

The CHAT

May 2025



Chautauqua
Child Care Council
Child Care Keeps Chautauqua County Working

Children's Mental Health Awareness Month

Children's Mental Health Awareness Month is observed in May. It's a time to raise awareness about the importance of children's mental health, highlight the need for early intervention and support, and promote positive mental well-being for youth.

“May was first declared as Mental Health Awareness Month in 1949. In 2006, Children’s Mental Health Awareness Day, May 7th, was chosen as a special day during this month to focus on the mental health needs of children. Since 2006, May has been a time to acknowledge the importance of children's mental health, show that positive mental health is essential to a child's healthy development from birth, promote positive youth development, resiliency, and recovery, along with the transformation of mental health service delivery for youth, adolescents, and their families.

The National Child Traumatic Stress Network (NCTSN) has compiled a list of helpful resources for parents and caregivers, children, mental health providers, child welfare and juvenile justice professionals, healthcare providers, educators and school staff, military families, and policy makers.”



Click here to learn more!

**Mental
Health
Matters**



Office of Children and Family Services

Developmentally Appropriate Activities

SACC 414.7(c)
GFDC 416.7(e)
FDC 417.7(e)
DCC 418-1.7(c)

Each program must provide a sufficient quantity and variety of materials and play equipment appropriate to the ages of the children and their developmental levels and interests, including children with developmental delays or disabilities, which promote the children's cognitive, educational, social, cultural, physical, emotional, language and recreational development.

From infancy on, play is an important part of a child's life. For babies and toddlers, simple, playful interactions with adults help develop sturdy brain architecture, the foundations of lifelong health, and the building blocks of resilience. Through games and playful activities, children can practice and strengthen important executive function skills that will help them throughout their lives, including learning to focus their attention, strengthening their working memory, and developing basic self-control.

These activities should be fun, engaging, and encourage exploration, learning, and social interaction.



Professional Development

Wellness Small Talk

You are invited!

Monday, May 5th and 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 May!

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



mental health
matters



CACFP & Nutrition

Calling All Child Care Providers!

Changes in the CACFP are being considered.
Here's what you need to know!



Early Childhood Nutrition Improvement Act

Congresswoman Suzanne Bonamici (D-OH), Congressman Ryan Mackenzie (R-PA), and Senator Richard Blumenthal (D-CT), along with several co-sponsors, have re-introduced legislation to:

- Allow providers who are open for more than 8 hours in a day to be reimbursed for an additional meal (up to 3 meals and 1 snack).
- Align the calculation of reimbursement rates for family child care homes with that of centers by shifting to “food away from home.”
 - Allow annual eligibility for for-profit child care centers to streamline program operations.
 - Require a review of the CACFP Serious Deficiency process.
 - Establish an advisory committee on CACFP paperwork reduction.

Child Care Nutrition Enhancement Act

Congressman Greg Landsman (D-OH) and Senator Richard Blumenthal (D-CT), along with several co-sponsors, have re-introduced legislation to:

- Provide an additional 10 cent reimbursement for each meal and snack served in the CACFP
 - Eliminate tiering of family day care homes
- Allow family day care home providers to claim their own children's meals for reimbursement.

These changes won't take place unless representatives hear from you! If you support these proposed changes, let your representatives know. Encourage parents to contact representatives as well.

**Click this link to take
ACTION NOW!**

<https://www.cacfp.org/action-center/>

Did you know...



- A smoothie made with milk and fruit can credit for both the milk and fruit component at breakfast and lunch/supper, but not at snack.
- A smoothie served at snack made with milk and fruit can only credit for either the milk or fruit component.

For more information on CACFP guidelines and resources, click on the links below.



<https://www.cacfp.org>



<https://www.myplate.gov>

Meetings/Trainings

CHILD CARE

BUSINESS

CONVERSATIONS

**Next Meeting/Training
June 4th at 6:00 pm**

**More details coming soon
in your e-mail!**



VIRTUAL CDA CLASS

June - November 2025

Tuesdays 4:00 pm - 7:30 pm

Some Saturdays 8:30 am - 12:00 pm

Informational Meetings

Every Tuesday in May 2025

4:00 pm - 6:00 pm

If interested please email Beth Faulkner

bfaulkner@chautopp.org

to learn more and receive the Zoom link.

JOIN CHAUTAUQUA OPPORTUNITIES, INC.

AS WE PRESENT



Community Conversations

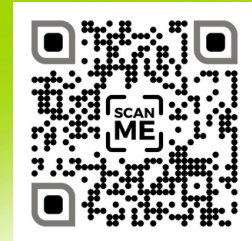
THURSDAY, MAY 8, 2025

5:00 PM - 7:00 PM

CLICK THE ZOOM LINK TO JOIN

[https://us06web.zoom.us/j/89202561625?
pwd=HQGWUdacfQLXlJjVpVxHOcTE3UrP8r8.1](https://us06web.zoom.us/j/89202561625?pwd=HQGWUdacfQLXlJjVpVxHOcTE3UrP8r8.1)

OR SCAN THE QR CODE



COME AND LEARN ABOUT THE SUMMER FOOD PROGRAM!
ALL PARTICIPANTS WILL BE ENTERED INTO 2 DRAWINGS
FOR AN EXTRA LARGE CAMPING CHAIR AND A SPORTS
THEMED COOLER!



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HELPING PEOPLE...CHANGING LIVES...



Chautauqua
Child Care Council

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Child Care Advocacy



SESAME WORKSHOP™

Our vision and beliefs drive our mission to help children everywhere grow smarter, stronger, and kinder.

For over 50 years, Sesame Workshop has been at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts. These five values are central to the Sesame identity and guide our work to empower each generation to build a better world.



Click the link to learn more!



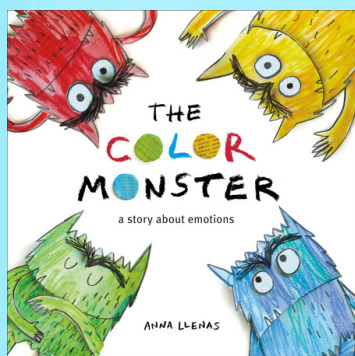
<https://sesameworkshop.org/healthy-minds-and-bodies/>



Every Child is Unique! Whether they are big or small, short or tall, like to swim, dance, sing or bike. Perhaps they have a special need or disability, or have a different ethnic background. Maybe they wear glasses, talk differently or require a wheelchair to get around. The truth is that all children are different and their individuality should be celebrated, not shunned. And this inspiring and brightly illustrated rhyming picture book does just that.



READING



One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad, and scared all at once! To help him, a little girl shows him what each feeling means through color. As this adorable monster learns to sort and define his mixed-up emotions, he gains self-awareness and peace as a result. Everyone will enjoy sharing this concept book that taps into both socio-emotional growth and color concepts in a simple, friendly way.



DON'T FORGET...



PROVIDER APPRECIATION DAY!



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

Doors open at 5:30 pm
for Registration Check In

Prize



Cassadaga American Legion
228 Maple Ave.
Cassadaga, NY



Resources



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www.chautauquaopportunities.com



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[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/>



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 Chat with your employees and your families!

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



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