

# Chat

**1-800-424-4532**



January-March 2022



#### **COVID-19 Vaccines for Children and Adolescents**

The COVID-19 vaccine is safe, effective and will help protect eligible children and adolescents ages 5 - 17.



### ***New Year New you?***

This year instead of saying "new year new me" lets try to be more uplifting and say new year *improved* me. Start off 2022 with a fresh new mindset.

Make a list of goals and milestones that you not wish to only meet but succeed in! This is the year for growth, happiness and new beginnings.

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National CACFP Week is not only about creating greater awareness of this USDA program, it is also a **celebration of children and you, their caregivers**. As child care providers who participate in the CACFP, you recognize that children need good nutritious foods to be healthy and to be able to grow and play and learn. You understand the important role you have in encouraging children to try new foods and to eat wholesome meals and snacks to ensure that they receive the important nutrients they need.

**Reasons to celebrate National CACFP week include:**

Families with limited time and resources often struggle to provide healthy foods. The meals you serve to the children in your care might be the most nutritious ones they receive each day.

Children who experience hunger and/or poor nutrition may struggle with behavioral issues which can lead to social struggles with peers and educators. These issues can lead to poor performance in school.

**When your program provides meals and snacks that meet USDA standards, you are giving children a greater opportunity for success in their education and future career and life endeavors.**

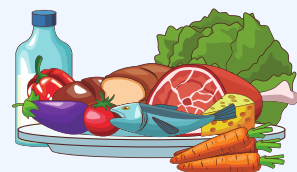
Your participation in the **CACFP also brings much needed federal dollars into the local economy**. You are helping to support neighborhood businesses and in turn, their employees and families.

With just these few examples, it is easy to see that there is much to celebrate about participating in the CACFP!

**Happy National CACFP Week! Thank You for your loving care and dedication to children!**

How Will **YOU** Celebrate National CACFP Week?  
Watch the Council's Website For More Information.

# CACFP Tips and Updates



October 2021 was previously announced to be the month that **Ounce Equivalents for Grains** would go into effect. For New York State CACFP participants, the deadline for compliance has been delayed to July 1, 2022.

For the time being, we will be **returning to “desk audits” for monitoring visits** - remote reviews of programs and records. Daily records of attendance and meals/snacks served must still be maintained—either in Kidkare or on paper as always. Not recording attendance and/or meals and snacks served daily = disallowances. Don't let that happen!

Why wait to take CACFP training? 1 hour of CACFP-approved training plus civil rights is required each calendar year. You can **take CACFP and Civil rights training any time at your convenience** by going to our website page:  
<https://www.chautauquaopportunities.com/cacfp/>.

We are trying a **new system for children's renewals in the CACFP!**

All Registered and Licensed Providers' children's enrollments will renew in February— either with paper forms or eforms.

Legally Exempt providers will renew in March. We anticipate this to be an easier method for ensuring that renewals are kept up to date.

Speaking of enrollments, any time there is a change in a child's schedule, address, etc., a new enrollment form must be created and **signed in the month the change occurred.**

**Trying New Foods** is one of the Biggest Challenges for Children - and their Caregivers!

Here's a link to a short Sesame Street video that might be helpful called “Trying New Foods.”

<https://sesamestreetincommunities.org/activities/trying-new-foods/>

Here's a link to a longer (36-minute) compilation of Sesame Street Food Videos that might also be helpful in getting children to try new foods.

[https://www.bing.com/videos/sehttps://www.bing.com/videos/search?](https://www.bing.com/videos/sehttps://www.bing.com/videos/search?q=sesame+street+food+video&view=detail&mid=73F472D5F2AB282134E173F472D5F2AB282134E1&FORM=VIRE)

[q=sesame+street+food+video&view=detail&mid=73F472D5F2AB282134E173F472D5F2AB282134E1&FORM=VIRE](https://www.bing.com/videos/search?q=sesame+street+food+video&view=detail&mid=73F472D5F2AB282134E173F472D5F2AB282134E1&FORM=VIRE)

**Good Luck!**



## **HERE ARE 10 COLD WEATHER SAFETY TIPS TO PROTECT CHILDREN**

1. Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.
3. Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. Use sunscreen. Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. Use caution around fires. Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put-up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. Get trained and equipped. Children should wear helmets when snowboarding, skiing, sledding, or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
8. Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.
9. Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water and try giving them warm drinks and soup for extra appeal.
10. Watch for danger signs. Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

<https://www.savethechildren.org/us/charity-stories/cold-weather-tips>



## Elijah's Law

In 2019, New York State adopted new legislation called "Elijah's Law". The law is named after 3-year-old Elijah Silvera from New York City who was given a grilled cheese sandwich while at day care despite having a known severe dairy allergy. ... Allergies have the potential to create a life-threatening situation.

Food allergies are the most common cause of anaphylaxis outside the hospital setting. The most common food allergies in infants and children are eggs, milk, peanuts, tree nuts, soy, wheat, fish and shellfish. Other causes of anaphylaxis include allergies to insect bites, dogs, cats, medications, and latex. Nearly 8 percent of United States children (1 in 13 children) have at least one food allergy, and approximately one in five children with a food allergy reported one or more allergy-related emergency room visits in the previous year.

Children with allergies may develop symptoms, such as hives and shortness of breath, when they encounter an allergen. An allergen is anything that can cause an allergic reaction. Take all allergic symptoms seriously because both mild and severe symptoms can lead to a serious allergic reaction called anaphylaxis. Children with allergies may develop symptoms, such as hives and shortness of breath, when they encounter an allergen. An allergen is anything that can cause an allergic reaction. Take all allergic symptoms seriously because both mild and severe symptoms can lead to a serious allergic reaction called anaphylaxis.

Anaphylaxis is a multi-system allergic reaction. Symptoms of anaphylaxis usually involve more than one part of the body such as the skin, mouth, eyes, lungs, heart, gut, and brain. Some symptoms include:

- Shortness of breath, wheezing, or coughing
- Pale or bluish skin, faintness, weak pulse, dizziness
- Tight or hoarse throat, trouble breathing or swallowing
- Significant swelling of the tongue or lips
- Many hives over the body, widespread redness
- Vomiting a lot, severe diarrhea



Anaphylaxis must be treated right away to provide the best chance for improvement and prevent serious, potentially life-threatening complications.

## Epinephrine Auto-Injector

Epinephrine is the FIRST LINE drug of choice for the emergency treatment of severe allergic reactions to foods, insect stings or bites, drugs, or other allergens.<sup>4</sup> Epinephrine is a safe medication. There is no medical reason for trained, designated staff to withhold administration of an epinephrine auto-injector in an emergency if anaphylaxis is suspected. A delay in the administration of epinephrine could result in death. Furthermore, improved outcomes have been reported with early administration of epinephrine (including decreased likelihood of needing additional medications in the Emergency Department and less likely to require overnight hospitalization). With proper training on the administration of epinephrine auto-injectors, any child care staff member can administer this life-saving medication in an emergency when anaphylactic symptoms appear, pursuant to the program's Health Care Plan.

## POLICY

Every child day care center (DCC), group family day care (GFDC), family day care (FDC) school-age child care (SACC), and small day care center (SDCC) must have a comprehensive Health Care Plan that includes the prevention of allergic reactions and the recognition of and prompt response to anaphylaxis.

This plan must be reviewed as required by regulation and updated when circumstances, conditions or activities change or as required.

## Training

Elijah's Law training can be found on the ECETP training site: [ecetp.pdp.albany.edu](https://ecetp.pdp.albany.edu)

# **Building In the Snow & Other Winter Ideas**

Every winter we teach our children how to make snow angels, snowballs, snowman and maybe even a snow fort, but what else can we do with the snow? Below are a few extra fun ideas to help us enjoy our winter days ahead.

## **Build a snow dog:**



## **Sneezy The Snowman: Virtual Book**



**Fill up bottles with food coloring to paint in the snow:**



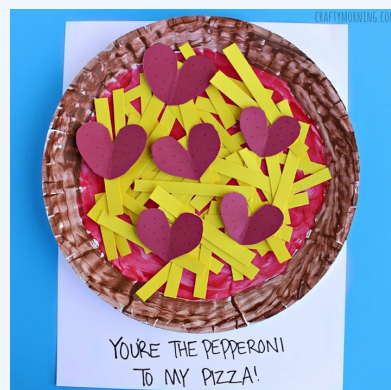
## **Jack Hartman: Freeze Dance**



**Blow bubbles outside and leave them to freeze:**



## **Valentine's Day Craft Idea:**



## **Caregiving for Special Needs Training** **Series begins in January 2002.**



**Special Needs encompasses a wide array of medical and mental Health cares and concerns. Medical needs may include children with Diabetes, Asthma, Alternative feeding/diets, Seizure Disorders, and other medical diagnoses. Mental Health concerns include Anxiety and Depression as well as various Developmental Disorders, such as Autism and Learning Disabilities. Caring for children in a childcare setting with special needs can be challenging. Child care givers can attend this Training Series and learn about the different Special Needs of Children and strategies on how to care for them in the childcare setting.**

**In January, Saturday, 1/15/22, the Series will begin with a session on Self Care. This session will emphasize the importance of taking care of oneself to care for others. There is a saying that says, “We cannot draw from an empty well”. In this session, focus will be on how to “fill the empty well” so that childcare providers can be their “best selves” and ready to care for children of all needs.**

**Sessions will continue throughout the year monthly, alternating 2nd Saturday 10am-11am and 2nd Tuesday 630pm-730pm to accommodate childcare provider’s schedules. Topics will include AUTISM 101, ADHD and other topics at the request of childcare providers.**

**For more information, please contact Rebecca Reed, Infant Toddler Mental Health Consultant at Chautauqua Opportunities, Inc. Child Care Council at (716) 366-8176 ext. 3216 or [rreed@chautopp.org](mailto:rreed@chautopp.org).**

# Chautauqua County Family friendly events January- March 2022

Events may be subjected to change  
depending on COVID-19 guidelines



## **PUBLIC SKATING:**

**Winter is finally here and so is ice skating!**

**Skate rentals are \$3 each with concession stands available.**

**Masks are required at the two locations:**

280 Central Ave Fredonia, NY 14063. (716) 673-3112

319 W 3rd St, Jamestown, NY 14701. 716-484-2624

## **SUNDAYS AT THE AUDOBON:**



**Stop on down for a literary adventure paired up with  
some amazing animals! Not only do you get to learn  
about animals you can see them too!!**

Please call ahead to make reservations at at 716-569-2345  
1600 Riverside Road, Jamestown, NY 14701

## **WINTER FEST**

**Come one come all to Bemus Point's 7th annual Winter Fest  
on January 22nd! This is an indoor and outdoor event with  
something in mind for everyone, with Live music, vendors,  
displays, raffles and more!**

From 12pm- 6pm at 72 Main Street,  
Bemus Point, NY





**<https://ocfs.ny.gov/programs/childcare/>**

Information for providers, parents, and the general public regarding child care.

**<https://strongstartschaut.com/>**

Resources for parents, caregivers, and educators working with children age 0-5

**<https://chautauquaopportunities.com>**

A community action agency. Visit COI's homepage, services tab, for a variety of services offered.

**<http://tomcopelandblog.com/>**

Information and resources for home based child care business owners

**<https://chqgov.com/public-health/public-health>**

Covid-19 and general health information

**<https://www.sbdcjcc.org/>**

Small Business Development Center

**<https://www.irs.gov/>**

Tax information and forms



*Giving Providers, Parents and Businesses the Resources to Better Our Children's Future*

## **Chautauqua Child Care Council Staff**

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## **Chautauqua Child Care Council Advisory Board Members**

**Dr. Jennifer Berke**

**Dr. Mira Berkley**

**Bonnie Caldwell**

**Jessie Hill**

**Jill Triana**

**Judy Yarber**

**Lindsey Ellis**

**Stephanie Stevens**

**Marilyn Orlando**

**Donna Shepard**

**Sharon Rinehart**

**Elizabeth Starks**

**Angela Moran**

**If You Are Interested In Becoming A Council Advisory Board Member, Please Contact the Child Care Council:**

**716-661-9430 Ext. 2227**



**The Chautauqua Child Care Council works to foster collaborative relationships in order to build a strong responsive child care support system meeting the needs of all Chautauqua County families, child care providers, businesses and communities.**

**Mission Statement – Chautauqua Child Care Council**

**Be In The Know.**

**Take An Active Role In Child Care.**

**Early care and education policy needs  
your support in order to truly give  
all children a great start in life.**

**For more information go to:  
[www.childcareaware.org/public-policy](http://www.childcareaware.org/public-policy)  
or call 716-661-9430**

**Thank you!**