

The CHAT

June 2025



For a fun-filled summer in Chautauqua County, consider the many outdoor activities available. Kids can enjoy splash pads, playgrounds, and parks. Don't forget about classic summer activities like fruit picking, mini-golf, and outdoor concerts.



**Train Rides
& Mini Golf**



**Midway
State Park**

**Playgrounds
& Picnics**



**Bergman Park
Celoron Park**



**Splash Pads at Wright Park in Dunkirk
and Allen Park in Jamestown**





Office of Children and Family Services

June is National Safety Month



The warm summer weather brings more opportunity to enjoy outdoor play! It's important to remember some key safety regulations while children are playing outside.



Materials and Play Equipment



(1) Materials and play equipment used by the children must be sturdy and free from rough edges and sharp corners.

(2) Play equipment must be in good repair, and be placed in a safe location.

(3) Play equipment must be used in a safe manner.

(4) Play equipment must be used specifically for its intended purpose. Such equipment and apparatus may be used only by the children for whom it is developmentally appropriate.

(5) There must be a cushioned surface under all outside play equipment that present a fall hazard. Surfacing may not include concrete, asphalt, grass or hard compacted dirt.

FDC 417.5(n)(1-5)

GFDC 416.5(n)(1-5)



SACC 414.5(n)(1-5)

DCC 418-1.5(n)(1-5)

(1) Materials and play equipment used by the children must be sturdy and free from rough edges and sharp corners.

(2) Play equipment must be installed and used in accordance with the manufacturer's specifications and instructions, be in good repair, and be placed in a safe location.

(3) Play equipment must be used in a safe manner.

(4) Play equipment and apparatus may be used only by the children for whom it is developmentally appropriate.

(5) All programs that substantially modify, or install new, outside play equipment must do so in accordance with the U.S. Consumer Product Safety Commission's Public Playground Safety Handbook.



Professional Development



Self-care encompasses practices that prioritize one's well-being, addressing physical, emotional, and mental needs. Techniques include exercise, mindful eating, sufficient sleep, and activities like reading, spending time in nature, or engaging in hobbies. It's about making time for oneself and nurturing various aspects of health.

Wellness Small Talk

You are invited!

**Monday June 2nd starting at 5:15pm,
Rebecca Reed will have a virtual discussion group to explore mental wellness practices.**

Join us for some light conversation about the day and the life of a childcare provider. While this career provides so many rewards, it is still important to practice consistent self-care practices.

We'll chat about some common practices and find out what works for all of you.

Looking forward to our meeting in June!

Call for more information (716) 366-8176 or (716) 661-9430 or simply join using the link below.

Join Zoom Meeting

<https://us06web.zoom.us/j/87937323979?pwd=c145AaI6B4M702tXQnBegarQy8FhA1.1>

Meeting ID: 879 3732 3979

Passcode: 372456



CACFP & Nutrition

Reminder...



When children reach the age of 13 years old, they are no longer eligible to participate in the CACFP unless there are special circumstances.

If a provider will be claiming a 13-year-old's meals and snacks, the following is required:

- a) A description of the participant's impairment
- b) An explanation of what must be done to accommodate the disability.
- c) The medical statement must be signed by a licensed healthcare professional or registered dietitian.

In New York State, licensed healthcare professionals that can write the medical statements include physicians, nurse practitioners, physician assistants, and dentists.

CACFP Meal Pattern Reminder: If a milk substitute for a child is requested by the parent/guardian, the request must be in writing, and the milk substitute must be nutritionally equivalent to cow's milk. If a milk substitute is not nutritionally equivalent to cow's milk, a written statement must be obtained from a State-recognized medical authority. See page 53 in "Crediting Foods in CACFP."

Be HEALTHY. Eat HEALTHY

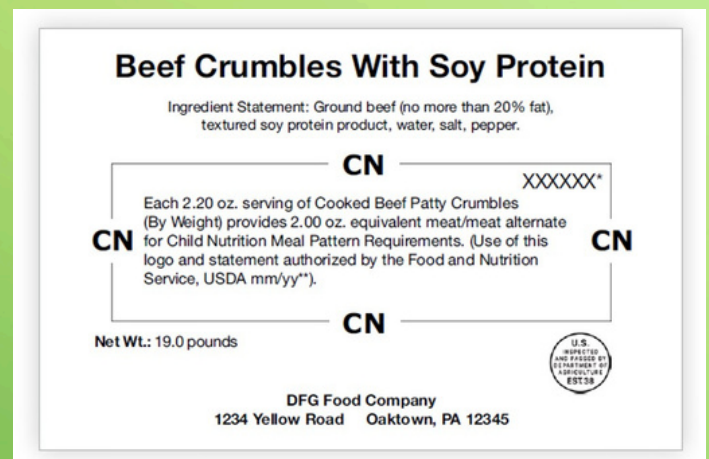


A Word About Child Nutrition (CN) Labels and Production Formulation Statements (PFS)

CN Labels and PFS's are important because they ensure that when children are served commercial products (such as pizza, chicken nuggets, fish sticks, etc.), they are receiving enough protein and/or grains to credit in the

CACFP. Only the crust can count in the CACFP if commercial pizza is served without a CN label or PFS. If chicken nuggets or fish sticks are served without this information, a double portion must be served.

Here is a sample of a CN Label. The USDA does not approve Product Formulation Statements but does provide guidance on what to look for in a PFS.



For more information click here



<https://www.fns.usda.gov/cn/labeling>

Way to go



Congratulations to licensed group family child care provider Brooke Cerrie! Her program, Pride and Joy Child Care, was recently designated a Breastfeeding Friendly Day Care Home by the New York State Department of Health.

Protecting, promoting and supporting breastfeeding is vital to public health. The Chautauqua Child Care Council encourages all family and group family child care providers to earn the Breastfeeding Friendly Day Care Home designation. If you are interested in this program, please contact Chris Wigren or Lindsey Burke at the Chautauqua Child Care Council. 716-661-9430 ext. 2269 or 2275



Pizza

Try this USDA Pourable Pizza Crust (described as easy peasy) made with whole wheat flour.

Find the recipe at:

https://theicn.org/cnrb/pdfs/cacfp/Pourable-Pizza-Crust_25-50_centers.pdf



What's So Great About Plantains?

Plantains are high in fiber and vitamins including A, C, and B6. They are also a good source of potassium, which helps regulate blood pressure, and they contain antioxidants that help prevent cell damage. Even though they resemble bananas in appearance, they credit as a vegetable in the CACFP.

Raw plantains are quite bitter and can cause digestive issues so it is recommended that they be cooked before eating. Use this link to find a recipe for Oven-Fried Plantains from SNAP-Ed NY and the USDA:

<https://snapedny.org/wp-content/uploads/2022/12/oven-fried-plantains.pdf>

Move Over Taco Tuesdays – Make Way for Mushroom Mondays!

These fascinating fungi, which provide many nutrients including vitamins, minerals and fiber, are grown all over the United States including right here in Chautauqua County and nearby Buffalo, New York. Recently, the Mushroom Council announced that it is offering a FREE new toolkit through its “Mushrooms in Schools” initiative. The toolkit is promoting “Mushroom Mondays” and contains recipes, fun and informative materials, and more. Child care providers can use the downloadable resources to help children learn about and enjoy eating this versatile and healthy food.



For Kid Friendly Recipes
Click Here



<https://www.mushroomcouncil.org/school-nutrition/marketing-support/mushroom-monday/>



Meetings/Trainings

CHILD CARE

BUSINESS

CONVERSATIONS

Next Meeting/Training

June 4th at 6:00 pm

**Topic of discussion will
be Child Care Management
Electronic Systems**

**To Register contact Rebecca Potter
716-661-9430 ext. 2290
or email rpotter@chautopp.org**

VIRTUAL CDA CLASS

**June - November 2025
Tuesdays 4:00 pm - 7:30 pm
Some Saturdays 8:30 am - 12:00 pm**

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**If interested please email Beth Faulkner
bfaulkner@chautopp.org
to learn more and receive the Zoom link.**

Child Care Advocacy



A new report from Child Care Aware® of America (CCAoA) reveals a troubling reality: states are failing to invest in child care at the levels needed to support families and grow local economies. The report, “An Uneven Start: 2025 State Funding for Child Care & Early Learning,” highlights America’s fragmented child care system that hurts everyone—children, families, and the economy—and puts forward solutions that can contribute to solving the nation’s child care challenges.

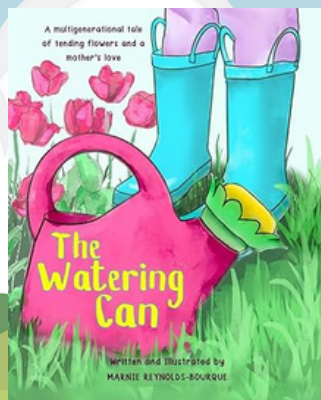
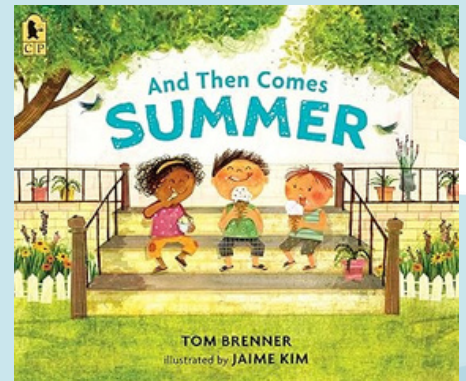
Click the Link
to Learn More

<https://www.childcareaware.org/an-uneven-start-2025-state-funding-for-child-care-early-learning/>



READING

When the days stretch out like a slow yawn, and the cheerful faces of Johnny-jump-ups jump up . . . then it’s time to get ready for summer! From flip-flops and hide-and-seek to fireworks and ice-cream trucks, from lemonade stands and late bedtimes to swimming in the lake and toasting marshmallows, there’s something for everyone in this bright and buoyant celebration of the sunny season.



A young mother and daughter love watering flowers together each evening. But when the daughter grows up, the watering can sits sadly in the garage collecting dust. The years pass and one summer day a new family member sees the watering can and eagerly picks it up. Will her excitement about helping to water heal her grandmothers heart?

Provider Appreciation Day

33

36

8

5

6

7

BINGO!

Was A BLAST!

On May 2, 2025 the Child Care Council hosted a Provider Appreciation event full of festive food, music, prizes and BINGO!

Each year we do our best to show our appreciation for all that you do to ensure that children in our community are able to receive quality care. This year's theme was BINGO NIGHT and more than 60 Providers and guests were in attendance!



Four Providers were the winners of Shop Chautauqua Gift Cards valued at \$50 each and there was one lucky grand prize winner of a \$100 gift card! There were many door prize winners of flower baskets, assorted gift boxes, blankets, smoke detectors and ICE CREAM!

24

16

13

Resources



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

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



nyaeyc
New York Association for the Education of Young Children

naeyc.org



childcareaware.org



Early Care &
Learning Council
United to Promote Quality

www.earlycareandlearning.org



ZERO to THREE
Early connections last a lifetime

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/>



Website
A National Platform for the Child and Adult Care Food Program
Community What's New!
National CACFP Sponsors Association

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 of Chautauqua County's families, child care providers, businesses and communities.

Share The Chat with your employees and your families!

**The Chautauqua Child Care Council is a division of
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