Repurpose & More Store

Submitted by Susan Goodno, Store Services Specialist

Earth Day Can Be Everyday!

Earth Day is on April 22nd every year, but why can't it be every day? What can we do to help? Where do we get more information about recycling and living sustainably? How do we teach our kids about the earth, the environment and being green? These are all questions I had and figured others might as well, so I searched the web for the answers.

The first website I came across is Earth911.com. It offers a ton of information and inspiration about recycling and sustainability in a variety of areas including recycling, composting, and how to buy eco-friendly products. They even have a forum that allows all Earthlings to discuss any topic that's earth-centric. One of the best features is the Recycling Search feature. Just put in your zip code and you'll be given a list of places that accept all kinds of things that can be recycled.

The next web site I found is an amazing resource for educating ourselves and others about being green. It is GreenEducationFoundation.org. GEF is a non-profit organization who is committed to creating a sustainable future through education. Their website offers information for educators, students and groups. There is a Green thumb challenge, certification courses in Sustainability and even a Green Classroom Pledge. Their online courses are self-paced and you may even be eligible for professional development or academic credit.

Finally, with all the information out there, there are a couple things that come through clear. First, we should all do our part to help reduce waste in order to protect the earth. And second, there are plenty of resources to help us learn how important it is and how to get started, or how to do more! Just a little web searching and personal effort can make a huge impact. After all, saving the Earth is so important, and it's the only planet with Chocolate!



To learn more check out these other great resources:

50waystohelp.com - treehugger.com - thesimpledollar.com

Follow us on Social Media!



President Eric Haselbauer - 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



Now offered at Child Care Council, 1.5 hour classes!

A great training opportunity to cover required topics in a shorter time frame.

Child Care Center Regulations March 5th or June 4th

Supervision in Child Care May 6th

Positive Guidance March 18th

Child Abuse and Shaken Baby Syndrome Prevention April 1st

For course descriptions and pricing see our January-June 2019 Early Childhood Professional Development Course Calendar, visit www.childcarecouncil.com or call any Child Care Council office.



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

By Rachael Teixeira, Referral Specialist

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 blog post "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/

(
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Annual Membership Benefits

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Individual Membership - \$75 - Check one

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- Group Family Child Care Assistant
- Legally Exempt Child Care Provider
- Individual Non Child Care
- Child Care Council CACFP Provider
 Membership \$50

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Amount Enclosed:	Check #		
MC/Visa #			
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Signature:			

Center Membership - Check one

- \$200 staff of 1-10
 \$300 staff of 11-20
- School Age Program

Licensed Child Care Center

- \$400 staff of 21-30
 Legally Exempt Group Program
- □ \$500 staff of more than 30 □ Nursery School

Please list names of current staff on a separate sheet and attach and notify regarding changes.

(note: Benefits applicable to all current staff members with the exception of the pin and special gift)

Child Care Council Membership Benefits

- \Rightarrow 20% discount on purchases at the Repurpose and More Store
- \Rightarrow 20% discount on Print Shop orders
- \Rightarrow 20% discount on Council classes listed in the Course Calendar (EXCEPT CDA)
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- \Rightarrow Loan privileges from the Early Childhood Professional Library
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News You Can Use



Repurpose & More Store at .D CARE COUNCIL Open to the public! Fabric, tile and flooring Arts and craft items Various sized bags Ribbon and yarn Cardboard and boxes Packing materials Foam and poster board Magnets and signage Scrap wood Styrofoam and plastic Craft paper and mat board And much more! Store Hours: Monday thru Friday 9:00 am - 5:00 pm Donations accepted - Call for more information Follow us on Social Media Repurpose@ChildCareCouncil.com Introducing: **Print Shop** A new community service of Child Care Council, Inc. »»»» At our main location in Monroe County «««« Brochures • Newsletters • Postcards • Booklets • Flyers • Laminating • Copies Contact our team today for your next project: 585.654.4720

Print@ChildCareCouncil.com

Livingston County

3513 Thomas Dr, Suite 4 Lakeville, NY 14480 585.346.6050 Closed daily from 1 – 2pm

Monroe County 595 Blossom Rd, Suite 120 Rochester, NY 14610 (Look for the blue canopy!) 585.654.4791

3 Convenient Locations:

Wayne County 510 West Union St, Suite 1 Newark, NY 14513 315.331.5443 Closed daily from 1 – 2pm

Creating a Color Laboratory

By Jennifer Shook, Professional Development Specialist

Water play is always a huge hit with infants, toddlers and preschoolers. Why not add color to it? Not only does it add a little more excitement but a bit of science, as well!

Gather up all your supplies. Rummage through your kitchen, check out the bathroom, and sift through your recycle bin for a variety of plastic containers and materials such as: squeeze bottles, (shampoo, condiments, dish soap and body wash), small plastic bowls and dishes, spray bottles, whisks, ice cube trays, funnels, sifters, measuring spoons, and either liquid water colors or food coloring.

Liquid water colors can be purchased on line or at most art stores. It will create vibrant, rich colors. Food coloring can be purchased at most grocery stores and will work well also. You might just need to use more for darker colors.

Help your little ones to put on a smock, old t-shirt or if weather permits, a bathing suit. Fill your containers with warm water, a bit of dish soap, and the coloring. If the container has a lid, give it a good shake or ask your little one to mix it with a plastic spoon.

Now comes the fun! Allow your little ones time to pour, mix, and dump to see what colors can be made. Can they make orange? How about green? What happens when you mix all the colors together?

Always make sure you are using direct supervision with any water play, making sure to clean up any big spills immediately so no one falls.

Don't feel like water play? Use snow instead! Hot outside? This is a perfect activity to use outside. Get swim suits on and enjoy the fun!!

Pg 18

News You Can Use

Take the National Radon Test 5. You can protect 1. Computers vourself from give off Radon by Radon. wearing a True 🗖 False 🕻 oas mask. True 🖸 False 🗆 6. A Harvard University report ranked Radon 7. Radon is the #1 in a list of second leading cause of True 🗖 False 🗖 lung cancer. True 🖸 False 🗖 7. Office of the Surgeon General strongly 3. Windy days can increase Radon 🥐 advises all homes he tested levels in your for Radon. home. RADO TESTER True 🗆 False 🗆 True 🖸 False 🗖 4. Radon enters 8. You can call vour home 1-800-SOS-RADON to find out how to from oet vour familv's underground. home tested and True 🖸 False 🗖 made safer. True 🗆 False 🗖 1 - 800 - 505 - RA

🗞 Nurse Notes 🐧

Answers: 1. False 2. True 4. True 5. True 6. True 7. True 8. True

Now's the Time to Check-Maybe Replace-your CO Alarms

In 2011, laws passed almost simultaneously in many states required the installation of carbon monoxide (CO) alarms in most houses, apartment buildings, rental dwellings and hotels. Since most CO alarms have a lifespan of no more than 7 years, yours might be expiring right now.

Old units lose efficiency and can put your family at risk of fatal CO poisoning. CO is invisible and odorless, so an early warning from a working CO alarm is crucial. CO can be created when fuels used in heating and cooking equipment don't burn completely. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

Some questions you should ask yourself:

- 1. Do I have enough CO alarms (and smoke alarms)? The US Fire Administration recommends installing CO alarms in a central location outside each separate sleeping area and on every level of your home (including the basement).
- 2. Do all alarms comply with manufacturer instructions and current guidelines about their shelf life? Check the manufacturer's recommendations (usually on the back of each unit) for how often your CO alarm will need to be replaced. It's usually 5 to 7 years.
- Do I know that every alarm—both CO and smoke alarm—is working? Even units that have life-long batteries or are hard-wired still need to be checked at least every six months. The US Fire Administration suggests checking each alarm once a month. Learn more about CO alarms at www.firstalert.com/FAQ/ carbon-monoxide
- 4. Will everyone in your home always respond immediately and appropriately when any alarm activates? Have you planned your escape route? Have you practiced it? Could everyone do it even if the alarm sounds in the middle of the night?
- 5. Can everyone living in my home hear every alarm from any location especially from their bedrooms? For those that have significant hearing issues, bed shakers and strobe lights can supplement alarms. For all homes, interconnected alarms are recommended. You can convert existing units, both smoke and CO, to be wirelessly interconnected using products available in stores and online. Learn more from manufacturers First Alert and Kidde.



Pg 17







Eco-Healthy Hot Tip: Art Supplies Art and craft supplies can contain toxic ingredients such as lead.

Art and craft supplies can contain toxic ingredients, such as lead, asbestos, and organic solvents, creating a risk to the health of children. These ingredients are sometimes used to enhance pigmentation, preserve art products, and improve application.

Art supplies containing toxic chemicals can also produce fumes that trigger asthma symptoms, allergies and nausea, especially if used in a poorly ventilated area.

How are Children Exposed?

Children are exposed to the toxic ingredients in art supplies through inhalation, skin and eye contact, and ingestion. Inhaling dust and vapors from art materials can damage developing lungs and cause respiratory irritation. Using art supplies in a poorly ventilated area can trigger asthma, allergies, headaches, and nausea.

Getting art and craft materials on your skin can irritate it, and rubbing your eyes with unwashed hands increases chemical exposure even more. Younger children who put their hands into their mouths can ingest chemicals from art supplies.

Tips for Choosing and Using Art and Craft Supplies

It is important to purchase and use supplies that have been certified as non-toxic by the Arts and Creative Materials Institute (ACMI), also identified by the Approved Product (AP) seal.

More Tips:

- Purchase only fragrance-free products. Even products labeled with the ACMI AP seal may contain fragrance chemicals which can be respiratory or skin irritants.
- Read labels and identify precautions.
- Keep the art work space well ventilated by opening windows and using fans, or take the art project outside.
- Do not allow children to eat or drink while using art and craft materials.
- Ensure children wash their hands thoroughly after using art and craft supplies.

Additional Resources:

Art and Creative Materials Institute - www.acmiart.org EPA's Creating Healthy Indoor Air Quality in Schools - www.epa.gov/iaq-schools EHCC's Art Supplies Fact Sheet - cehn.org/wp-content/uploads/2015/12/Art_Supplies_3_18-2.pdf



Self-care

By Gina Barber, Legally Exempt Enrollment Specialist

Self-care *(noun)* - the practice of taking action to preserve or improve one's own health.

- the practice of taking an active role in protecting one's own wellbeing and happiness, in particular during periods of stress.

What have you done for self-care this year? This is an important part of your child care program. A stressed out and worn out provider is not an effective provider. The children deserve our best! After a long, cold winter try some of these as self-care.

Stay Hydrated: Make sure you are drinking enough water. A big glass of water when you wake up helps ensure you are not starting your day dehydrated. Being dehydrated can cause you to be tired, cranky, and just not feel well.

Workout: Make sure you are getting enough physical activity to keep your body and heart in shape. If you already have a workout regimen, switch it up and try something different. Try to move for at least 30 minutes a day!

Sleep: Adults should get a minimum of 7 hours of sleep each night. Sleep helps your body heal and recover from a long, busy day.

Be Mindful: Take time throughout your day to really stop and pay attention to what is going on around you. What do you see, what do you smell, what do you hear, what do you feel? Use your senses and take time to really be aware of your surroundings.

Do something for you: Take time to do something just for you each day. Tend to a plant, take time to dance, read a book, listen to music, talk to a friend or cook your favorite meal.

Source: www.womenshealthmag.com



Getting Excited About Trying New Foods

By Rachael Utstein, Registered Dietitian for EWPH



March is national nutrition month and there is no better time than now to get your kids in the kitchen with you! As the winter months come to an end, it is normal to feel a bit stir crazy and ready for that warmer weather. While you wait for Spring to arrive, try livening your shopping and cooking routine by choosing a new fruit or vegetable to try each week. Better yet, bring your kids to the grocery store and have them pick out a new fruit or vegetable from the produce section. You may be surprised at how excited your kids are to try a new food simply because they were able to pick it out!

Fruits and vegetables like citrus fruits, carrots, asparagus, mushrooms, onions, potatoes, and winter squash are good things to try at this time of year. Look for the produce that is featured or on sale at the grocery store as that is often an indicator of what is in season, and will therefore taste the freshest. Choose foods that have fun colors like winter squash, purple potatoes, sweet potatoes, or purple carrots as they are likely to spark interest with the kids!

Try making homemade sweet potato or carrot fries by cutting the vegetables into strips, tossing in olive oil, coating with your favorite spices, and roasting in the oven until veggies reach your desired level of crispy. If you prefer mashed potatoes, use fun colored squash or potatoes in place of white potatoes and have your kids help with the mashing. Don't forget to get excited about cooking new foods as this excitement is likely to spark similar excitement with your kids!

Have your pre-school aged kids help with these tasks in the kitchen:

- 1. Stirring or mixing
- 2. Measuring
- 3. Washing fresh fruits or vegetables
- 4. Sprinkling seasonings
- 5. Arranging fruits or veggies in fun designs on serving plates
- 6. Setting the table

Lastly, don't forget to try new fruits and vegetables along with your kids. If they see you enjoying these foods, they are likely to want to try them too!

Language and Literacy Tips:

Literacy Tips for Babies



Learning to read is a process that begins at birth. Almost every activity that you do with infants can be considered a brain building, literacy activity. Each new experience encourages brain connections that will support an infant's development and lead to future academic and literacy success.

- 1. Talk to babies: sing songs, enjoy finger plays, recite nursery rhymes, and have a "conversation" with your little one. As you respond to your baby's babbling, you are building language and helping your baby understand conversation patterns.
- 2. Expose baby to various textures, experience water play and blow bubbles.
- 3. Listen to different types of music, dance, clap your hands, and play instruments.

THE REPURPOSE AND MORE STORE ITEM OF THE MONTH IS:

DVD Cases Fill a bag! Small \$1, Large \$5 Awesome ideas!:





Travel doll, Giant Dominos, Loom, Work book



Child Care Council

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.

March

• 27th - Child Care Council Staff Meeting-Office closed 10am-Noon

April

- 19th Closed for the Holiday (Open for Fingerprinting services only)
- 24th Child Care Council Staff Meeting-Office closed 10am-Noon

Check out our social media pages!

Twitter	https://twitter.com/ChildCareCoun
Facebook	https://www.facebook.com/ChildCareCouncilinc
Pinterest	http://pinterest.com/cccouncilinc/
YouTube	http://www.youtube.com/user/ChildCareCouncilinc

Meet the Staff of Child Care Council

Introducing Amber Houser, Administrative Assistant



Hello, my name is Amber Houser. I joined the Child Care Council in July of 2018. My background is in Business Administration. Working at the council has taught me that our communities need more providers. I enjoy working with our providers because a brighter future is needed for our children. I am a single mother of two girls. I look forward to seeing my children help the community and change the world for the better, even if that just starts with excellent customer service.



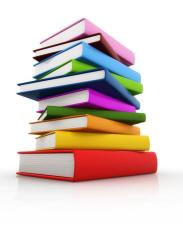
International Children's Book Day

By: Larissa Cutulle, Registrar

April 2, 2019 is International Children's Book Day. As the co-founder of the <u>Books 4 Fun</u> program here at the Child Care Council, it is my great pleasure to announce that any child care provider who visits the council may bring home free books to share with their program. Also, any child who comes into the council may pick out a free book to take home with them. There is a sticker placed on the book for the child to write their name on. Staff members at the Child Care Council will also be bringing books out to programs within the community.

Reading is extremely important for children's development. Whether it is an infant looking at the pictures and colors in a board book, or a school age child reading a chapter book. Reading assists children with brain development and allows for their imagination to grow.

<u>Books 4 Fun</u> was designed to reinforce the importance of reading, so please come in and pick up your free books through the <u>Books 4 Fun</u> program!







The Importance of Social Emotional Development

By Bethany Williams, Special Needs Coordinator

Social-emotional learning focuses on development of five competencies: self-awareness, selfmanagement, social awareness, relationship skills and responsible decision-making. Putting an emphasis on those areas can help students build skills in communication, listening, cooperating with others, resisting peer pressure and negotiating conflict. It also lightens the prospect of bullying.

Among the findings from a recent study:

- Peer relationships offer opportunities for kids to learn a range of "critical social-emotional skills," both positive (for learning empathy and problem-solving, for example) and negative (through bullying or exclusion);
- School-based programs can offer a good foundation for promoting healthy social-emotional development and creating positive peer cultures;
- Children undergoing "peer difficulties" often need additional, systematic, and intensive social skill coaching; AND
- Peers can be "powerful forces" for facilitating (or undermining) group programs, therefore, how

teachers and intervention providers are trained needs particular focus.

"Learning how to get along with and enjoy others is a capacity needed throughout the lifespan and it is much more complex than learning how to learn to read or work with numbers — skills that are intensively supported in the early school years," the recent report concluded. "Attention to socialemotional learning in schools is on the rise; however, there is a pressing need for schools to be attuned to peer dynamics and enhance the harmony of peer relationships, especially for those students who are struggling to become accepted and liked by peers."

Social emotional development is key in supporting children in the early childhood development and beyond.

Source: https://thejournal.com/articles/2019/01/30/how-social-emotional-programs-make-a-difference.aspx

STRONG NONPROFITS FOR A BETTER NEW YORK

NYS Assembly Declare Feb 18-22 as Nonprofit Infrastructure Week

The NYS Assembly adopted a Resolution, memorializing Governor Andrew M. Cuomo to proclaim February 18-22, 2019, as Nonprofit Infrastructure Week in the State of New York.

We want to thank Assemblymember Andrew Hevesi for sponsoring the resolution in the Assembly and Senator Roxanne Persaud for sponsoring the resolution in the Senate.

New York State relies heavily on nonprofit human services providers to deliver essential services in their communities, but the majority of State contracts do not cover the full costs of running programs. As a result of funding gaps, nonprofits are often forced to delay crucial physical and technological infrastructure upgrades and repairs, in order to maintain consistent service delivery. Delays in infrastructure repairs/updates can have severe adverse effects for human services nonprofits and their clients, including interruptions in service delivery, restrictions to the number of clients served, and even create risk of harm to employees' and clients' emotional and physical health and safety.

Join the campaign to call for an \$100 million investment for nonprofit infrastructure in the FY20 State Budget:

For more information on ways to participate visit www.strongnonprofitsny.org/newevents



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COURSE REGISTRATION FORM

For Health & Safety or Business 101 Series, NYS			
Name		one	
If your name has changed, please write your previous na	ame below		
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Child Care Council Membership # Email	Address:		
Home / Mailing Address			
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Is this a change of address or contact?Yes	No		
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CLASSES AT CHILD CARE COUNCIL MAR-APR 2019

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 <u>Child Day Care Orientation</u> 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 SafetyFirst Aid and CPRProgram DevelopmentIntroduction to CACFPRegulationsBusiness Class

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 MAR-APR 2019

Individual Classes: All classes are 6:30-9:00	pm unless othe	erwise noted.
Wayne County Professional Development Group	Newark	Mar. 4th
Instructor: Jason Place		Apr. 1st
Family and Group Family child care providers meet togeth	ner once a month	to network,
support each other, and participate in a training chosen by	the group. Ther	e is a different topic
each month. If you would like to join the group, contact u	s for the details.	(585) 654-4798
Autism Spectrum Disorder	Roch	Mar. 4th
Instructor: Bethany Williams		
This Autism Spectrum Disorder training session is an intro	oductory course a	bout the
characteristics of Autism Spectrum Disorders in young chi	ldren ages 3-5. V	We will look at what
current research tells us about Autism Spectrum Disorder		ort children while
they are in child care by creating a more sensory friendly environment.		
Sexual Harassment Prevention Training	Roch	Mar. 11th
Instructor: Hector Santiago		6:30pm-7:30pm
An interactive, one-hour training that helps the participant better understand what is		
considered sexual harassment. The training will review NYS laws and policies regarding sexual		
harassment and will review the steps to take to prevent, report and investigate allegations of		
sexual harassment in the workplace.		
Positive Guidance	Roch	Mar. 18th
Instructor: Jennifer Shook		6:30pm-8pm
We will review possible causes of behavior and many strategies which will include		
communication, positive statements, active/reflective listening, planned ignoring, modeling, redirection, and natural and logical consequences.		
C I		
Helping Hands in the Kitchen 2.0		
Instructor: Jodi VerWeire	Roch	Mar. 23rd
Hector Santiago	Roch	Apr. 27th

This class is an extension of last year's Helping Hands in the Kitchen. It will review additional developmentally appropriate ways to involve children in the kitchen using new hands-on activities, with an expanded focus on family style dining and the ways to implement it in child care programs. FREE for CACFP who participate through Child Care Council.

Child Care Center Regulations	Roch	Mar. 25th
Instructor: Kristine Huff		6:30pm-8pm
Learn about NVS shild care regulations, required forms	and do sum onto	

Learn about NYS child care regulations, required forms, and documents

Nutrition Grow Healthy Children

Instructor: Catherine Turco	Roch	Mar. 30th
Darla Ferrante	Roch	Apr. 2nd
Catherine Turco	Roch	Apr. 27th
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Just learning meal portions? Our class teaches hands on meal portions and skills including how to prepare balanced meals and healthy choices. The class will offer the opportunity to discuss meal patterns and how to promote healthy choices to help children's growth. FREE for CACFP who participate through Child Care Council.

Child Abuse and Shaken Baby Syndrome Prevention RochApr. 1stInstructor: Jennifer Shook6:30pm-8pmWe will discuss laws concerning mandated reporting, indicators for abuse and neglect and
making a report to the SCR. We will discuss Shaken Baby Syndrome and explore the physical
consequences of shaking a child.

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

<u>Specialty Classes:</u>

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: Mar. 23rd & 30th 9am-2pm - Rochester

MAT Independent Study Classes Apr. 25th 9:30am - 12:30pm or Apr. 30th 6pm - 9pm - Rochester

American Red Cross First Aid and CPR—Infant, Child and Adult CPR and Basic First Aid Saturdays from 9am-2pm - Mar. 9th-Newark, Mar. 16th-Rochester, Apr. 6th-Lakeville, Apr. 13th-Rochester



The FLIP IT! Strategy

Using FLIP IT! To Address Challenging Behaviors

FLIP IT! (1) is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day-to-day challenging behavior. The four steps are embodied in the FLIP IT! mnemonic which stands for F-Feelings, L-Limits, I-Inquiries, and P-Prompts. FLIP IT! is nothing new, but transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable. Children who are frequently "FLIPPED" become emotionally aware problem-solvers who develop healthy coping skills that will last a lifetime.

Note: This training compliments Pyramid Model practices and can be taken before or after Pyramid sessions. March 4th & 11th 9am-1pm - Instructor: Kristine Huff

NYS Training Opportunity

Pyramid Model Training Instructor: Rose Shufelt

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, April 6th 8am-3:30pm - Rochester - Bring a lunch!

> Pyramid Model: Preschool Module 3: Individualized Intervention Saturday, March 9th 8am-3:30pm - Rochester - Bring a lunch! (Must have already had modules 1 & 2)