

CHAT



1-800-424-4532

APRIL-JUNE 2021

News

The Empire State Campaign for Child Care has presented their asks to NYS legislators and the Governor's office based on feedback from providers, parents, and other child care advocates.

See them here:
www.empirestatechildcare.org

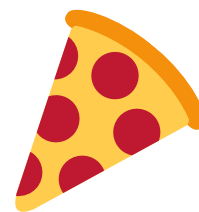


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Have you grown or wilted?

Well, it has been a little over a year since the pandemic hit and suddenly changed our lives. For some there were small changes, for others much more than they could imagine. Now there is hope that life will return to the way it was or at least more like it was. Hopefully, we all learned something positive from the experience, whether it's to appreciate more or a new skill or hobby. If nothing else, perhaps we learned how important it is to take care of ourselves and each other.



Since the theme for this issue of the CHAT is about lowering our stress, “comfort food” seemed to be an appropriate topic. The website for Wikipedia defines comfort food as, “food that provides a nostalgic or sentimental value to someone, and may be characterized by its high caloric nature, high carbohydrate level, or simple preparation. The nostalgia may be specific to an individual, or it may apply to a specific culture.”¹

When you think of comfort food, what comes to mind? What is your go-to comfort food? If you said pizza, you would be right up there with the 15% of 2,252 adults surveyed in 2016 according to an online article published on the Food Network’s website. The article, written by Amy Reiter and entitled “Guess What America’s Favorite Comfort Food is,” listed other top contenders as well. Chocolate and ice cream were tied at 7% each, mac and cheese at 5%, chips at 4%, hamburgers and steak were tied at 3%, and popcorn, pasta and Mexican food were tied at 2%. The article noted that 67% of all Americans admit to turning to their comfort food as a “mood booster” and that, “most of us (65%) don’t feel guilty about that.”²

Fortunately, pizza is a creditable food in the CACFP and can be made healthier by using whole wheat dough, low-fat cheese, and toppings like broccoli, spinach, pineapple, and more. And while chocolate and ice cream are not creditable in the CACFP and neither is prepared frozen yogurt, you can make your own homemade frozen yogurt treats using the recipe at the end of this article from the USDA MyPlate.³

It is important to note that while high-calorie and high-carbohydrate comfort foods aren’t likely to hurt us if we eat them now and then, a steady diet of these types of foods may not be the healthiest choice. This is especially true when we are dealing with stress. According to an online article, “What are Some Foods to Ease Your Anxiety?” from Medical News Today, there is increasing evidence showing, “that diets high in processed foods can increase anxiety.” The author of the 2018 article, Cathleen Crichton-Stuart, writes, “People can make a variety of lifestyle changes to help manage their anxiety. Eating a diet high in vegetables, fruit, legumes, whole grains, and lean protein can be helpful.”

She provides a list of 9 specific foods that may help reduce anxiety: Brazil nuts, fatty fish, eggs, pumpkin seeds, dark chocolate, turmeric, chamomile, yogurt, and green tea. In her article, she details what these foods contain that may have a calming effect on us. The author also suggests that we add other foods to our diets including turkey, cheese, pineapple, bananas, oats, tofu, nuts (especially almonds), chia seeds, spinach, and Swiss chard.⁴

When you are planning your menus for your child care program, you may want to keep some of these suggestions in mind. Now, have everyone take some deep breaths, put on some soothing music, and chill out with frozen yogurt pops at snack time.

Banana Cocoa Yogurt Pops

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder
- 1 ice cube tray (or paper cups)

Directions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).
5. Freeze.
6. Enjoy as a frozen treat!



Notes

Create your own yogurt pops and experiment with different flavors or try out one of these recipes:

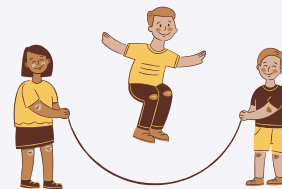
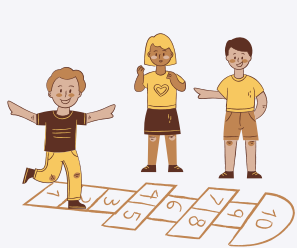
- Strawberry Yogurt Pops
- Tropical Yogurt Pops
- Strawberry Kiwi Yogurt Pops³

¹https://en.wikipedia.org/wiki/Comfort_food

²<https://www.foodnetwork.com/fn-dish/news/2016/02/guess-what-americas-favorite-comfort-food-is>

³<https://www.myplate.gov/recipes/myplate-cnpp/banana-cocoa-yogurt-pops>

⁴<https://www.medicalnewstoday.com/articles/322652>



Get Them Out To Play!

Playtime is valuable for children at any age. In a culture in which we are surrounded by electronic devices and the constant demands of scheduled activities, it seems nearly impossible to have time for play.

When you were a child, do you remember being excited about recess? Children today look forward to free play time with as much excitement as we did. Expectations at school and home can be stressful for children, and oftentimes they just need to get outside and play to relieve some of that stress before it builds into behavioral issues.

Perri Klass, M.D., says in a New York Times article, “But some worry that our current culture is less friendly to play, and that children may not be getting the chance to explore all its possibilities.”¹

Playtime is not just wasted time. Children are learning and thriving while they are playing. They are discovering new ways to explore the world around them. Play encourages them to use their imaginations, manage their own time, develop strategies to reach goals, and organize. It is not even necessary to offer a lot of materials or equipment for children to use when playing outdoors. Let them discover what materials Mother Nature has to offer.

Hannah Fruin, an early childhood education teacher, put together an analysis of children and play. She outlines her findings in her “Muddy Play” article that is published in the third month and year 2020 issue of the National Association for the Education of Young Children’s (NAEYC) Young Children magazine.

Through her observations and parent/teacher surveys, she came to various conclusions on how and why “Muddy Play” facilitates children’s learning and development. She saw, according to her article, “numerous benefits to (children’s) learning and development, including internalizing routines, developing confidence, and engaging in critical thinking.”²

Getting children outside to play may be one of the most beneficial parts of their day. The fresh air and sunlight can help boost their mood (and our own.) Playtime can help children get off to a good start – to set the stage so to speak – for the rest of their day.

¹ <https://www.nytimes.com/2018/08/20/well/family/let-kids-play.html?searchResultPosition=4>

² Fruin, Hannah. “Muddy Play.” Young Children (Journal of the National Association for the Education of Young Children), March 2020, vol.75 no.1 <https://www.naeyc.org/resources/pubs/yc/mar2020/outdoor-learning-urban-setting>

TAKE IT OUTSIDE

We know that children are getting less time to play outside. We also know that children who regularly play outside are happier and healthier. Now that the weather is warming up it's time to get outside and get moving!

Encourage them to connect with the natural world by:

- Telling them it's fine to get wet, dirty, and messy! Encourage them to explore their outdoors!
- Creating an outdoor play date!
- Getting started on a vegetable garden.
- Exploring nature with your children!
- Building an outdoor fort together!
- Giving your children a jar and have them collect acorns, helicopters, left over leaves from the fall, etc.

If it's just too wet and cold out there, then bring it inside!

- Bring in bins of snow that hasn't melted yet and let them have fun!
- In the classroom, you can fill a water table with soil and let children explore it with their hands or with spoons! You can even hide toys in it and have the children find them!
- You can even fill a water table or another bin with lots and lots of bubbles, and pretend it is snow!





Dear Providers,

As a reminder, Programs please keep up with documentation and record keeping. We are not conducting in-person visits currently. In the event a visit is made, Regulators will seek documentation such as attendance, daily health checks, evacuation and shelter-in-place drills and any other required documents of the program.

Please complete the Health Screening Attestation. Each employee, volunteer, parent, child, and essential visitor must sign and submit this form to the program one time. You can find this form at www.ocfs.ny.gov on the forms page by entering "Health Screening Attestation" in the search bar.

Please refer to the Official OCFS website where you can find resources and any other forms for program use: <https://ocfs.ny.gov/main/>. Under Tab "Child Care", once you click that tab, it will direct you to the Child Care Services Home Page. When you get to the Child Care Services Home Page, there's a "Resources and Publications" tab on the left side; you will see Forms, Regulations, and Policies. Click on those tabs to find forms for program use including the attached forms and regulation and policies.

On the OCFS Child Care Services Home Page, under "Contents" (center of page), there is a subheading called "Updates and Important Announcements" that will link you to the latest important information.

Recent Important Announcements:

- March 15, 2021: Dear Provider Letter- Elijah's Law & Anaphylaxis Policy for Child Day Care Programs
- March 8, 2021: Governor Cuomo Announces \$29 Million Available to Support Essential Workers and First Responder, through the Empire Pandemic Grant.

By scrolling down further in the "Contents" section, you will see a link to the latest OCFS Dear Provider Letters.

Let your Regulator know if you have any questions. Please continue to stay safe by following the guidelines and regulations of OCFS and continue to wear your face coverings. We appreciate all of your hard work. Thank you.

You can also visit the Provider Resources page on the Child Care Council website at <https://www.chautauquaopportunities.com/chautauqua-child-care-council/> for links to forms and other useful resources.

Article from the National Center for Pyramid Model Innovations (NCPMI)

Taking a Break: Using a Calm Down Area at Home

A calm down area provides a child a place to calm down and take a break.

It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that your child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child. When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, squishy toys, or books. Put those in the calm down spot.

Show your child that you have created a calm down area and let your child know that they can use the area when they need to “feel better”. You might explain to your child that sometimes you go to a calm down spot that helps you feel better (e.g., “When I am feeling frustrated with my work, sometimes I lay down on the couch.”).

Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths or a social story like “Tucker the Turtle ...” that might help your child calm down.

Encourage your child to get familiar with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming.

When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it (e.g., “I am going to help you go to your calm down spot so you can feel better.”).

Tips Sheet for Using: [Link](#)

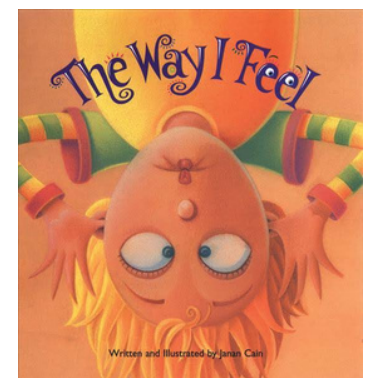
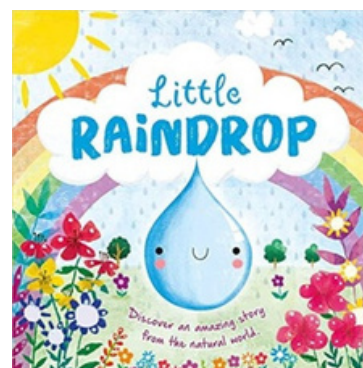
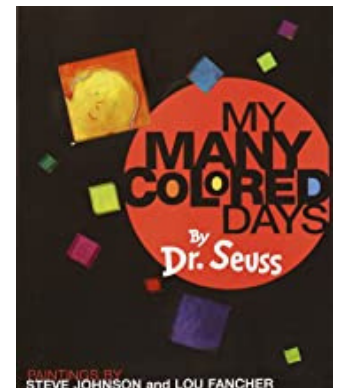
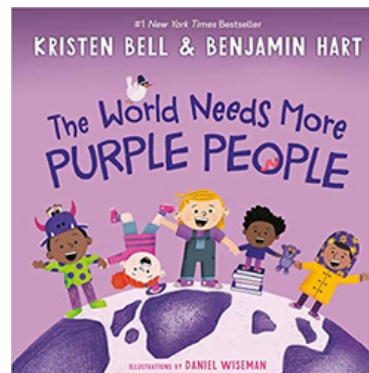
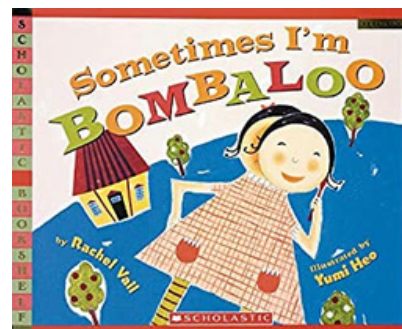
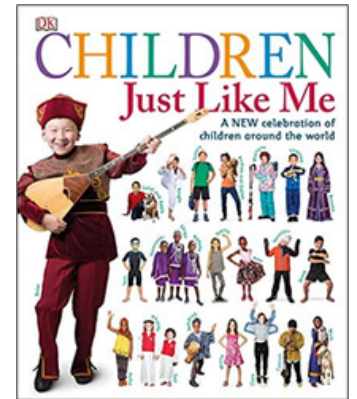
Reading and sharing stories with babies and young children helps their overall development in many ways.

Reading and sharing stories can:

- Help children get to know different sounds and words and can foster a genuine love of reading
- Cultivate a child's natural curiosity about the world around them
- Help develop your child's brain and attention skills; like focus and concentration
- Help them learn about their feelings and emotions
- Help to show diversity as they learn about their own and other cultures
- Help with storytelling-Just by looking at books together and talking about what you see and think can be a great way to model how to use books.

And don't forget the benefits to you as an adult- cozing up with a book and sharing special time with children helps to build relationships and strengthen bonds.

Here are a few books to explore!



ACES and Resilience 3 Part Training Series

ACES 101

April 10th- 8:30-11:30

ACES, Resilience and Hope

May 1st 8:30-11:30 am

Building Resilience

June 1st 5:30-7:30 pm

If interested please email Beth Faulkner
bfaulkner@chautopp.org to register

Family Friendly Community Events

APR

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Creature Feature - Reptiles

Jamestown

Meet an Audubon animal or two in this monthly after-school opportunity. Come early to explore the nature center or venture outside after. \$4, \$3 Nature Center members and ages 3-15, free 2 and under. Space is limited. Paid reservations required by Monday, April 26: (716) 569-2345, or through "Upcoming Programs" at AudubonCNC.org.

716-569-2345

auduboncnc.org

MAY

29

The Probables "Lost in Circles" Release Party

Mayville

See The Probables live in a free, all-ages performance for their "Lost in Circles" Release Party on Saturday, May 29, at The Stage at Big Inlet Brewing from 2-5 PM. View the event on Facebook for details and updates. The Probables are a folkcna roots rock band.

716-224-4200

facebook.com

JUN

02

Rib-Fest - Celoron

Celoron

June 2-5: Experience Celoron on the lake with the best in Rib Cooking Teams! Lots of food & craft vendors; Beer & Wine Garden; Live Music every night! Kids Zone- with lots of children's activities.

716-487-4175

<https://www.tourchautauqua.com/events/rib-fest-celoron>

JUN

28

Jamestown Tarp Skunks

Jamestown

New for this season, the team is selling all bleacher seats as well as hotdogs, popcorn, and pop, for \$2 on Monday, June 28th, and Monday, July 12th.

716-705-5600

www.tarpskunks.com

HELPFUL LINKS

National Center for Pyramid Model Innovations

<https://challengingbehavior.cbcs.usf.edu/index.html>

Mental Health Services for Youth and Families

<https://www.chautauquatapestry.org>

NYS Office of Children and Family Services/Child Care

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

Small Business Development Center at JCC

<https://www.sbdcjcc.org/>

Tom Copeland's Blog for Day Care Businesses

<http://tomcopelandblog.com/>

Tax Information at the Internal Revenue Service

<https://www.irs.gov/>

Chautauqua County Department of Public Health

<https://chqgov.com/public-health/public-health>

Chautauqua Opportunities, Inc.

<https://chautauquaopportunities.com>

Services Promoting Healthy Starts for Children and Families

<https://www.facebook.com/pages/category/Local-Service/Strong-Starts-Chautauqua-103989504789783>

Child Care Advocacy Group in New York State

<https://www.empirestatechildcare.org>



Chautauqua Child Care Council Advisory Board Members

Chautauqua Child Care Council Staff

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Rebecca Reed.....(716) 661-9430 ext. 3216

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Dr. Mira Berkley

Bonnie Caldwell

Jessie Hill

Jill Triana

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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 the Child Care Council:

716-661-9430 Ext. 2227



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 Chautauqua County families, child care providers, businesses and communities.

Mission Statement – Chautauqua Child Care Council

Be In The Know.
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

Thank you!