

# The CHAT

## February 2025



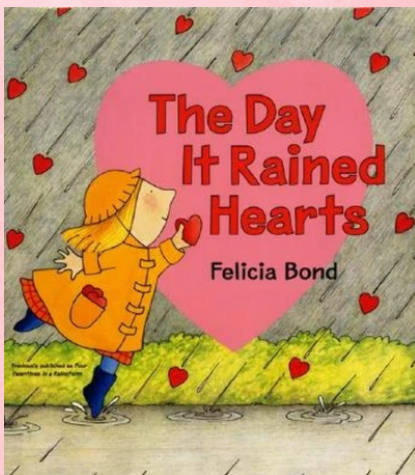
## American Heart Health Month

The month of February reminds us to take care of our hearts and consider our risk factors. Heart disease can happen at any age and some risk factors are preventable. We can reduce our risks and eliminate those we have control over. The dominant risk factors include obesity, physical inactivity, high blood pressure, smoking, high cholesterol and diabetes.

Regular daily physical activity and eating a nutrient dense healthy diet are the best ways to reduce your risk of heart disease. The recommended amount of exercise for adults is 30 minutes per day at least 5 days a week and 60 minutes per day for children ages 6-17. Toddlers and preschoolers should be moderately active at least 180 minutes, or 3 hours everyday.

A heart healthy diet is just as important and should include whole foods that are low in trans fat, saturated fat, sodium and added sugar. Fill your plates with whole grains, fruits and vegetables, lean protein and low fat dairy. You also need to focus on hydration. Drinking water throughout the day not only keeps you hydrated, but keeps you feeling fuller longer, so you can avoid unnecessary snacking in between meals.

## The Book Nook



A creative and sweet story, perfect for Valentine's Day, that helps open the hearts of young readers. From the beloved illustrator of If You Give a Mouse a Cookie.

One day it rains hearts, and Cornelia Augusta catches them. She realizes that the hearts are perfect for making valentines. Each heart is special in its own way, and Cornelia Augusta knows exactly who to send them to her animal friends.

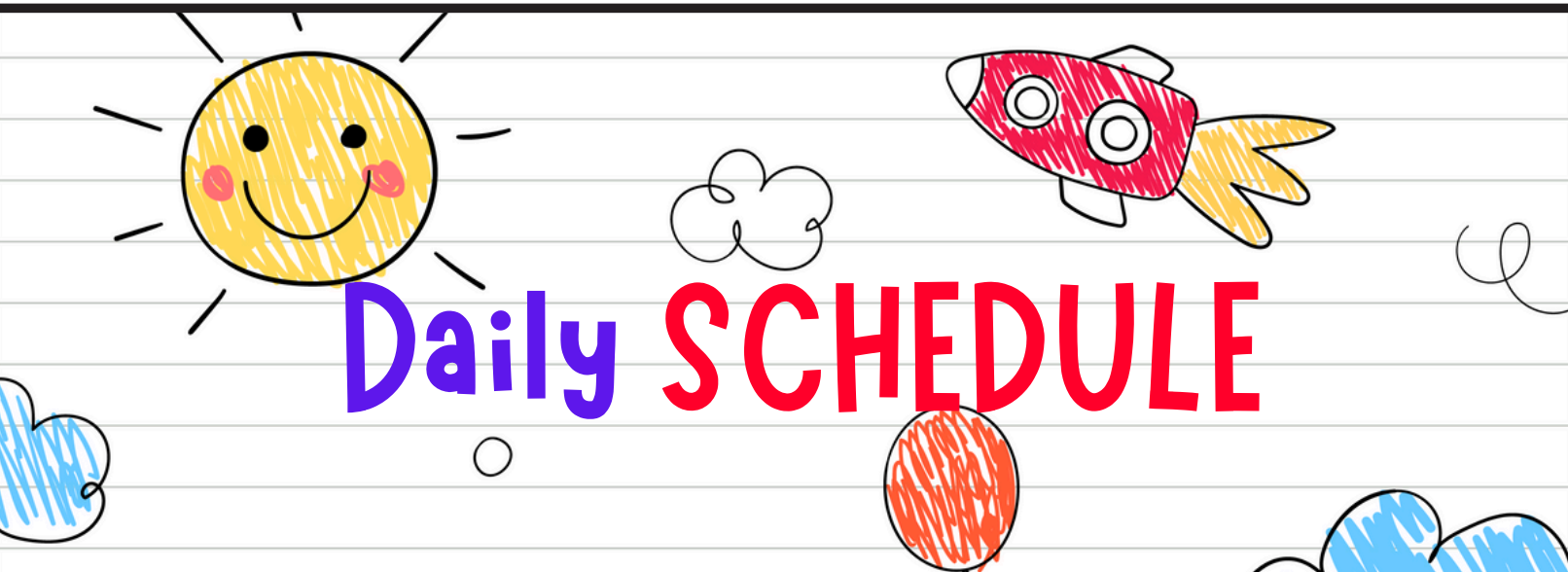
A fun way to spark creativity and thoughtfulness! The perfect book to pair with Valentine's Day crafts.





# Office of Children and Family Services

## Regulations Review



### Daily SCHEDULE

A written daily schedule of program activities and routines is required.

#### SACC 414.7 (a)(1)

The program must establish and implement a written daily schedule of an organized, informal and nonscholastic program activities appropriate to the age, needs and interests of the children, including children with disabilities. There must be physical activity, appropriate to the ages of the children in care, every day.

#### GFDC/FDC 416.7 (a) & 417.7 (a)

The program must establish and implement a daily schedule of program activities that offers reasonable regularity in routines, including snack and meal periods, nap and rest periods, indoor activities, outdoor play time and a variety of large muscle activities throughout the day. There must be physical activity, appropriate to the ages of the children in care, every day.

#### DCC 418-1.7 (a)(1)

The program must establish and implement a daily schedule of program activities that offers reasonable regularity in routines, including snack and meal periods, nap and rest periods, indoor activities, outdoor play time and a variety of large muscle activities throughout the day. There must be physical activity, appropriate to the ages of the children in care, every day.



# Professional Development



## After the holiday “blues”

The end of year can be a busy time for Child Care providers and their families. Holidays are usually a time of excitement due to event filled days and a lot of anticipation prior to the days and weeks of celebration. While most of us celebrate in different ways, it is a common occurrence to experience some sort of “holiday blues.”

The holiday blues is described by NAMI (National Alliance on Mental Illness) as experiencing feelings of anxiety or depression during the holiday season. These feelings can be extended in the post season as well due to reduction of the stress hormone, adrenaline. This rise in adrenaline is caused by an increase in stress due to anxiety, excitement and even fear. As this hormone level declines, it is common to experience feelings of tiredness, sadness, loneliness, isolation and frustration.

If you notice that you are experiencing “blues”, such as being tired, sad or even jittery, it is important to take care of yourself. NAMI recommends: sticking to a routine, eat balanced meals, exercise and get plenty of rest. This is especially true for child care providers. As we know, child care providers need to care for themselves so that they can provide optimal care for children. Children benefit from consistency in routines, plenty of rest and nutritious meals.



Please contact the Child Care Council for ideas on promoting self-care at (716) 641-9430 or (716) 366-8176.

For additional information on assistance in dealing with prolonged anxiety and depression, please contact Chautauqua County Department of Mental Hygiene at (716) 661-8330 in Jamestown or (716) 363-3550 or visit their website <https://chqgov.com/mental-hygiene>.



# CACFP & Nutrition



**National CACFP Week is March 16-22**

The 3rd week in March is National CACFP week. What will you and the children in your program be doing to celebrate? There are some children's activities that providers can access without being a member of the National CACFP Sponsor Association by using this link: <https://www.cacfp.org/campaign/>. Here is a poster that you can print with space to write down what your program will be doing to celebrate to share with families (see next page). The Council would love to hear about what your program plans to do. Some suggestions include: try a new food or recipe; host a food drive; study a food - where did it come from, what does it feel like, taste like, smell like and so on. Then, record what children learned.



**Register for Food Feud!**  
**March 13th or March 27th**



Come and play Food Feud - our version of Family Feud - and have lots of fun while learning more about the CACFP, nutrition, tips, hints, and more!

**Thursday, March 13 - 6:00 PM to 7:15 PM**  
**Laughlin Community Action Center, 402 Chandler Street, Jamestown**

**Thursday, March 27 - 6:00 PM to 7:15 PM**  
**Connections North, 10825 Bennett Road, Dunkirk**

This training will cover the annual required CACFP training for 2025 and civil rights.

**to Register click this link:**

**<https://www.eventbrite.com/o/chautauqua-child-care-council-42541026163>**

**or call:**

**Chris Wigren (716) 661-9430 x 2269 or Lindsey Burke (716) 661-9430 x 2275**



**Use this link for important information on reducing the risk of choking in children under age 4:**

**<https://www.cacfp.org/assets/pdf/USDA+FNS+-+Reducing+the+Risk+of+Choking+EN-SP+cacfp.org/>**



# **We are celebrating National CACFP Week!**



**March 16–22, 2025**





# Grants



Angie Newhard received the Trauma Sensitive Spaces Grant!

Highchairs

Strollers

Play Centers



Samantha Fancher received the Business Care Grant.

Printers

Laptops

Nap Cots



Daisy Jorge received the Health & Safety Grant!



Brenda Voss received the Trauma Sensitive Spaces Grant.

Art Supplies

Safety Gates

Fencing

Click here to apply

<https://forms.gle/464xZaP7RBk2BmbD9>

Sensory Toys





# *Child Care* CONVERSATIONS

On the 4th Wednesday of each month, the Chautauqua Child Care Council invites you to an informational Zoom Meeting. This one hour community forum has been created to discuss all things Child Care related. Please join the Registrars and special guest speakers as we discuss OCFS regulations, grants, community events and much more!

**Next Meeting is  
February 26, 2025  
6:00 p.m.**



**For more information contact the  
Chautauqua Child Care Council Registrars**

**Rebecca Potter**  
[rpotter@chautopp.org](mailto:rpotter@chautopp.org)  
716-661-9430 ext. 2290

**Christina Maddox**  
[cmaddox@chautopp.org](mailto:cmaddox@chautopp.org)  
716-661-9430 ext. 2289





# Child Care Advocacy



Early Care &  
Learning Council

United to Promote Quality

Click here to learn more:

[www.earlycareandlearning.org](http://www.earlycareandlearning.org)

The Early Care & Learning Council and our statewide network of Child Care Resource Centers (CCRCs) are leaders in promoting equitable access to high quality early care and learning that benefits and supports New York State's children and families.

We support policies, regulations, legislation and investments that:

- Promote equitable access to affordable quality child care for all families who need it;
- Respect and reflect the many strengths, languages, cultures and regions of New York State;
- Promote a coherent, integrated child care system, that is responsive to the diverse needs of parents, including those who work nontraditional hours;
- Facilitate collaboration between child care, PreK, Head Start and other programs that serve young children and their families;
- Ensure high-quality by supporting the child care workforce and building a strong, effective and streamlined professional development infrastructure
- Fund financial assistance programs, including child care subsidies and tax credits;
- Support a vibrant, dynamic and adequately funded CCRC system.



Click here for more information:



#### Home

A National Platform for the Child and Adult Care Food Program  
Community Modal Box modal- Click here to edit the "modal-box" settings.  
This text is only for editing and will not appear after you publish the...

📍 National CACFP Sponsors Association /



The National CACFP Association (NCA) has been the leading national organization for those who administer the USDA Child and Adult Care Food Program (CACFP) since 1986, providing education, information on legislation, regulation and advocacy issues, and resources to support the essential work of the CACFP community who ensure that every child has access to nutritious food year-round.



# Parent Page



## Physical Activity

Kids need 60 minutes of activity every day. That may sound like a lot for a school day, but it doesn't have to happen all at once. And there are so many ways to squeeze in activity at different times of the day. Could they get a little more active in the morning? What about after school? Remember, a little here and a little there — it all adds up throughout the day.

<https://odphp.health.gov/moveyourway/get-kids-active>

## Nutritious Eating

Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

<https://www.myplate.gov/tip-sheet/healthy-eating-kids>

## Emotional Well Being

Emotional wellness for kids is important for their development and can help them build resilience, manage feelings, and navigate social relationships.



### Emotional Wellness

Children need to realize that the world is a better place because they are in it. Understanding the importance of personal contribution can serve as ...

 [HealthyChildren.org](https://HealthyChildren.org) / Jan 9

# PROVIDER APPRECIATION DAY!

## SAVE THE DATE:



Friday, May 2, 2025  
6:00 p.m. to 8:00 p.m.



Prize



B I N G O				
1	29	32	59	75
11	30	33	55	63
9	22	FREE	54	66
5	23	34	47	69
8	18	31	49	62

Cassadaga American Legion  
228 Maple Ave.  
Cassadaga, NY





# Resources



CHAUTAUQUA OPPORTUNITIES, INC.  
HELPING PEOPLE...CHANGING LIVES...

[www.chautauquaopportunities.com](http://www.chautauquaopportunities.com)



Chautauqua  
Child Care Council  
Child Care Keeps Chautauqua County Working

[www.chautauquaopportunities.com/  
chautauqua-child-care-council/](http://www.chautauquaopportunities.com/chautauqua-child-care-council/)



Empire State  
CAMPAIGN FOR CHILD CARE

[www.empirestatechildcare.org](http://www.empirestatechildcare.org)



**nyaeyc**  
New York Association for the Education of Young Children

[naeyc.org](http://naeyc.org)



[childcareaware.org](http://childcareaware.org)



Early Care &  
Learning Council  
United to Promote Quality

[www.earlycareandlearning.org](http://www.earlycareandlearning.org)



**ZERO TO THREE**  
Early connections last a lifetime

[www.zerotothree.org](http://www.zerotothree.org)



MyPlate  
U.S. DEPARTMENT OF AGRICULTURE

<https://www.myplate.gov>



Office of Children  
and Family Services

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



Home

A National Platform for the Child and Adult Care Food Program  
Community Modal Box modal. Click here to edit the "modal-box" settings.  
This text is only for editing and will not appear after you publish the...

© National CACFP Sponsors Association

## Share The Chatterbug with your employees and your families!

The Chautauqua Child Care Council is a division of  
Chautauqua Opportunities, Inc.



CHAUTAUQUA OPPORTUNITIES, INC.  
HELPING PEOPLE...CHANGING LIVES...