

The CHAT November 2025



As we come upon the festive holidays of abundant food and family gatherings, it's important to take a moment and reflect on the food we eat and how much. Overeating and consuming unhealthy foods can lead to obesity, which often leads to Diabetes. But despite this awareness, the American Diabetes Association reports more than 38 million children and adults in America have the disease. There are an estimated 1.2 million new cases diagnosed every year in the U.S.

Early detection, awareness and small lifestyle changes can prevent or delay the onset of type 2 Diabetes. In some cases, Diabetes is linked to hereditary factors, but obesity is the main contributing factor causing Diabetes, especially in our youth. Starting our children off with the proper nutritional education is the best way to prevent them from developing Diabetes. Maintaining a healthy lifestyle through healthy food and exercise is essential for the future of our children.

To learn more about how you can prevent or manage Diabetes through nutrition, exercise and other healthy lifestyle choices please visit the American Diabetes Association website.

<https://diabetes.org/adm>

Give Thanks for all you have and give to those in need who don't have enough.

For more information on how you can donate your time, services or resources click on the suggested links below.



<https://www.uwayscc.org>

*IN ALL
Things
GIVE
Thanks*



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

<https://www.chautauquaopportunities.com/donation-form/>



<https://www.chhny.org>



<https://ccwny.org/services/chautauqua-county/>



<https://easternusa.salvationarmy.org/empire/jamestown/>



<https://stsusancenter.org>



Office of Children and Family Services

Regulations Review

Supervision of Children



SACC 414.8(a)

GFDC 416.8(a)

FDC 417.8(a)

DCC 418-1.8(a)



Children cannot be left without competent supervision at any time.

Competent supervision includes awareness of and responsibility for the ongoing activity of each child. It requires that all children be within a caregiver's range of vision and that the caregiver be near enough to respond when redirection or intervention strategies are needed. Competent supervision must take into account the child's age, emotional, physical and cognitive development.

SUPERVISED *Outdoor Fun!*



Don't miss this important training opportunity!

**SUPERVISION IN CHILD CARE:
The Principles of "Environment" and
"Staff Supervision"
VIRTUAL TRAINING**

Available in English and Spanish. Choose the date and time that work for you!

Monday, November 3rd 6pm - 7:15pm

Wednesday, November 5th 1pm - 2:15pm

Tuesday, November 11th 9am - 10:15am OR 1pm - 2:15pm

Thursday, November 13th 6pm - 7:15pm

Monday, November 24th 1pm - 2:15pm

Wednesday, December 3rd 6pm - 7:15pm

Friday, December 19th 1pm - 2:15pm

Register today for this important new virtual training focusing on how environment and staffing impact supervision in child care.

Learn ways to implement the strategies of active supervision to keep children safe and prevent injuries!

Send questions to:
ecetp@albany.edu

**CLICK HERE
TO REGISTER**



**Office of Children
and Family Services**

No-cost training opportunity. Participants receive 1.25 training hours upon successful completion of the training.

NYS Office of Children and Family Services
Early Childhood Education and Training Program (ECETP)

Professional Development

UPCOMING CDA CLASS

Classes will be running

January – June 2026

More Information Coming

Soon!

**EVERY
CHILD
MATTERS**



CACFP & Nutrition

As of November 1st, providers enrolled in the CACFP through the Chautauqua Child Care Council will begin to use My Food Program!



Other CACFP sponsor agencies we spoke with that switched to My Food Program were impressed with its ease of use and the helpfulness of technical assistance staff.

Providers can direct any questions to My Food Program by using chat, email, or calling the program directly. In addition, all My Food Program staff are bilingual and speak Spanish.

REMINDER: IF YOU HAVE NOT YET COMPLETED 1 HOUR OF CACFP TRAINING PLUS CIVIL RIGHTS FOR 2025, PLEASE MAKE SURE TO HAVE TRAINING DONE BY DECEMBER 31, 2025. NOT GETTING THE REQUIRED ANNUAL TRAINING IN THE CACFP IS CONSIDERED A SERIOUS DEFICIENCY. IF YOU ENROLLED IN THE CACFP IN 2025, YOU ARE NOT REQUIRED TO OBTAIN ANY MORE TRAINING FOR 2025. YOUR ENROLLMENT INCLUDED AN HOUR OF TRAINING PLUS CIVIL RIGHTS.



ANY QUESTIONS OR CONCERNS,
PLEASE CONTACT
CHRIS WIGREN AT 716-661-9430 X 2269
CWIGREN@CHAUTOPP.ORG
OR LINDSEY BURKE AT 716-661-9430 X 2275
LBURKE@CHAUTOPP.ORG.

Healthy
Eating



Please Note regarding the Government Shut Down – The National CACFP Association is monitoring the government shutdown on their blog. The most recent information from the NCA on the shutdown:
"October 22, 2025 | 12:30 pm Central

NCA confirmed that funds were released to State agencies to cover all reimbursement and cash-in-lieu claims for October. Funds should be disbursed to operators in November as usual."

<https://www.cacfp.org/2025/10/02/monitoring-a-possible-government-shutdown/>



HEALTHY SPACES SAFE PLACES GRANT

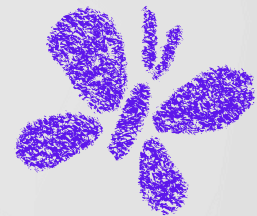


Grants

CLICK THIS LINK TO APPLY
FOR THESE GRANTS!



GRANT APPLICATION



QUALITY CARE MATERIALS GRANT

The Quality Care Materials Grant for child care providers is to purchase materials that directly enhances the quality of care in their programs.

This may include educational toys, sensory materials, classroom furnishing, or professional resources that support developmentally appropriate practices. The goal is to strengthen learning environments and promote high standards of care across early childhood settings.



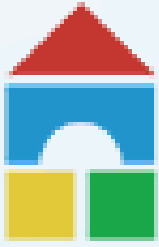
PLAY

CARING BEYOND LIMITS GRANT



We recognize that many providers face challenges in meeting the diverse developmental needs of children due to limited resources and specialized training. In response, we are launching a shared services model in Chautauqua County that equips early childhood providers with hands-on, developmentally appropriate strategies and materials tailored to your program and the individual needs of the children you serve.

Child Care Advocacy



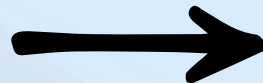
Empire State
CAMPAIGN FOR CHILD CARE



A STATEWIDE COALITION OF PARENTS, CHILD CARE EDUCATORS, AND ADVOCATES WHO BELIEVE THAT EVERY FAMILY IN NEW YORK STATE DESERVES HIGH-QUALITY, UNIVERSAL CHILD CARE AND THAT EVERY CHILD CARE EDUCATOR DESERVES TO EARN A THRIVING WAGE.

To learn more about advocating for the rights of the childcare workforce

CLICK HERE



THE ONLY WAY TO DO
Great Work IS TO
Love WHAT YOU DO!



Click here to watch a short video

<https://www.youtube.com/watch?v=bm4wipSBCkw>

Resources



CHAUTAUQUA OPPORTUNITIES, INC.
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www.chautauquaopportunities.com



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



www.empirestatechildcare.org



Office of Children
and Family Services

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



www.earlycareandlearning.org

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
Chautauqua Opportunities, Inc.**



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