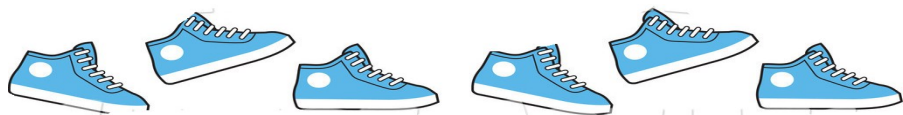
When the temperature drops and the snow starts to fall it's easy to want to pull up the covers and get cozy. But even when winter weather makes it difficult to get outside, it's important to remember that children need physical activities every day. Depending on the equipment available or the size of your child care space, planning safe physical activities can be difficult. Luckily keeping children moving during cold weather doesn't require an indoor play-gym! Try these ideas in your program to keep children physically active this winter.

**Planned physical activities** can be created and used to break up the day as well as function as a daily activity. Ask children to march, tip-toe, hop, "walk like a \_\_", or skip (if safe) to and from destinations. Or plan an activity like a dance party/freeze dance, obstacle course, or a Simon Says game to get children moving.

**Unstructured physical** activities can be planned to help children explore their bodies on their own. Create different spaces for infants to use to pull themselves up safely or position toys so they have to reach for them. Use masking tape on your carpet to create a line where children can practice balancing or walking a line or hopping from one side to another without adult help.

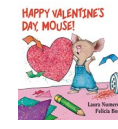
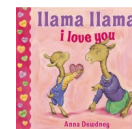
Children should be getting physical activity every day (Toddlers should receive no less than 30 minutes of planned physical activities and 60 minutes unstructured free play and preschoolers should have 60 minutes each of physical activities and unstructured free play, according to the National Association for Sport and Physical Education.) Even if you're stuck indoors, don't forget that bodies can still be in motion! Simple yoga poses or dancing can encourage flexibility; strength building activities can be introduced anytime children need to push, pull or lift developmentally appropriate objects, and if children still have energy to burn, try activities like running in place, jumping or Head, Shoulders, Knees and Toes!

By making these activities a routine in your center, you are helping encourage children to make fitness and physical activity a routine in their lives.



## Language and Literacy Tips:

*Happy February!*



February is the perfect month to curl up with a great book! Enjoy these stories whether you are celebrating Valentine's Day or watching the snow fall outside.

## THE REPURPOSE AND MORE STORE ITEM OF THE MONTH IS:

### Magnetic Boards

**30" x 18" \$10.00 each**

**38" x 30" - \$15 each**



## **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*

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

#### **February 2018**

- 19th - Child Care Council closed for the holiday (Newark office open for fingerprint services)
- 28th - Child Care Council Staff Meeting-Office closed 10am-Noon

#### **March 2018**

- 28th - Child Care Council Staff Meeting-Office closed 10am-Noon

#### **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/ChildCareCouncilinc">https://www.facebook.com/ChildCareCouncilinc</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 Kristine Huff, Education Specialist



Hello, my name is Kristine Huff. I joined the Child Care Council in April of 2016. My experiences as a preschool teacher, Director and a Family Child Care provider have given me insight and resources to assist others in the field. Teaching and working along side my CDA students is very rewarding as they complete their journey and earn their CDA Credential. I enjoy doing a variety of trainings and in-services to help support centers in the field. I look forward to continuing my work as an educator in Early Childhood to help meet the needs of everyone working towards providing quality care for our children.



## A Closer Look



### **¡Jugamos afuera!**

By Lynne Fisher, Registrar

Los reglamentos requieren que:

417.7 (h) Los programas deben ofrecer periodos diarios supervisados de juego al aire libre, except durante clima extremo o inclemente, o a menos que estén prohibido de otra por forma un proveedor de atención médica.

Entonces, ¿qué hagamos con los niños en el invierno?

Aquí están algunas ideas:

1. El hopscotch por saltar en crear pisadas en nieve fresca.  
Haga que alguien siga en sus pisadas
2. Jugar "patata caliente" con una bola de nieve.
3. Jugar un juego de Freeze Tag.
4. Jugar "Simon Dice."
5. Haga una línea de conga y bailar en la nieve.
6. Jugar "slip and slide." (más seguro en la nieve)
7. Crea un Castillo de nieve.
8. Mezclar la nieve y colorante de comida en botellas de  
Apretar y pintar mensajes y pinturas en la nieve.
9. Jugar con los herramientas de la playa—palas, pozales.

### **Regulations require that:**

417.7 (h). Programs must offer daily supervised outdoor play, except during inclement or extreme weather or unless otherwise prohibited by a health care provider.

Therefore, what can we do with children in the winter?

Here are some ideas:

1. Play hopscotch by jumping in the fresh snow and creating footprints. Have the children follow in your footsteps.
2. Play "hot potato" with a snow ball.
3. Play a game of "Freeze Tag."
4. Play "Simon Says."
5. Make a conga line and dance in the snow.
6. Play "Slip and Slide." (safer in the snow!)
7. Create a snow castle or other sculpture.
8. Mix snow and food coloring in squeeze bottles and paint messages and pictures in the snow.
9. Play with beach toys in the snow—shovels, buckets, etc.



## How to Help Autistic Children Deal with Transition

*Part One: Being Child Centered*

By Bethany Williams, Special Needs Coordinator

Many children, especially autistic children, have difficulty transitioning between activities. Leaving preferred places or stopping fun activities is hard for all of us, and these transitions can be even more difficult for autistic children. With a little forethought and preparation, you can help make transitions easier for them.

- 1. Consider the child as an individual.** Whenever you're working, playing, or living with an autistic child, remember that they are first and foremost a child, with unique preferences, habits, and frustrations.
  - ~ Autistic individuals do often respond well to set schedules and may have some difficulties dealing with unexpected transitions or changes, but all autistic children are not alike. Knowing that a child is autistic is less important than knowing about their personality.
- 2. Get to know what transitions might be difficult.** Spend some time observing the child, if possible - particularly if you are interacting with them often (as a teacher, professional, parent, relative, etc.) Get to know what helps and challenges them so that you can be prepared for difficult transitions.
  - ~ Start the transition a little early so that it can go slowly, without rushing. They might want to take a little time to finish what they are doing and shift gears.
  - ~ Try giving a verbal notice beforehand, such as "We're going to leave in 10 minutes. Start thinking about what you want to bring in the car with you."
- 3. When the time comes for the transition, provide choices.** The child might not be allowed to skip the difficult transition, but you can provide some choices to give them power over the situation.
  - ~ For example, ask, "Do you want to clean up by yourself, or do you want help?" or "Next time for homework. Do you want to work in your room or at the kitchen table?"
- 4. Listen if the child gets upset.** Hear their frustrations, validate their feelings, and explain that you understand. Help them to focus on upcoming enjoyable tasks, and provide reminders of the next time the preferred activity will be available.
  - ~ For example, say, "I know it's hard to stop playing with blocks, but next we get to eat a snack! You can play with blocks again afterwards." Provide understanding without encouraging or reinforcing tantrums or other inappropriate behavior.
  - ~ You can also mention why the next activity matters. For example, "It's important to go to the grocery store, because that's where we get our food to eat. You can pick out something special when we go."
- 5. Be clear that transitions are not punishments.** Remind the child that they haven't done anything wrong; you're just following the day's schedule. Try to be positive and get them excited about the next activity, and avoid connecting the idea of moving to a new task as anything related to what the child has done; if it wasn't a consequence for their actions, you should be clear that it wasn't, to avoid associating it with punishment.
- 6. Praise for great transitions.** Use a lot of clear, positive praise when the child transitions calmly. After harder transitions, remind the child that he or she had a hard time but that every thing is okay now, and he or she can do it calmly next time; don't blame the child or make him or her feel worse about the transition. Stay positive.

<https://www.wikihow.com/Help-Autistic-Children-Deal-with-Transitions>



## NY State of the State Signals Progress

January 3, 2018 / Kathy Curtis

Clean and Healthy New York applauds Personal Care Product Ingredient Disclosure Proposal in Governor Cuomo's 2018 State of the State

Clean and Healthy New York, New York's premier environmental health advocacy organization, was pleased to note Governor Cuomo's ongoing commitment to ensuring all New Yorkers are aware of and protected from toxic chemicals in their homes, schools, and workplaces.

"As the New York organization that leads the charge for market transparency and continuous corporate improvement, we applaud Governor Cuomo's clear commitment to protecting people from toxic chemicals in products they use every day, and his acknowledgement of their right to know what is in the products they buy and use," said Kathleen Curtis, LPN, executive director of Clean and Healthy New York. "Giving people information about personal care products using the same framework as New York proposes for cleaning products (the guidance is under final review) will be a huge boon to New Yorkers and people across the country."

The Governor's [2018 State of the State book](#) states the following (p.245):

Proposal: Protect New Yorkers from Toxic Chemicals in Personal Care Products  
Under Governor Cuomo's leadership, New York has made unprecedented commitments to protecting the public and the environment from exposure to potentially harmful chemicals found in everyday consumer products. Earlier this year, Governor Cuomo spearheaded a new initiative that will make New York the first state in the nation to require all manufacturers of household cleaning products sold in New York to disclose chemical ingredients on their websites.

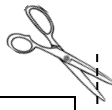
The urgency for state protection is all the greater now that the federal approach to regulating toxic chemicals is heading in the opposite direction. New Yorkers use a wide variety of personal care products every day and are likely unaware that some of these products contain potentially harmful chemicals, such as formaldehyde and toluene in nail polish, coal tar in dandruff shampoo and parabens in moisturizers and facial cleansers.

Governor Cuomo will propose legislation to require the manufacturers of personal care products sold in the State to make product ingredient information publicly available in a clear and easy to use web format. In addition, manufacturers will be required to list those chemical ingredients which have been identified by other state, federal or international jurisdictions as posing a hazard to human health. A centralized database of manufacturer disclosure websites will be maintained by New York in partnership with the Interstate Chemicals Clearinghouse. These initiatives will empower consumers by providing them with the information they need to make well-informed decisions regarding the chemicals their families are exposed to daily. By requiring industry to be more transparent and better educating consumers, this action will encourage manufacturers to find innovative ways to either replace or remove potentially harmful chemicals from their products.





## COURSE REGISTRATION FORM



**For Health & Safety or Business 101 Series, NYS License/Registration Booklet #:** \_\_\_\_\_

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

If your name has changed, please write your previous name below

Work Phone: \_\_\_\_\_

Child Care Council Membership # \_\_\_\_\_ Email Address: \_\_\_\_\_

Home / Mailing Address \_\_\_\_\_

City/Town \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Is this a change of address or contact? \_\_\_\_Yes \_\_\_\_No

Business/Center Name \_\_\_\_\_ County \_\_\_\_\_

\_\_\_\_Family Child Care Facility \_\_\_\_Group Family Child Care Facility \_\_\_\_Legally Exempt Provider

\_\_\_\_Child Care Center \_\_\_\_School-Age Child Care Program

\_\_\_\_Other \_\_\_\_\_

Home Language \_\_\_\_\_ Interpreting Services Requested \_\_\_\_Yes \_\_\_\_No

COURSE TITLE	COURSE DATE	LOCATION Lakeville Rochester Newark	COURSE FEE
			\$
			\$
			\$

Registrations **MUST** be received at least one week **BEFORE** class

Please mail this form, with your payment to:

Child Care Council, Inc.

595 Blossom Rd., Suite 120  
Rochester, New York 14610

Attention: Finance Department

Office Use Only

EIP technical assistance by: \_\_\_\_\_ Date \_\_\_\_\_

EIP Application Received \_\_\_\_\_

EIP Award Letter Received \_\_\_\_\_

PO Completed for EIP Reimbursement \_\_\_\_\_

Revised: March 2015

### Method of Payment

Cash \$ \_\_\_\_\_

Check # \_\_\_\_\_ \$ \_\_\_\_\_

EIP Award # \_\_\_\_\_ \$ \_\_\_\_\_

Child Care Council Voucher  
(please enclose) \$ \_\_\_\_\_

Visa/Mastercard \$ \_\_\_\_\_

Card # \_\_\_\_\_

(Three digits from back of card) V# \_\_\_\_\_

Name of Card Holder \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

## CLASSES AT CHILD CARE COUNCIL FEB-MAR 2018

### *Are you interested in becoming a Family or Group Family Child Care Provider?*

Follow the path to your new child care business! New York State requires that you attend an orientation class prior to ordering an application. You may attend a

Child Day Care Orientation class online at

<http://www.ocfs.state.ny.us/main/childcare/infoforproviders.asp>

- or - Take a live, interactive class with us! Call (585) 654-4720 for dates and times.

Once you complete the orientation, if you choose to proceed with Family or Group Family Child Care Registration or Licensing, you will need to fulfill your training requirements. Child Care Council offers a comprehensive training package to meet your needs

### *The Child Care Business 101 Series covers all of your training needs including:*

Health and Safety

First Aid and CPR

Program Development

Introduction to CACFP

Taxes

Business Class

All included for the Health and Safety registration fee PLUS you will receive a complimentary Child Care Council Membership with full payment at registration, and giveaways to help you start your business!

### *Child Development Associate Classes (CDA)*

A Child Development Associate (CDA) is an individual who has successfully completed a CDA assessment and has been awarded the National CDA Credential from the Council for Professional Recognition. The CDA is accepted as the required training hours for Family Day Care Accreditation and is a requirement for lead teachers in a child care center according to the minimum qualifications in the NYS day care regulations.

Prior to applying for CDA Credential Assessment, each candidate is required to complete 120 clock hours of formal child care education in eight different categories, which are offered through our CDA courses. Participants must be working in a child care setting.

CDA Courses at Child Care Council, Inc. are designed for potential candidates to complete their 120 hours, assist with the development of competency papers, and create a professional portfolio. CDA Courses are available in the evenings.

Classes meet weekly and are from 6:00 pm- 9:00 pm.

**CDA will now be offered in four modules. You may apply for more than one module at a time within a calendar year. Classes are first come, first served.**

**For dates and times or to receive a CDA Course registration package, call (585) 654-4798.**

### *Legally Exempt Provider Classes:*

The Legally-Exempt Training Series is for any in-home or family legally-exempt provider who wishes to enhance their knowledge and their reimbursement rate. Participants will learn about topics such as business regulations, child development, child abuse, and SIDS while interacting and networking with other providers.

## CLASSES AT CHILD CARE COUNCIL FEB-MAR 2018

Individual Classes: All classes are 6:30-9:00 pm unless otherwise noted.

### Helping Hands in the Kitchen

**Instructor:** Jodi VerWeire Newark Feb. 5th  
Chelsea Peckham Rochester Feb. 21st

This class will cover developmentally appropriate ways to involve children in the kitchen, specific hands-on activities for children in the meal preparation, and the importance of family-style dining in the development of young children. **FREE for CACFP providers participating with Child Care Council, Inc.**

### Attention Deficit Hyperactivity Disorder

**Instructor:** Bethany Williams Rochester Feb. 5th

This training session will be an introductory course about the characteristics of ADHD disorder in children ages 5-12. In addition, we will discuss current research about appropriate accommodations for children with ADHD. The participants will leave with ideas to use in their programs to make it more inclusive. This class has a reduced rate of \$25.00.

### Asthma 101

**Instructor:** Joanne Buell Rochester Feb. 27th

Child Care Council, Inc. has partnered with the American Lung Association to offer an endorsement of child care programs that are friendly to children who have asthma. This endorsement begins with training in asthma and the specific care needs required by these children including asthma information, correct medication administration techniques, emergency planning, and environmental measures.

### Poetry for All Ages

**Instructor:** Jennifer Shook Rochester Feb. 26th

Whether children hear a poem out loud or write one on their own, poetry teaches children about language and about themselves and others. We will discuss the benefits of using poetry and participate in activities that caregivers can use in their program to enhance this literature experience.

### Know the Regulations-Family Child Care

**Instructor:** Tamika Johnson Rochester Feb. 27th

Are you familiar with the changes to the New York State Child Care Regulations? Would you like a refresher on the original regulations? Become familiar with both new and old regulations, required forms, documents, and regulations regarding child abuse.

### Wayne County Professional Development Group

**Instructor:** Jason Place Newark Mar. 5th

Family and Group Family child care providers meet together once a month to network, support each other and participate in a training session chosen by the group. If you would like to join the group, please contact us for details.

### Cooking Up Something New

**Instructor:** Chelsea Peckham Rochester Mar. 1st  
Jodi VerWeire Rochester Mar. 10th  
Darla Ferrante Rochester Mar. 14th

The content covered will include a brief overview of the new CACFP menu guidelines and regulations. How to implement these into daily menus will be discussed and the class will include hands-on cooking experiences. Participants will take home recipes they have tried and provide them for the children in their program. **FREE for CACFP providers participating with Child Care Council, Inc.**

*See the Early Childhood Professional Development Course Calendar for details and a full course list.*

*Child Care Council courses, links to SUNY videoconference information, and EIP applications, are available at [www.childcarecouncil.com](http://www.childcarecouncil.com)*

### Individual Classes continued:

#### Sensory Processing Disorder

**Instructor:** Bethany Williams Rochester Mar. 19th

The Sensory Processing Disorder training session will be an introductory course about the characteristics of Sensory Processing Disorder in young children. We will look at what current research tells us about the challenges of Sensory Processing Disorder and how to support children while they are in child care. The participants will leave with increased knowledge about the 7 sensory systems which include: Tactile, Visual, Auditory, Olfactory, Gustatory, Vestibular and Proprioceptive.

#### Creative Movement Activities

**Instructor:** Kristine Huff Rochester Mar. 27th

During this interactive class, participants will explore the many benefits of music and movement and learn ways that music and movement can play roles in their program every day. Participants will leave with many new games, activities and songs for their classes including ways to incorporate rhythm sticks into their programs.

#### Autism Spectrum Disorder

**Instructor:** Bethany Williams Rochester Mar. 28th

This Autism Spectrum Disorder training session is an introductory course about the characteristics of Autism Spectrum Disorders in young children ages 3-5. We will look at what current research tells us about Autism Spectrum Disorder and how to support children while they are in child care by creating a more sensory friendly environment. *This class has a reduced rate of \$25.00.*

### Specialty Classes:

#### Medication Administration Training (MAT)

In order to administer medication to children in New York State, Day Care regulations require this training. There are several options available to obtain or renew this training. To learn more about these options contact one of our MAT certified instructors. Next dates are:

##### MAT Training:

Feb. 3rd & 10th 9am-2pm - or - Mar. 3rd & 10th 9am-2pm Both in Rochester

##### MAT Independent Study Classes

Feb. 7th 6pm-9pm - or - Feb. 22nd 9:30am-12:30pm  
or - Mar. 15th 9:30am-12:30pm - or - Mar. 26th 6pm-9pm All in Rochester

#### American Red Cross First Aid and CPR—Infant, Child and Adult CPR and Basic First Aid

Feb 3rd 9am-2pm (Spanish)-Rochester - or Feb. 10th 9am-2pm Rochester  
or Mar. 3rd 9am-2pm-Lakeville - or - Mar. 10th 9am-2pm Rochester  
or- Mar. 12th & 14th 6:30pm-9pm-Newark

#### Pyramid Model Training

The New York State Pyramid Model Partnership promotes the statewide use of the Pyramid Model, an evidence-based framework proven to be an effective approach to building social and emotional competence in all early care and education programs.

##### Pyramid Model: Preschool Module 1:

**Building Relationships and Creating Supportive Environments**  
**Saturday, March 3 9:00am-4:00pm—Rochester, Bring Lunch!**

For more information on full Pyramid Model implementation in your program, contact Rose Shufelt at 585-654-4740.