



Chautauqua
Opportunities, Inc.
Helping people
Changing lives

1-800-424-4532

Child Care CHAT

April to June 2018

Giving Providers, Parents and Businesses the Resources to Better Our Children's Future

ADVOCACY DAY IN ALBANY!



The Chautauqua Child Care Council recently joined in with Winning Beginning NY, the Empire State Campaign for Child Care, and more than 75 organizations represented from across New York State to advocate for New York's children and families and child care providers on Early Childhood Advocacy Day, February 6, 2018.

Assemblyman Andrew Goodell met with staff members (from left to right) Christine Wigren, Registrar, and Patti Dudenhoeffer, Resource and Referral Counselor, during the all-day event in Albany, New York. Assemblyman Goodell helped the Chautauqua Child Care Council get its start over 25 years ago in 1992.

On Childhood Advocacy Day, Goodell took time to share information and discuss issues with the Council staff members that pertain to children, parents, child care providers and businesses. The Chautauqua Child Care Council staff also had the privilege to meet with Senator Catherine Young and her staff and discuss these same concerns.

The Chautauqua Child Care Council advocates for high-quality, affordable, accessible child care which benefits children and their families as well as businesses and communities.

Child Care CHAT is published by the Child Care Council * (716) 661-9430 * www.chautauquaopportunities.com
"Giving Providers, Parents and Businesses the Resources to Better Our Children's Future"

Parent Connections

TAKE ACTION

ATTENTION PARENTS!!

LET YOUR VOICES BE HEARD BY
COMPLETING THE PARENT SURVEY!

CLICK THE BELOW LINK FOR SURVEY

<http://bit.ly/ParentSurvey2018>

There are many issues involved in making sure there is quality, affordable child care so parents can work.

That is why the child care council took the opportunity to participate in Advocacy Day 2018. Policy makers need to hear from those involved in child care, especially parents who make the difference. If you are a parent have difficulty finding child care that meets your standards at an afford cost, take a moment to make a phone call or send an email to local, state, and federal representatives to explain your needs. Tell them what is missing or not working very well. Most government representatives have their own websites, many are on social media, such as, Facebook and Twitter. Sharing your personal stories can be very effective with policy makers because it gives them definite areas where work needs to be done. Since child care is such a broad subject, legislators appreciate input from their constituents. Most everyone agrees that more child care options are needed. Child care needs to be affordable and needs to be high quality. Now we need to get specific. That is where your personal stories are golden.

- Have you had to make job/career choices based on availability and/or affordability of child care?
- Have you lost a job because you cannot meet the needs of an employer due to not having consistent, quality child care?
- Have you or a spouse decided to stay home with the children instead of working outside the home?
- What qualities are you looking for in a childcare provider? Workforce development has been based on making sure people have the skills businesses are looking for to fill positions, or that people aren't motivated to work not even aware that people may have the skills and motivation needed but do not have child care available they can afford.

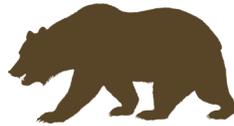
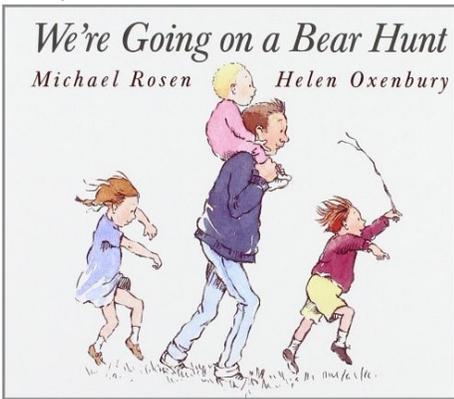
Knowing who to contact is a click away. You can go to www.votechautauqua.com, click on the "Where do I Vote/Who Are My Elected Official," enter your address and it will give you a listing of your representatives from the local level to the federal level. You may also call the Board of Elections at 716-753-4580 and ask them contact information for your representatives. Tell your story and then ask other parents to share theirs. The more voices, the more attention they'll pay to this issue!



Child Development

WE'RE GOING ON A BEAR HUNT

ACTIVITIES FOR YOUR PROGRAM



Science

Create some fun sensory bottles to go along with all of the different locations of the story from the long wavy grass to the swirling whirling snow storm!



Fine Motor

Adding materials to a small bin such as: construction paper, cotton balls, plastic trees, and of course, a bear will bring the story to life as children reenact and explore the new materials.



Literacy and Art

Have children create a map showing how they would get from home to a bear cave using collage materials.

Outdoor Play

Take a walk around your neighborhood and have children listen to the different sounds they hear. Ask them to point out things they see that are similar and different from what is in the book!

Math and Gross Motor

Planning an activity using all of the great positional words in this story is a great way to incorporate math concepts. Children can act out the words over, under, and through. Extend the activity by adding other words like on top, inside, outside, behind and in front.

Build an obstacle course in your classroom that features all of the obstacles the family faces in their journey. Children can count the number of obstacles, how many steps to get through each, time how long it takes each child to go through then graph the results!

Attention Child Care Professionals!



Updated OCFS Forms



Please be advised that the New York State Office of Children and Family Services (OCFS) forms for child day care programs are updated regularly.

Please do not use outdated forms.

If your family or group family child care program requires an updated Emergency Plan, please use form OCFS-LDSS-6011 "Emergency Plan for Family and Group Family Day Care" which has been revised and posted to the website. Please note that this new 6011 Emergency Plan combines evacuation/relocation, shelter in place, and the emergency evacuation diagram. The form is now similar to the Emergency Plan for School-Age Child Care Programs and Day Care Centers.

Please also make sure that attendance and health checks are conducted as soon as the child enters your program daily. When conducting health checks, note any change in the child's appearance or behavior. Children should be awake when they enter the daycare when health checks are conducted. These required routines will help make decisions such as: about whether the child is well enough to attend care; whether or not there is reasonable cause to suspect child abuse and maltreatment; or whether or not to seek medical help promptly.

Make a written record of any unusual concerns or occurrence when health checks are being conducted to determine the safety and security of the child at your daycare or at home. Also, talk to the child's parent about what you notice. There are opportunities to ask questions or refuse a child due to illness when the parent is still present while you do your attendance and health check of the day for that child. When injuries and bruises are noticed during daily routines, let the parents know so that they are aware that the injuries and bruises did not occur during your care. Use the most current Daily and Health Check forms that are approved by your Registrar or Licensor.

You can contact your Registrar or Licensor if you have questions about the OCFS form.

For current forms, go to <http://ocfs.ny.gov/main/documents/docsChildCareAll.asp>.

Quarterly Article

The Importance of Developmental Screening for Children

By Dr. Jennifer Berke

What is child development?

Children grow, develop, and learn starting when they are born and continuing throughout their lives. The easiest part of children's development for family members to see is their physical growth, along with the different skills they obtain as they grow. For example, in the first year of life you would notice them sitting up, crawling and standing; during the second year they would walk, climb stairs, and throw and kick a ball. However, a child's development can also be followed by how noticing they play, speak, learn and behave.

What is a developmental delay? Will a child just grow out of it?

Skills such as taking a first step, smiling for the first time, and waving "bye bye" are called developmental milestones. Children reach milestones in playing, speaking, learning, behaving, and moving (crawling, walking, etc.) at agreed upon time frames that have been established from observing lots of different children's development over many years.



For instance, children usually take their first steps around age 1, BUT sometimes children begin walking at 9 months and others around 15 months. Regardless of those age differences, the milestone still falls in age ranges that are considered normal. It is important to remember that every child has a unique internal time clock that guides her/his development so even children in the same family (brothers/sisters/cousins) will walk at different ages.

A developmental delay is when a child does not reach these milestones when it is generally expected. If you suspect that a child is not developing properly, there are things you can do that may help. Most of the time a developmental problem is not something a child will "grow out of" on his or her own. But with help, particularly if intervention starts early, a child could reach his or her full potential! One of the first and most important steps to take is to have the child screened in order to determine if there is a delay.

Quarterly Article

The Importance of Developmental Screening for Children cont...

Why is developmental screening important?

In the United States, 15 percent of children have a developmental or behavioral disability such as autism, cognitive delay, or Attention-Deficit/Hyperactivity Disorder (ADHD) while another 7 percent have a speech and language delay. The reality is that less than half of children with problems are identified before starting school.

So, in this case, earlier is better!! When a developmental delay is not recognized early the help children need is delayed. Their development suffers because their brains do not grow to their full potential. This can make it hard for children to learn when they start school and they are behind when compared to their fellow classmates. Usually, if children receive help for these problems early on, then they enter school more ready to learn at grade-level and have stronger social and emotional skills.

How can I help a child's development?

Proper nutrition, exercise, and rest are very important for children's health and development. Providing a safe and loving home/caregiving environment is critical. Creating warm and caring relationships by playing, singing, reading, and talking with children will also make a big difference in their development.



Resources to find help in Chautauqua County

*Talk to your child's care provider (teacher) or health care provider

*Children 3 and Under-contact the Public Health Director's Office at the County:
716-753-4590

* Children Over 3-contact your local school district and ask for the CPSE chairperson

* Chautauqua County Early Intervention:

<http://chautauqua.ny.us/226/Early-Intervention-Program>



BEST PRACTICES are defined as:
“A procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adaptation“
-Merriam Webster

The USDA created a diverse seven-member panel with expertise in nutrition education to create the CACFP Best Practices. These practices serve as a guide for child care providers who choose to take additional steps to offer high-quality and nutritious meals in their program. Strategies are supported by evidence and have been shown to be effective.

They were created to promote consistency in programs and increase confidence that education efforts will result in positive nutrition and health-related behavior changes.



CACFP Best Practices

INFANTS

- Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.



FRUIT

- Make at least 1 of the 2 required components of a snack a fruit (or a vegetable)
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.



VEGETABLE

- Make at least 1 of the 2 required components of a snack a vegetable (or a fruit)
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week



ADDITIONAL BEST PRACTICES

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to not more than one serving per week.
- Avoid serving non-credible foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
- Adult day care centers should offer and make water available to adults upon their request, throughout the day.



MILK

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milks for adults.

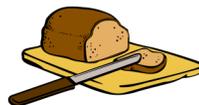
MEAT/MEAT ALTERNATIVES

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses.



GRAINS

- Provide at least two servings of whole grain-rich grains per day.





A Note From the WNY Infant Toddler Resource Network



Meeting the Social Emotional Needs of Infants and Toddlers

by Kim Puma, Infant Toddler Specialist, WNY Infant Toddler Resource Network

With preschool expulsion rates at an all-time high, there has never been a more critical period to address the social emotional needs of children ages birth through three. Preschool children are being expelled at three times the rate as their school aged peers, clearly defining the need to address infant mental health now more than ever.

Did you know that by the age of three, 85-90 percent of a child's brain is already developed? Meaning, those early experiences of affection, hardship and even trauma are what hardwire a child's brain for life. As a caregiver of young children, this leaves a surprising responsibility to guarantee proper social emotional health in our littlest learners. The good news is there is so much you can do to help the mental health in babies and toddlers.

- Be ready to address challenging behaviors. Not every child will have a calm or flexible nature. Be prepared to interpret the behavior of every child that comes into your program.
- Be responsive in how you care for babies. Talk to them. Reassure them. Tend to their needs above all other tasks. Don't be afraid of "spoiling" babies or let anyone convince you that they must be left to cry. Babies develop self-esteem and trust based on how their caregivers respond to them.
- Help children identify their feelings and manage their stress. Young children look to the adults in their lives to help them gain control when they feel out of control.
- Support your families. How are your new moms feeling with going back to work and juggling a newborn? Can you provide resources if needed?
- Manage your own stress. The children in your care need the best you. When you do this, you will be better able to manage the challenges.
- Finally, get involved. Join an advocacy group that supports the social emotional health of children. Educate your peers and the families you work with on the importance of 0-3 mental health.

Resources on this topic can be found at:

<http://www.nysaimh.org/>

<https://developingchild.harvard.edu/science/deep-dives/mental-health/>

<https://wnybehaviortoolbox.com/>

<https://www.zerotothree.org/early-development>

Provided by the WNY Infant Toddler Resource Network
1000 Hertel Avenue Buffalo, NY 14216 * (716) 877-6666 x3065

Child Care CHAT is published by the Child Care Council * (716) 661-9430 * www.chautauquaopportunities.com
"Giving Providers, Parents and Businesses the Resources to Better Our Children's Future"



What's Happening

The Month of the Young Child (MOYC) is an annual celebration sponsored by NAEYC and its affiliates that is held during the month of April. The purpose of the Month of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

The Chautauqua County Chapter of NYAEYC has several events planned this year to celebrate our theme: *"Celebrating Our Youngest Learners"*. Our MOYC activities will focus on the importance of learning through play in early childhood.

There will be two "Music and Movement" programs (one in North County and one in South County) hosted by MOYC chair, Virginia Miller. Dates and times TBA. Children and families will participate in an interactive music program that will get you movin' and groovin'! The event is open to all children in Chautauqua County, and is free of charge. Children must be accompanied by an adult.

There will also be hosting special Story Hours at area libraries in both North and South County. Guest Readers will read to the children. A special MOYC video will be presented, and participants will be invited to decorate a MOYC paper doll. Each child will also receive a hand-made MOYC booklet, containing ideas and recipes for play at home. Check with your local library for dates and times.

The United Way of Northern Chautauqua County will host the M and M (Music and Movement) Club on Wednesday, April 25th at 10:00am. Students, Pre-K 4 through 3rd grade will perform several songs that will invite audience participation and movement. All are invited to attend. The activity will take place on the front lawn of the United Way building in Dunkirk.

NAEYC has special event suggestions for each day of the week: Music Monday, Taco Tuesday, Work Together Wednesday, Artsy Thursday, and Family Friday. Please take the time to check out their website for some great MOYC ideas!

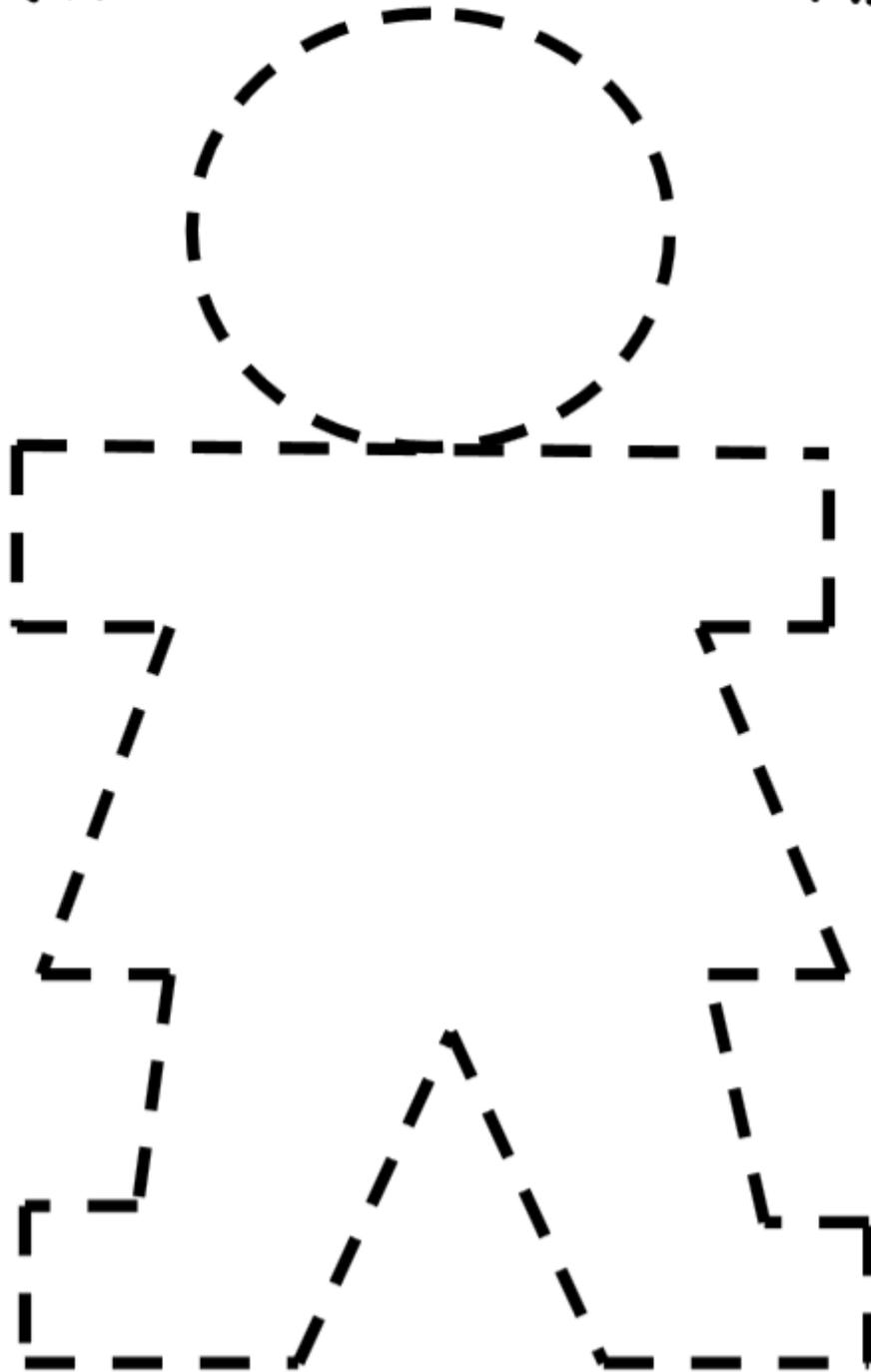
Questions regarding MOYC events and activities? Please call Virginia Miller @ LSFC
934-2353



What's Happening

PRINT ME OUT!

MONTH OF THE YOUNG CHILD



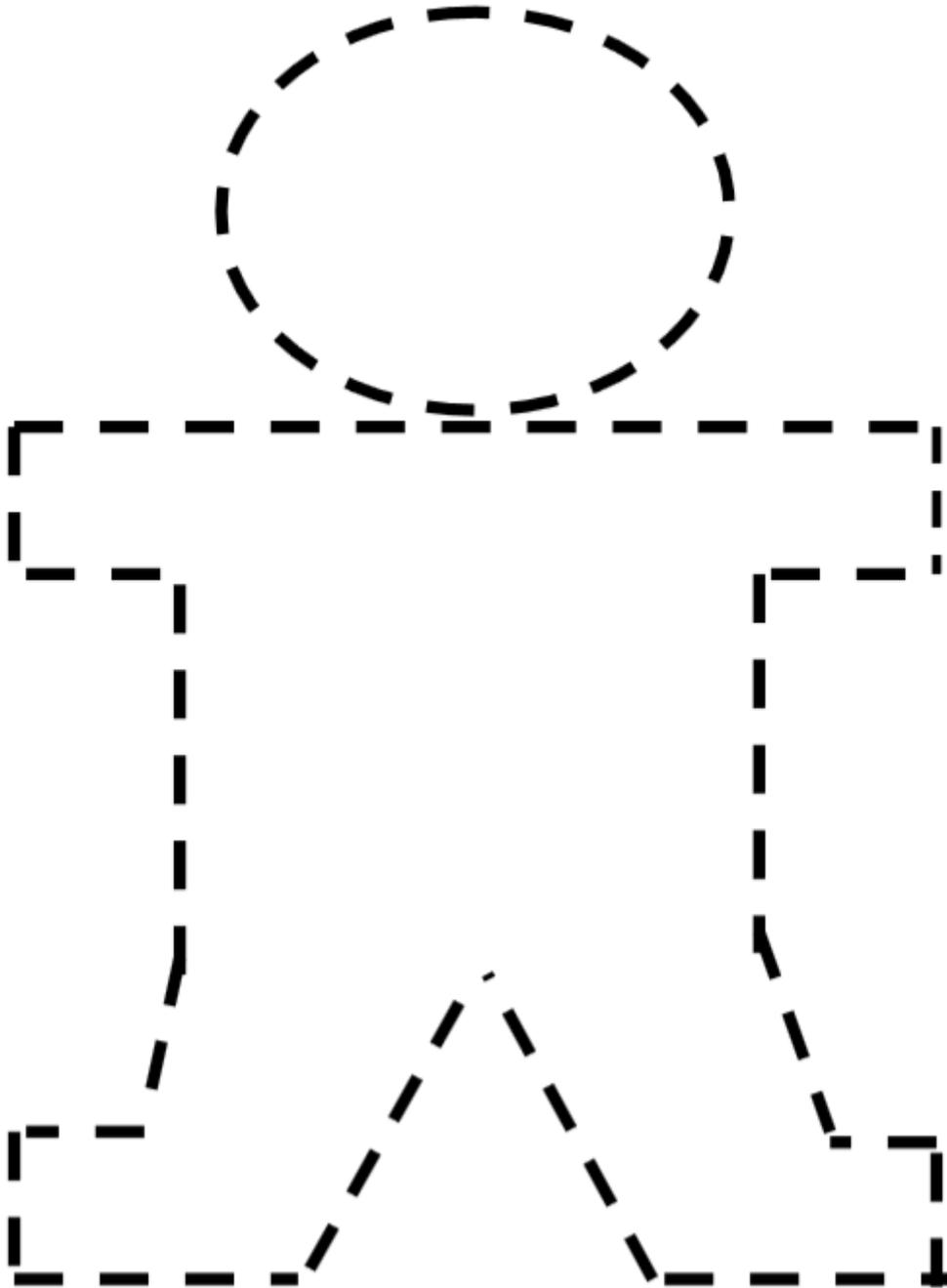
Celebrating Our Youngest Learners!



What's Happening

PRINT ME OUT!

MONTH OF THE YOUNG CHILD



Celebrating Our Youngest Learners!

Child Care CHAT is published by the Child Care Council * (716) 661-9430 * www.chautauquaopportunities.com

"Giving Providers, Parents and Businesses the Resources to Better Our Children's Future"

What's Happening

Earthfest



Wednesday, April 18, 2018 | 11am – 1pm

Location: Jamestown Community College
525 Falconer Street
Jamestown, NY 14701

Hamilton Collegiate Center. JCC's Earth Awareness Club presents its annual Earth Day festival, featuring environmental displays, eco-friendly products, and entertainment.

Phone: 716-338-1347
Region: Greater Jamestown

JCC Faculty Music Recital



Monday, April 23, 2018 | 2pm

Location: Jamestown Community College
525 Falconer Street
Jamestown, NY 14701

Scharmann Theatre Free and open to the public. JCC's music faculty will perform a variety of works.

Phone: 716-338-1168
Region: Greater Jamestown

Bemus is Blooming



Friday, May 4, 2018 | 10 – 11am

Location: Various Locations
Bemus Point, NY 14712
May 4-5-6, 2018

Don't miss "Bemus is Blooming" the village-wide celebration of Spring! All of the participating shops and restaurants will have specials, and the petting zoo will be in full force!

What's Happening

9th Calvary Civil War Encampment/Reenactment



Saturday, June 9 | 9am – Sunday, June 10, 2018 | 4pm

Location: McClurg Museum & Moore Park
2nd East Main Street
Westfield, NY 14787

June 9th & 10th. Members of the 9th New York Cavalry camp and reenact throughout the weekend. Additional appearances by other reenactment groups, including the 20th Main Fife & Drum Corps. **No Charge.**

Saturday - June 9th (To coincide with Farmers Market)

- 9 am - Flag Raising Ceremony at the Moore Park Soldier's Monument
 - 10 am - Drill and Demonstrations
- Craft Demonstrations for Children Throughout the Afternoon
- 2 pm - Letters from the War: A Civil War Letter Reading at St. Peter's Episcopal Church
 - 3 pm - Drill and Demonstrations
 - 8 pm - Candlelight Tours

Sunday - June 10th

- Morning Camp Living
- 11 am - Church Service at St. Peters Episcopal Church
- Craft Demonstrations for Children Throughout the Afternoon
 - 1:30 pm - Demonstrations
 - 4 pm - Close of Camp

Phone: 716-326-2977

Email: mcclurg@fairpoint.net

Region: Lake Erie-Grape Belt



Chautauqua
Child Care Council

"Giving Providers, Parents and Businesses
the Resources to Better Our Children's Future"



**Be In The Now.
Take An Active Role In Child Care.**

Early care and education policy needs
your support in order to truly give all
children a great start in life.

For more information go to:
www.naccrra.org/public-policy
or call 716-661-9430 ext. 2300.

Thank you!

Chautauqua Child Care Council Staff

Director:

Susan Marker(716)-661-9430 ext. 2227

Administrative Assistant:

Morgan Sleight.....(716) 661-9430 ext. 2261

Child Development Assessment Specialist:

Beth Faulkner.....(716) 661-9430 ext. 2295

Child Development Assessment Specialist:

Megan Saeli.....(716) 661-9430 ext. 2260

Legally Exempt Program Specialist:

Heidi Woodard.....(716) 661-9430 ext. 2300

Resource and Referral Counselor:

Patti Dudenhoefter.....(716) 661-9430 ext. 2293

Registrar:

Chris Wigren.....(716) 661-9430 ext. 2290

Registrar:

Chirvhoua Churjeng.....(716) 661-9430 ext. 2289

CACFP Program Specialist:

Lori Steward.....(716) 661-9430 ext. 2269

***Chautauqua
Child Care Council
Advisory
Board Members***

Dr. Jennifer Berke

Dr. Mira Berkley

Bonnie Caldwell

Jessie Hill

Jill Triana

Judy Yarber

Lindsey Ellis

Stephanie Stevens

Marilyn Orlando

Donna Shepard

Sharon Rinehart

Denise Smith

Elizabeth Starks

Patricia Harper

Angela Moran

**If You Are Interested
In Becoming A
Council Advisory
Board Member,
Please Contact**

**Child Care Council
716-661-9430
Ext. 2261.**