

The Strong in Rochester, New York, is pleased to announce that it will host its next annual education conference,

## **“Reclaiming Joy through Song, Movement, and Stories,”**

on May 4, 2018.

The all-day conference explores ways to use the power of music, movement, and storytelling to promote joy and enhance learning in classrooms.

The conference features presentations by Steven Levy, nationally recognized author and Expeditionary Learning Education consultant, and Anna Rainville, renowned educator and author. The day also includes interactive workshops, round-table discussions, and group activities.

### **Reclaiming Joy through Song, Movement, and Stories Annual Education Conference**

**Friday, May 4**

**9 a.m. to 3 p.m**

#### **Registration and Fees**

Early Bird: \$139 (non-refundable) per person through March 31, 2018

Regular: \$159 (non-refundable) per person after March 31, 2018

For questions, or special dietary or other requests, please call 585-263-2700.

To register: <http://www.museumofplay.org/education/annual-conference>

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**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**

April 2018- Vol. 36 Issue 4



**Saturday, June 16, 2018**  
**9:00am-4:00pm**

*Attend our Nature Explore Workshop and  
help the children in your life reconnect  
with nature*



**Learning with Nature**-Explore some of the common barriers that keep children from creating positive connections with the natural world, and discover ways families and educators can counteract them.

**We Dig Dirt: Supporting Children in Outdoor Classrooms**-Explore innovative ways to facilitate meaningful infant, toddler, and preschool learning experiences in well-designed outdoor spaces.

6 Hours of training will be provided in OCFS categories 1 & 3. Registration: \$50.00 for both workshops. Participants must attend both sessions.

For registration information please call 585-654-4794 or email [c.shufelt@childcarecouncil.com](mailto:c.shufelt@childcarecouncil.com).



## How to Talk to your Child about their Bodies, Behavior, and Babies

By Rachael Teixeira, Child Care Navigator

Talking to your child about their bodies and behavior can be uncomfortable conversations. And many parents tend to put off the conversation until the child is older. However, it is never too early to talk to your child about their bodies, behavior, and babies. Starting this dialogue early will help your child feel free to ask you questions throughout their lives. Start by creating an open dialogue, without shame. Use everyday opportunities to teach your child about privacy and hygiene. Be calm and open to the topic, pay attention to your body language and tone of voice. Avoid shame and ridicule. Encourage your child to ask questions, so they learn that they can feel comfortable coming to you with their thoughts. Become closer to your child by showing them that you accept and support their feelings. Young children take everything you say literally, so avoid metaphors. Use anatomically correct terms for their body parts. Give simple and short answers and make sure your answers are age appropriate.

Here are some helpful resources to help you get the conversation started;

- Dr. Claire McCarthy has a great blogpost “6 Tips for talking to your kids about sex”.
- The website “Empowering Our Children” teaches parents how to protect their children from sexual abuse.
- The “ScaryMommy” website has great tips on how to get the conversations started with toddlers.

Book Recommendation for parents to prepare for the conversation:

- “Everything You NEVER Wanted Your Kids To Know About Sex (but were afraid they’d ask)” by Dr. Justin Richardson & Dr. Mark Schuster

Children Book Recommendation for Toddlers & Pre-Schoolers:

- “Amazing You: Getting Smart About Your Private Parts” by Dr. Gail Saltz

[HTTPS://PARENTINGPEDIATRICIAN.COM/2017/05/04/PRIVATE-PARTS-TALKING-TO-YOUR-CHILD-ABOUT-THEIR-BODIES-BEHAVIOR-AND-BABIES/](https://parentingpediatrician.com/2017/05/04/private-parts-talking-to-your-child-about-their-bodies-behavior-and-babies/)

## *Selling Safer Products For Early Care and Education Clean & Healthy New York*

You have probably heard the expression “children are like sponges”. Maybe you used it because a child overheard and repeated something that you didn’t want them to. You didn’t mean it in the literal sense. However, science supports this claim!

The early years are a time of rapid growth and development so it is especially important to nurture and protect children during this phase of their life. Children’s brains and the cells that connect the messaging they send are developing by the second. According to the Center on the Developing Child at Harvard University, more than 1 million new neural connections occur per second in the first few years of life. Children’s bodies are smaller so when they are exposed to something harmful the impact they experience is amplified. Because we care for our children, we limit the amount of sugar they consume and do not give them caffeine because their bodies cannot process it. Similarly, we need to reduce their exposure to harmful chemicals.

For these reasons, the environment where children spend a significant amount of time while their parents work matters a great deal. Nationally, children spend an average of 36 hours in child care arrangements. The overwhelming majority of families use child care or afterschool programs for their children. Busy, working parents rely on their care arrangements to provide a safe and educational setting. The classrooms and toys that children are exposed to on a regular basis must be free of toxins and foster the best environment for children to grow and thrive.

We applaud those companies, such as Community Playthings, that have taken the steps to make sure they are selling the safest products for our youngest children. We implore others to do better.

Jessica Klos Shapiro  
Director of Policy and Community Education  
Early Care & Learning Council

# Repurpose & More Store

## Item of the month

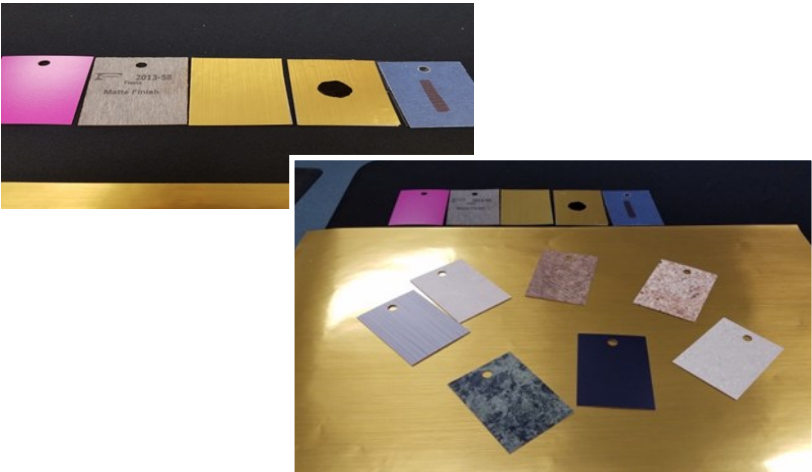
### Formica sample pieces

Formica sample pieces can be repurposed in many ways.  
Stop by the store sometime and the staff will be happy to share some ideas.  
For this month the idea is focused on using the pieces for making a number game.

Take a Formica piece cover the back side with peel ‘n stick paper  
Now put a number on one side and a dot on the opposite side that equals the value of the number. (1-10)  
Show the dot side or place the dot side on a table facing up.  
Children can count the number of dots and then turn the piece over to see the written numerical number.  
If you wish, you can make a double set of tiles and use it as a matching game or a memory game.

A fun easy and inexpensive way to add a game to a child care program or for a grandparent or relative to have on hand at home, when a young child stops by for a visit.

**Formica samples are 20 for \$1.00 or can be a bag item**  
**Peel ‘n stick sheets are 10 for a \$1.00**



By Kristine Huff, Education Specialist

### **April 16-20th**

Even though we celebrate young children and their families everyday with our daily interactions, NAEYC, the world’s largest early childhood education association, has established “The Week of the Young Child”. The first “WOYC” was in 1971. The purpose is to recognize that the early years lay the foundation for children’s success in school and later in life. The needs of young children and families are more important than ever. It is our responsibility to make sure that all children have experiences that will promote early learning.  
Hopefully you can use some of these resources to focus public attention on the needs of young children and their families.

**Music Monday:** Sing,dance, celebrate and learn. Use music to help children develop math, language and literacy skills.  
**Tasty Tuesday:** Healthy eating and fitness at home and school. Have children create healthy snacks.

**Work Together Wednesday:** Use Stem activities to build and learn together.

**Artsy Thursday:** Create open ended art projects so children can make choices and use their imaginations.

**Family Friday:** Invite parents and community members to your center event show casing your children’s unique talents. Provide book writing materials and have families create a family book for the center’s library.

You can use these ideas or develop you own themes. Below are some websites to help. The whole community benefits when time, energy, and resources are invested in the health, education, and well being of children.

<https://www.naeyc.org/events/woyc/resources>  
<https://www.naeyc.org/events/woyc/overview>  
[raeyc.org/2018/month-of-the-young-child-](https://www.naeyc.org/2018/month-of-the-young-child-)

## Rest Time Recharges Physically and Emotionally

By Joanne M. Buell RN, MS. Health Care Consultant

Toddlers and preschoolers are busy people during the day. Rest time can be a welcome relief from all that exploring and learning. A 2012 study out of U of Colorado Boulder found toddlers who missed even one daytime nap demonstrated 'higher anxiety, less joy and interest, and a poorer understanding of how to solve problems'. How can you make rest time a time to recharge physically and emotionally?



**First:** Understand the child's sleep needs. Toddlers need between 12-14 hours of sleep in a 24 hour period including daytime sleep. Preschoolers need between 11-13 hours of sleep in a 24 hour period including in the daytime.

**Second:** Establish set routines and times for "quiet" or "rest" time. One daily routine I observed was "lunch– wash face and hands– quiet music and yoga time". Every child went to their cot and was asleep within minutes! Book reading and back rubs work as well.

**Third:** Prepare the environment by darkening the room, removing all distractions and keeping the room temperature slightly cool. Soft quiet music often helps children unwind. Be mindful of delicate ears! Keep the music volume low. **Remember too, you must keep enough light in the room to observe for illness, choking, breathing difficulties, seizure activity or nightmares to name a few.** Nightlights can be helpful.

**Fourth:** Observe for the signs of fatigue. Eye rubbing, yawning, becoming easily frustrated can all be indications that a rest is in order. An overtired child often has difficulty relaxing enough to fall asleep. Catch the signs early!

A successful rest time rewards everyone with a positive outlook and a readiness for more adventures!

References: <https://my.clevelandclinic.org/health/articles/14302-sleep-in-toddlers->



## CLEAN & HEALTHY NEW YORK

*Promoting safer chemicals, a sustainable economy, and a healthier world*

Clean and Healthy New York is pleased to announce the [The Safe Baby Products Guide](#), a new FREE online tool to help parents, families and friends keep children safe from harmful chemicals in baby products. The guide is produced by the national [Getting Ready for Baby Coalition](#), a nonprofit coalition of 100 organizations coordinated by Clean and Healthy New York working to change the marketplace so all babies have healthy environments with products that nurture their growth without harming their health.

**As you may already know, there are currently over 1,000 chemicals in use today that can negatively impact a child's health and development.** Many of them are in products for even the youngest babies. Unfortunately, many parents aren't aware of these dangers or how to find safer alternatives. Parents should have access to free and easily accessible resources that help them better understand these safer products for their babies.

**That's where this new Guide comes in.** Designed to let you either zero in on a specific kind of product or work through the whole Guide so you can create a baby shower registry, the [Safe Baby Products Guide](#) offers information about potential chemicals of concern ("hidden hazards") in products and what to look for when shopping. Getting Ready for Baby partner MADE SAFE offers a certification program for products and companies that meet their criteria, and the Guide lists MADE SAFE certified products. The interactive tool even includes a feature that will allow you to build an online registry, which can be valuable to expecting parents seeking certified safe products as baby shower gifts.

**Are you, or a friend or loved one expecting a baby?** Use the Safe [Baby Products Guide](#) as an effective tool to identify safer choices. **Please spread the word to friends and family!**



To access the guide go to: [www.gettingready4baby.org](http://www.gettingready4baby.org)





## News You Can Use



### OrKIDstra Concert

Sunday May 20 at 2 PM

*Pre-Concert crafts start 1 hour prior to OrKIDstra concerts*

#### Classical Kids: Beethoven Lives Upstairs

Michael Buttermann, conductor



What would it be like if a child had to describe the music of Beethoven? Such is the premise for “Beethoven Lives Upstairs,” a musical story that follows a young boy’s letters to his uncle about the new tenant in the upstairs room. Be captivated by more than 25 excerpts of the master’s music, including the Moonlight Sonata, Fur Elise, and the great Fifth and Ninth Symphonies.

For more information refer to [www.rpo.org](http://www.rpo.org) and use the **CCC** promotion code (receive 20% off). For other questions call Jenni Kohler 585-399-3697 or email at [jkohler@rpo.org](mailto:jkohler@rpo.org).



## Legal Ease



### Find A Place

By Brian Travis, Legally Exempt Enroller

With spring being right around the corner, you will need more activities to do with your children. Here is an activity that promotes both physical activity and active listening.

You can play this game either indoors or outdoor and the instructions are simple.

### Find a Place

- Have everyone find a place in the room or outside (this will be their first place).
- Explain to the players they need to memorize where their first place in the room is.
- Players must be at least an arm’s length away from the closest person to them.
- Tell everyone to find a second place in the room; this will be their second place. Remind them again to remember the first and second places they stood.
- For the younger players two places would be just fine. Older players can play this game with up to about 4 or 5 places.
- Have everyone stand at their first place.
- On a signal, have players transition to their second place by: jumping, walking, fire feet, hopping on one foot, karate kid style, walk like giants crushing buildings, penguin walk, skipping, jumping like a frog, walking backwards, etc.

You may count down from ten or five seconds depending on what transition style you choose and what age group you are working with (the one foot hop, and the penguin walk may take longer than just walking or fire feet).

For additional games or activities you can check out the playworks website.

Source: [www.playworks.org](http://www.playworks.org).



# Food For Thought



## Move Into Spring

By Abbey Copenhaver, RD  
Eat Well Play Hard Dietitian



Spring is in the air! April is a great month to get moving outside and use spring cleaning as an excuse to get your steps in. Warmer weather is a great time to include all ages in outdoor activities.

**Hit the trails with the pets and family:** Whether it's just down the street or a few miles on the Erie Canal pathway, walking or a bike ride is a great way to get the heart pumping and fresh air.

**Head to the farmer's market:** Have fun picking out and learning about locally grown foods while getting some steps in. Rochester Public Market even accommodates SNAP benefits, see <http://www.cityofrochester.gov/publicmarket/> for more information.

**Clean-up the yard:** Picking up sticks, raking leaves, cleaning flower beds or washing the car is a triple win for everyone. You can check tasks off the "to-do" list while getting outdoor exercise and spending time with friends and/or family...many hands make light work!

**Volunteer:** April is national volunteer month! As warmer weather hits, fundraiser walks and events gear-up outside. Although you can volunteer in your community, year-round, the warmer weather may allow for youngsters to join and learn the importance of being a part of your community. Even taking a walk to check-in with elderly neighbors or cleaning-up their yard can be an easy and fun weekend activity.



### Health and safety tips for outside:

1. If you're going to be in the sun, use sunscreen and check the date. Many sunscreens expire over the winter.
2. When working in the yard or walking a trail, check clothing for ticks.
3. Remember to hydrate, if you're upping activity don't forget the water.
4. Stretch it out before and after a long walk or working outside to avoid injuries or soreness.



## Language and Literacy Tips:

### *Spring Books to Enjoy!*



## Community Events

### Celebrating April Month of the Young Child

Kick-Off Celebration April 2, 2018

Along with celebrating our youngest learners during April, the Rochester Chapter of NYAEYC will recognize early childhood educators as the shining stars who bring light into the lives of children and families.

Our kick-off celebration at the Strong Museum of Play on April 2nd will feature a special recognition of several exemplary early childhood educators who have been nominated by their peers.

We invite you to attend this exciting evening that will open with refreshments and networking, followed by an official city/county proclamation, the recognition of early educators, a preview of the Rochester International Children's Film Festival, and a training to stimulate creative interpretation of films. Come to the Strong

Museum of Play, 6:30 – 8:30 p.m.

[www.http://www.nyaeyc.org/rochester-chapter-nyaeyc/](http://www.nyaeyc.org/rochester-chapter-nyaeyc/)

## **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.

#### **April 2017**

- 25th - Child Care Council Staff Meeting-Office closed 10am-Noon

#### **May 2017**

- 28th - Child Care Council Office closed for the Holiday
- 30th - 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>

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## **Meet the Staff of Child Care Council**

Introducing Susan Goodno, Legally Exempt Inspector



Hello, my name is Susan Goodno. I joined Child Care Council in January of 2017. I have two amazing daughters (11 & 10) that I could not be more proud of. My background is in Hospitality and Events Management, but I have worked with children for as long as I can remember. I was fortunate to have been able to stay home with my children and become a Licensed Child Care Provider and run a successful program for 2 years. My most recent accomplishment is graduating with honors from RIT, where I studied Visual Communications, Advertising and Public Relations. I believe that my education and experience have enhanced my ability to perform my current duties as an inspector. I enjoy working with the providers because I have the ability to convey our commitment to helping them. Working at

the council has taught me that communication is a fundamental part of the business that our clients rely on.



## **A Closer Look**



## **Professional Development and Training**

By Diane Deveney, Registrar

As you are aware, registered and licensed day care providers and assistants need to do on-going training. The regulations require at least 30 hours every two years that cover the 9 training categories.

The intent of the training requirement in regulation 417.14(f) is training is a means of keeping current with new trends in the field of early learning and care and reminders for how to implement regulations. Take classes that are an interest to you and will benefit you as a provider and enhance your program for the children and families you are serving.

The most efficient way to complete your training hours in the two year period is to **spread the training throughout the registration period** (2.5 hours per month will give you the needed hours.)

There are a variety of courses and financial aid to help pay for the training through CSEA grants, EIP grants, as well as free and discounted classes.

Binge watching all the free video trainings every two years in the last week before your paperwork is due, does not maximize the intent of the training. At times there is a need to take on-line training, but a variety of mediums for training is preferred. The benefits of doing some in-person classes is that you are able to ask questions and interact with the instructor. You are able to interact and share ideas with other providers. You will walk away from the class with new information and ideas to enhance your program.

Make an effort this year to take trainings throughout the two years, and find some new and interesting classes you have not taken before.

See our course calendar for new and interesting topics!  
[www.childcarecouncil.com](http://www.childcarecouncil.com).



## Visual Supports and Autism Spectrum Disorders

By Bethany Williams, Special Needs Coordinator

### What are visual supports?

A visual support refers to using a picture or other visual item to communicate with a child who has difficulty understanding or using language. Visual supports can be photographs, drawings, objects, written words, or lists. Research has shown that visual supports work well as a way to communicate.

Visual supports are used with children who have autism spectrum disorders (ASD) for two main purposes. They help parents communicate better with their child, and they help their child communicate better with others.

### Why are visual supports important?

The main features of Autism Spectrum Disorders are challenges in interacting socially, using language, and having limited interests or repetitive behaviors. Visual supports help in all three areas.

Finally, some children with ASD are anxious or act out when their routines change or they are in unfamiliar situations. Visuals can help them understand what to expect and will happen next and also reduce anxiety. Visuals can help them pay attention to important details and help them cope with change.

### How do I teach it and use it?

Begin to teach the use of these visuals in situations that have clear, defined, brief parameters. As your child understands these visuals better, gradually increase their use in more long-term activities and with more abstract parameters.

Source: Autismspeaks.org



## **A Federal Court has ordered R.J. Reynolds Tobacco, Philip Morris USA, Atria, and Lorillard to make this statement about the health effects of second hand smoke.**

Secondhand smoke kills over  
38,000 Americans each year.

Secondhand smoke causes lung cancer  
and coronary heart disease in adults  
who do NOT smoke.

Children exposed to secondhand smoke  
are at an increased risk for sudden infant  
death syndrome (SIDS), acute respiratory  
infections, and reduced lung function.

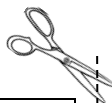
There is no safe level of exposure to  
second hand smoke.

THE NEW YORK TIMES,  
SUNDAY MARCH 4, 2018





## 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 APR-MAY 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) 654-4720.**

### 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 APR-MAY 2018

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

### Wayne County Professional Development Group

**Instructor:** Jason Place                      Newark                      Apr. 2nd, May 7th

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.

### Inclusion

**Instructor:** Bethany Williams                      Rochester                      Apr. 11th

This introductory class is an overview of inclusion and practical ways to make your child care program more inclusive. Information will be presented on the Americans with Disabilities Act and how it relates to child care, in regards to federal laws and state regulations. This class has a reduced rate of \$25.00

### Know the Regulations-Child Care Centers

**Instructor:** Kristine Huff                      Rochester                      Apr. 16th

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.

### Superhero Play and Prop Boxes Galore

**Instructor:** Jennifer Shook                      Rochester                      Apr. 23rd

Play is the never-ending, critical work of childhood. How do we not only encourage Super Hero Play, but turn it into meaningful learning experiences for the children we care for? This class will look at Super Hero Play and several Prop Boxes that caregivers can use in their programs.

### Helping Hands in the Kitchen

**Instructor:** Hector Santiago                      Delivered in Spanish  
Rochester                      Apr. 28th or May 19th  
9:00am-11:30am

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 to CACFP providers participating with Child Care Council.

### Meltdown Management

**Instructor:** Bethany Williams                      Rochester                      Apr. 30th

This Meltdown Management training session is an introduction to challenging behaviors in children with special needs. We will discuss the difference between meltdowns and tantrums, why challenging behavior occurs and prevention strategies. The participants will leave with ideas to use in their programs to decrease the frequency of challenging behaviors. This class has a reduced rate of \$25.00.

### Trauma Informed Intervention

**Instructor:** Rose Shufelt                      Rochester                      May 3rd

All challenging behaviors have a reason. When the behavior stems from a traumatic experience, we need to implement strategies beyond the normal behavioral interventions. This session will focus on how we define trauma and how we can best support children who have experienced a traumatic event including how to support resilience in young children.

### Gender Issues and Diversity in Programs

**Instructor:** Jennifer Shook                      Rochester                      May 7th

As an adult in the lives of young children, we play an important role in guiding children as they explore one of their most pressing questions: Who Am I? We will discuss early learning and how to promote resiliency and look at books that help support healthy gender expression in children.

*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:

### Typical Vs Challenging Behaviors

**Instructor:** Bethany Williams                      Rochester                      May 14th

This introductory class covers the differences between typical vs. challenging behaviors for children with special needs. Participants will learn common triggers for children with disabilities and appropriate intervention strategies. This class has a reduced rate of \$25.00.

### The Value of Play

**Instructor:** Kristine Huff                      Rochester                      May 29th

During this class, participants will explore how children learn and will identify the connections of play to learning. We will discuss benefits of an environment and schedule that encourages play for children. The participants will understand their role in the classroom and will leave with new learning activities and several ideas on how to incorporate high level play into their program.

### Series:

### Perfecting Your Family Child Care Program

**Instructor:** Diane Deveney                      Rochester

**Tuesdays & Thursdays, April 10th - April 26th (15 hours)**

This series is designed to help participants develop a Child Care Program that is developmentally appropriate and will help to support children in their quest for exploring and learning through an environment that is designed with their needs in mind. Participants will leave the series with a “tool box” of ideas, materials, and references to support their program and the work they do with children.

### 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:

Apr. 14th & 21st -or- May 12th & 19th Both in Rochester

#### MAT Independent Study Classes

Apr. 3rd 6pm-9pm - or - Apr. 11th 9:30am-12:30pm  
- or - May 11th 9:30am-12:30pm - or - May 31st 6:00pm-9:00pm All in Rochester

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

April 14th 9am-2pm-Rochester -or- May 12th 9am-2pm both in Rochester  
May 19th 9am-2pm in Newark -or- May 19th 9am-2pm in Lakeville

### 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 2:**

#### **Social Emotional Teaching Strategies**

**Saturday, April 7th 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.