

# The CHAT

May 2026



# MENTAL HEALTH Awareness MONTH

Mental health is a state of emotional, psychological, and social well-being that influences how individuals think, feel, act, and cope with life's stresses. It is not merely the absence of illness, but a, "resource for living" that includes the ability to form relationships, work productively, and realize one's own potential.

The 5 Cs of mental health constitute a framework for building emotional well-being and resilience, commonly recognized as **Connection, Compassion, Coping, Community, and Care**. These elements help manage stress and build a foundation for mental health by fostering support, empathy, and positive habits to navigate life's challenges.

A child's mental health begins developing at birth. Loving relationships, closeness and support help their brain grow and teach them about feelings and behaviors. To learn more about how you can support young children to build the 5 C's Click the link here. →





# Office of Children and Family Services

## Regulations Review Behavior Management



Child behavior management in daycare programs focuses on creating a structured, supportive environment where young children can learn appropriate social and emotional skills. Effective strategies emphasize consistency, clear expectations, and positive reinforcement rather than punishment.

Techniques such as redirection and praise for positive actions are commonly used to guide behavior. Equally important is understanding the root causes of challenging behaviors, such as fatigue, frustration, or unmet needs and responding with patience and empathy. By fostering strong relationships and encouraging communication, daycare providers can promote self-regulation, cooperation, and a positive group dynamic.

GFDC 416.9(d)  
FDC 417.9(d)

SACC 414.9(d)  
DCC 418-1.9(d)

**Behavior management must promote self-esteem in children and guide children in such a way as to help each child develop self-control and assume responsibility for his or her actions through clear and consistent rules and limits appropriate to the ages and development of the children in care.**



# Professional Development

In the month of May, an entire day is set aside to honor those who work with young children and especially child care providers. We know how dedicated child care providers are to the children and families they serve.

The proof is in long hours that don't just end when the children go home; too-few personal, sick and vacation days; preparing and serving nutritious meals the children may or may not eat. It all attests to the love and care and just plain hard work that goes into a successful child care program.

The following comes from Nanthanael Ferguson, LMSW, which he posted on LinkedIn. Please let it serve as a reminder about how important it is - especially in a caring profession - to take care of YOU!

“In a world that constantly pushes us to do more, achieve more, and move faster, we often forget one simple truth:

**WE ARE NOT MACHINES.**

Taking a break isn't falling behind, it's a strategy.

Stepping away from the noise of daily responsibilities gives us space to

*Reset, Reflect, and Return  
with clarity.*



Whether it's a few quiet minutes, time with family, or simply unplugging from the demands of work, these moments are essential for sustaining both our well-being and our effectiveness.

In the work I do, I often see how burnout doesn't come from working hard, it comes from never pausing.

Self-care doesn't have to be elaborate. Sometimes it's as simple as giving yourself permission to

*Stop, Breathe, and Regroup.*

Because when you take care of yourself, you show up better: for your work, your family, and your purpose.

**PAUSE. RESET. GROW.”**



# CACFP & Nutrition

Just a reminder that your role is VERY IMPORTANT in shaping lifelong healthy eating habits for young children. Recognizing this importance, U.S. Health and Human Services Secretary Robert F. Kennedy, Jr., is urging increased nutrition education for medical professionals. Proper nutrition is critical to preventing chronic diseases like diabetes, cancer, and heart disease. Recent national guidelines emphasize a shift toward whole foods, increased water consumption, reduced processed food items, and cutting down on added sugars.

Click here to view a brief video of the meeting:

↪ [Nutrition Video](#)




For more inspiring and fun food ideas  
visit the CACFP website!

↪ [Fun Food Ideas](#)

# Business Specialists

## JOIN OUR BUSINESS GROUP!



Our Business Specialists can help you create a business plan which includes budgeting, time and space allocation, insurance needs, retirement plans, child care management systems & much more!

For more information on how you can access these valuable programs, reach out today!

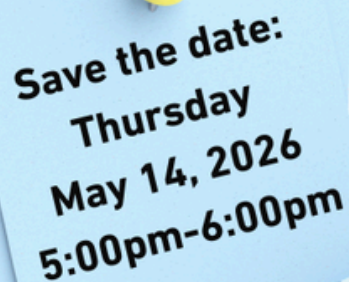


**MEG RODGERS**  
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## JOIN CHAUTAUQUA OPPORTUNITIES INC FOR Community Conversations

Presentation by FSCR,  
Family Service of the Chautauqua Region



Save the date:  
Thursday  
May 14, 2026  
5:00pm-6:00pm



Participants also  
have a chance to win  
one of  
4- \$50.00  
Shop Chautauqua gift  
certificates.  
Raffle winners  
chosen at random

If you are enrolled in Medicaid and you or your family are seeking support with food, transportation, or housing, there may be help available.  
Join us for this informational meeting to find out how.



Scan the QR code to join!



# Training Opportunities

## NEW TRAINING OPPORTUNITIES ARE COMING SOON!

Ongoing training for daycare providers is essential to maintaining a safe, nurturing, and developmentally appropriate environment for young children. As research in early childhood education, health, and safety continues to evolve, continuous professional development ensures that caregivers remain informed about best practices, regulatory requirements, and emerging standards in child care.



*Commitment  
Compliance  
Communication*

*Quality Care*

The Child Care Council is partnering with several community agencies to bring you new in person training events that will help enhance, sustain, and promote your program's overall success!

For more information or if you are interested in participating in one or more of these training sessions, contact the Child Care Council today!



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SESSIONS WILL BE FOCUSED ON  
OCES TRAINING CATEGORIES AND  
WILL OFFER A MINIMUM OF  
4 CREDIT HOURS PER SESSION.

# Child Care Advocacy

The Chautauqua Child Care Council is pleased to announce the addition of the Resource Library to the COI website!

This interactive online library includes informational resources and tools to help providers build sustainable childcare programs that utilize best practices to help support and nurture the health and safety of young children.

Click this link to learn more!

<https://www.chautauquaopportunities.com/resource/>



“WHAT WE LEARN *becomes*  
WHO WE ARE”



## Resources



### 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

