

April - June 2022



Chautauqua
Child Care Council
Child Care Keeps Chautauqua County Working

1-800-424-4532



Chat

HELLO SPRING!

We are so happy you are here!
Welcome!

In this edition of the Chat you will find helpful information for Parents, Providers, Trainings, CACFP, and family friendly activities in our community.

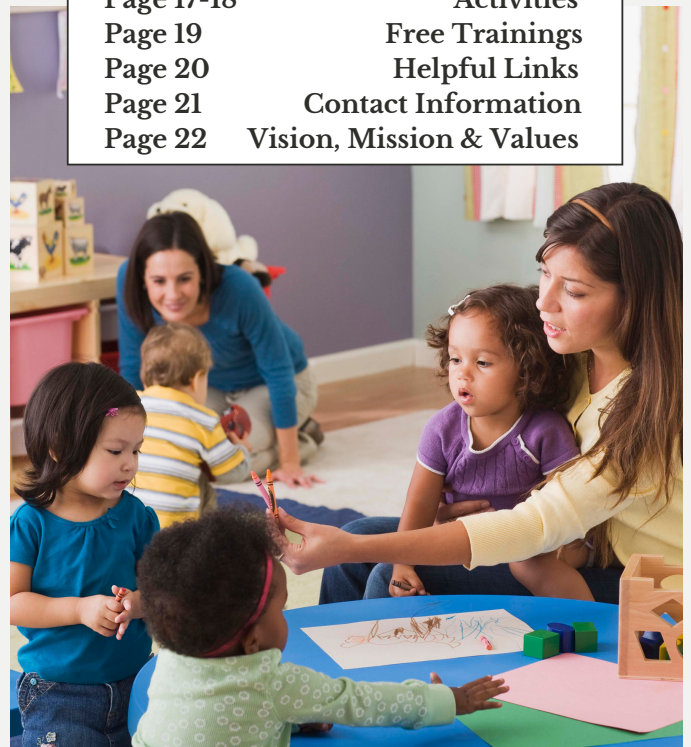
April is certainly a busy month featuring Autism Awareness Month, Month of the Young Child and Child Abuse and Prevention Month.

In May we will be celebrating you, our providers. This year Provider Appreciation Day will fall on May 6th. Provider Appreciation Day is always the Friday before Mother's Day. Child care workers are celebrated on this day, including teachers, nannies, and



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caregivers, all of who are essential workers in helping working parents continue to provide for their families. The day focuses on building awareness of the holiday, thanking childcare workers, and showcasing their contributions to their communities. We salute you on this day and every day because Child Care Keeps Chautauqua County Working!

New Staff Welcome



Rebecca Potter,
Registrar



Diane Guzman,
Legally Exempt



Lauren Skellie,
Legally Exempt



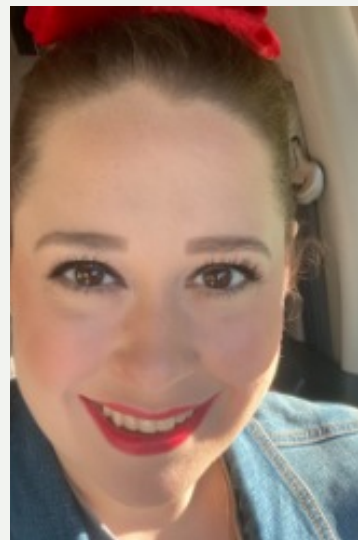
Keira Velez Cortes,
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Child Development
Specialist



Brittany Goodwin,
Support Specialist



Jessica Textor, Child
Development
Specialist



Heather Chopra Riolo,
Outreach
Recruitment &
Marketing

Money-Saving Food Tips for Child Care Providers

Feeding children in your child care program can be expensive. With careful planning, serving healthy, well-balanced meals and snacks that meet children's nutritional needs does not need to break your child care budget. Here are some money-saving food tips for child care providers.

- **Spend food money wisely.** If you plan carefully and buy food on sale and in season, you can serve children nutritious meals with less cost. Participating in the Child and Adult Care Food Program (CACFP) can lower your expenses for food. <https://www.chautauquaopportunities.com/cacfp/>
- **Plan menus at least one week at a time.** Having weekly menus makes your program less stressful, because the cooks don't have to decide what to prepare at the last minute. Menus also can help you save money by helping you buy only what you need. Having preplanned menus also makes it easier to let families know what foods you are serving to their children.
- **Limit purchases of sweets, fats and salty foods.** Do not buy expensive snacks such as potato chips or cookies.
- **Buy necessary food items on sale whenever possible.** Most stores advertise sales in newspapers and online. Many stores and companies offer coupons online as well. Consider buying staples in bulk at warehouse stores and storing them until needed.
- **Use bulk cheese in main dishes such as casseroles.** Cheese can be served for breakfast as well as for snacks and lunch.
- **Use eggs.** They are economical. Creamed, scrambled, baked, poached, deviled and hard-boiled eggs can be served for snacks and lunch, as well as breakfast. Remember that egg whites should not be served to children under a year old.
- **Buy fresh fruits and vegetables in season.** Purchasing food such as apples in the fall when they are seasonally available can save you a





great deal of money. Many foods are available in markets year around, but out of season foods are shipped in from distant areas, often from other countries, and can be quite expensive.

- **Buy locally.** Buying foods locally can sometimes save you money and will help you stay with seasonal foods. Local farmers' markets often offer many items.
- **Limit purchases of perishable foods to amounts that you will use.** Buy large quantities of nonperishable foods on sale if you use them frequently.
- **Buy whole grain or enriched breads and cereals.** Buy bulk rice, pastas, and bulgur wheat.
- **Check prices to see if day-old bread is economical.** Your community may have an outlet where day-old bakery goods are sold. Just remember that day-old baked goods need to be used quickly.
- **Compare store or generic brands.** They are usually a few cents cheaper and cost less per serving than comparable nationally-advertised products.
- **Double your recipe.** Cook soups and spaghetti sauce in large amounts, and freeze meal-size portions for use later.

<https://childcare.extension.org/money-saving-food-tips-for-child-care-providers/>

What Child Care Providers Need To Know About Lead

New York State has regulations for child care providers to help protect children from lead. Lead is a poison that is especially dangerous for young children. Lead poisoning can cause long-term problems affecting a child's growth, behavior, and ability to learn. A blood lead test is the only way to know if a child has lead poisoning. The regulations are designed to promote lead testing and education.

Who is affected by these regulations? All child care providers licensed and registered by the NYS Office of Children and Family Services, as well as nursery and preschool providers.

What must child care providers do? The program must try to obtain a copy of a lead screening certificate for each child under the age of six years. If the parent does not have one, the program may not exclude the child from child day care, but must give the parent information on lead poisoning and prevention, and refer the parent to the child's health care provider or the local health department for a lead blood screening test.

What proof of lead testing is needed? Proof can be anything signed by the medical provider stating the date of the test. This could be the Office of Children and Family Services "Medical Statement of Child in Childcare" form (OCFS-LDSS-4433), or an immunization record with a lead test date.





Protecting Children in Your Child Care Program from Lead

Work sited from www.nyhealth.gov/environmental/lead

Keep children away from peeling paint and paint chips.

Regulations for child care providers state that peeling or damaged paint or plaster must be repaired promptly. Before making repairs on a building built before 1978, call your local health department to learn how to keep dust levels down during the repair.

Children and pregnant women should stay away from repairs that disturb old paint, such as sanding or scraping. They should stay away until the area is cleaned using wet cleaning methods and a HEPA vacuum (not dry sweeping).

Wash children's hands and face after play, before meals, and before bed.

Wash toys, stuffed animals, pacifiers and bottles with soap and water often.

Mop floors often, and use damp paper towels to clean window wells and sills.

Lead is in some children's jewelry and toys. Sign up for children's product recall alerts on the internet at www.cpsc.gov/cpsclist.aspx. Any recalled toys must be removed from use.

Cover bare soil with grass or woodchips. Don't let children play in bare soil.

Lead paint and varnish can be on old painted toys, high chairs, and furniture. Regulations for child care providers ban the use of toxic paints or finishes on anything that children use or is within their reach.

Don't let children chew on metal, brass, lead or pewter objects such as a key.

Let tap water run for one minute before using it, if it hasn't been run for a few hours. Both town and well water could have lead from old plumbing.

Only use cold tap water for drinking, cooking, and making baby formula. Boiling water does not get rid of lead.

Use lead-free dishes. Don't cook, serve, or store food in cracked china or in pewter, crystal, or pottery from Central America or the Middle East.

Lead is in some imported spices, candy, cosmetics, and traditional medicines.

Teach your children and parents about lead poisoning prevention. Call your local health department listed in the phone book blue pages. Visit the Department of Health web site at: www.nyhealth.gov/environmental/lead.

Work sited from www.nyhealth.gov/environmental/lead

Chautauqua Healthy Homes Program (Lead-CHHP)

is a HUD-funded partnership between Chautauqua Opportunities, Inc. and the Chautauqua County Department of Health and Human Services for the purpose of preventing children from being poisoned by lead in their homes.

Lead remediation work is done by EPA Lead Abatement Certified Contractors. Each property that qualifies is assessed for lead hazards and an individualized work plan is developed to make the housing lead-safe. The work plan may include replacement of windows and doors, paint encapsulation, or other improvements.



Who Qualifies?

Services are targeted to income-qualified households with children under the age of six who live in housing built prior to 1978.

For Rental Housing

In rental housing, both tenants and landlords must agree to participate in the program.

Tenants must agree to:

- Provide Income verification to COI showing that their income is less than 80% of Area Median Income.
- Submit blood level testing documents for children under age 6.
- Relocate during the construction (with assistance from the program).

Landlords must agree to:

- Provide proof of ownership and that taxes are current.
- Maintain the property for 3 years at an affordable rent.
- No matching funds are required.

For Owner-occupied Housing

All units assisted with grants under this section must be the principal residence of families with income at or below 80% of the Area Median Income level.



Homeowners must agree to:

- Provide income verification
- Provide proof of ownership and show that taxes are current
- Submit blood level testing documents for children under age 6
- Agree to relocate during the construction (with assistance from the program)
- Agree to remain in the property for 3 years

Income Eligibility

All households must have incomes below 80% of Area Median Income (AMI). Prioritization will be given to those under 50% of AMI.

50% of median income

Persons In Family

1	2	3	4-8
\$24,300	\$27,800	\$31,250	\$34,700-45,850

80% of median income

Persons In Family

1	2	3	4-8
\$38,850	\$44,400	\$49,950	\$55,500-73,300

How to Apply

Landlords can apply by completing the landlord application on our website, <https://www.chatauquaopportunities.com/lead-program/> and dropping it off at 402 Chandler Street in Jamestown or 10825 Bennett Road in Dunkirk.

Tenants and homeowners can apply by calling 1-855-431-3755 and asking to speak with a COI Navigator.



Puppet Fun

The use of puppets is a classic way of engaging children for entertainment and development purposes. Puppets create stimulating interaction, fun dialogue, and an element of magic to learning time. Puppets can be used to read books, explain behavior expectations or classroom rules, and/or to regain attention. The benefits of using puppets are many, but it is important to remember that a child's central way of learning is through play.

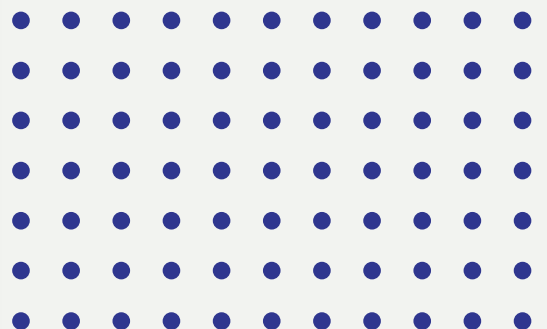
As children are engaged with a puppet, it allows them to use their imagination and logical thought simultaneously. This is an enormous benefit for children's creative development. A puppet gives a child the power to imagine it has personality, emotions, and a life force. They may imagine that something inanimate can come to life. As a result, a child may be empowered to create.

Incorporate a puppet into your room by using an element of surprise:

1. Hide your puppet before the children enter the classroom. Just before introducing your puppet, tell the children you have heard something and ask them if they hear it, too.
2. Keep walking closer to the place where the puppet has been hidden and continue to say, "What is that? Do you hear someone?"
3. Peek in the hidden place (cupboard, drawer, closet) and act surprised, but close the door quickly.
4. Then, using your best animated acting skills, look again and then bring out



the puppet. After some introductions, ask the puppet if he/she would like to participate in the activity you have planned (Storytime, rules, expectations, etc.)



April is Autism Awareness Month

You may notice on April 2nd, that many people are “lighting it up blue” by having a blue light shining at their home. The 15th Annual World Autism Awareness Day is April 2, 2022, which kicks off “Autism Awareness Month”. Autism, according to the Center for Disease Control affects 1 out of 44 children in the United States. Autism is a combination of genetic and environmental factors that demonstrates a spectrum of strengths and challenges. (Autism Speaks 2021).



According to Autism Speaks, Inc., “Several factors may influence the development of Autism which is often accompanied by sensory sensitivities and medical issues such as, gastrointestinal (GI) disorders, seizures or sleep disorders as well as mental health challenges such as anxiety.

Chautauqua Child Care Council Staff Supporting World Autism Day by wearing blue.

“The American Autism Association describes the Autism Spectrum as “autism spectrum disorder (ASD) which is

a developmental disorder that causes issues with communication, social, verbal, and motor skills.”

Just as every child is different, every child with Autism presents in different ways. As Dr. Stephen Shore states, “If you have met one child with Autism, you’ve met one child with Autism.” It can be challenging to care for a child with Autism in childcare settings; however, there is support available. Getting to know a child with Autism takes some time and careful consideration. Parents and guardians are experts on their child, and this is especially true for parents and guardians of Autistic children. They can provide information on how to communicate with their child, provide possible triggers that a child might have and recommend soothing strategies as well. As a child care provider, it is important to promote Autism Awareness within the setting as well.

Child care providers can reach out to become educated in ways to promote social emotional development, sensory integration development and communication. In turn, child care providers should educate the children with whom they care for as well. When children understand what is happening, their stress level is reduced and can even assist in providing comfort to their peer. For more information on how to support Autistic Children in child care settings, please contact the Chautauqua Opportunities, Inc., Child Care Council at (716) 661-9430.

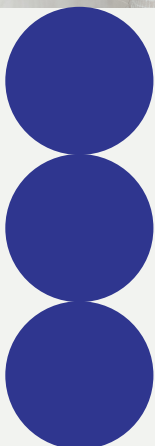
Upcoming training information: "Special Needs Training Series: Autism" to be held on April 14th, 6:30-7:30pm. For more information on the Special Needs Training Series or to register, please contact Rebecca Reed at (716) 366-8176 x 3216 or rreed@chautopp.org. Additionally you can scan this QR Code to register for any of our trainings.

For more information on Autism, check out these resources:

Autism Speaks <https://www.autismspeaks.org/>

America Autism Association <https://www.myautism.org/>

National Autism Association <https://nationalautismassociation.org/>



Month of the Young Child

April has been designated the Month of the Young Child, designed to highlight the unique needs and rights of young children and their families.

The month is divided into four weekly themes to focus on different key areas of child development.

Week one focuses on physical development

Take time this week to review your family routines to be sure your child is getting enough sleep, eating well-balanced meals and drinking enough water. Review your child's immunizations and schedule a well-child visit with their doctor if they're overdue. Find a child passenger safety technician near you and check to see if your child's car seat is installed and used correctly. Spring is upon us, and now is a great time to implement family walks or other daily outdoor physical activity with your child.

Week two focuses on social development

Did you know that children's social and emotional development has been found to be a bigger predictor of their academic success than their family background and even their IQ? Take time this week to focus on your child's social development. What do you do in your family to promote positive relationships? Teach and model empathy, kindness and caring. Use children's books to teach kindness. Teach your child problem-solving steps. Use this week as a time to review your household routines and rules. Children do best with a predictable routine and structure to their day.

Week three focuses on emotional development

The ability to control and regulate emotions is critical for children's success in school and their personal relationships. Learn more about positive strategies to teach, train and guide your children. Teach your child about their emotions. Use feeling words. Many time parents will say they "just want their child to be happy," but of course that isn't exactly true. Parents want their children to experience a broad range of emotions, to genuinely feel sad when their friend is hurt or mad when an injustice occurs, but they need to be able to react in an appropriate manner. Teach your child to express their emotions verbally and through creativity such as coloring. Model appropriate expressions of feelings in your home.

Week four focuses on cognitive development

These skills include the traditional academic skills such as counting and letter recognition. Read to your child every day. Talk to your child. An approach like "sports casting" an event is a great tool to help children who are learning to talk. Limit the use of electronic media. Children learn best through hands-on experiences. Encourage your child to write, color and draw with a variety of different writing implements and on different materials.



Adapted from Michigan State University MSU Extension

Child Abuse and Prevention Month

Child abuse is a national tragedy, taking the lives of three children every day and affecting millions of children and families every year. We need to work together to help strengthen and support families so that we can prevent such tragedies from occurring. Each April, Child Abuse Prevention Month activities raise awareness about the problem of child abuse – and most importantly, about what each of us can do to help prevent the abuse and neglect of our Nation's children.

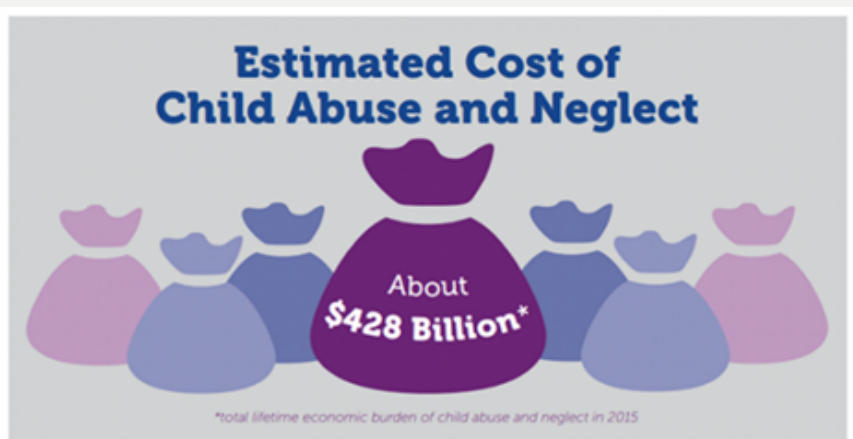
Children's experiences with neglect can negatively affect brain development by changing how they respond to intense events, thereby disrupting their ability to cope with adversity.

Child neglect is the most prevalent type of child maltreatment but has historically received the least attention from researchers and others. Child neglect continues to be a complex problem that is difficult to define, prevent, identify, and treat



The goal of child abuse prevention is simple—to stop child abuse and neglect from happening in the first place, sparing children and families emotional and physical trauma, and decreasing the need for costly intervention and treatment services.

Images from <https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>



Spring Activities For Families On A Tight Budget

Go Outside And Play In An April Rain Shower

Grab some rainboots and raincoats. If you don't have those, grab the kids' oldest shoes and outfits that you don't mind getting muddy and then get outside while the April showers are falling. Splash in the puddles. Catch raindrops on your tongues. Look way up and watch the drops as they fall. Close your eyes and listen to the sound the rain makes as it hits the ground.

Plant Flowers

The saying is "April showers bring May flowers" so that makes spring the perfect time to plant flowers. Visit your local plant nursery to find what grows best in your area. Or take a chance and sprinkle a packet of wildflower mix in an area of your yard and see if any pop up.



Plant A Vegetable Garden

It is said that picky eaters are more willing to try new vegetables if they take part in growing them and spring is the perfect time for testing out that theory. Again, your local plant nursery is a great place to visit in the springtime to find out what grows best in your area and when to plant it.

If you don't have a big yard, you can still try your hand at growing a few veggies. Many vegetables grow well in pots, including tomatoes and lettuce.

Fly A Kite

Most towns have at least one park that has a large enough area free of overhead obstacles for kite flying. Spring is the perfect time to head there and let your kids try flying a kite in the spring breeze. You can invest in a good sturdy kite that should last you several seasons and have everyone take turns flying it or head to your local dollar store and pick up a couple that should last a time or two.

Take A Nature Hike

Spring is a great time to get out there and hit the local trails. Just make sure to watch for ticks as they are prominent in our area. Make sure to wear long sleeves and pants. You can buy a tick spray and apply it before your hike, but you still need to give everyone in your family a once over check for ticks and have someone do the same for you once you are done with your hike.

Build A Bird House

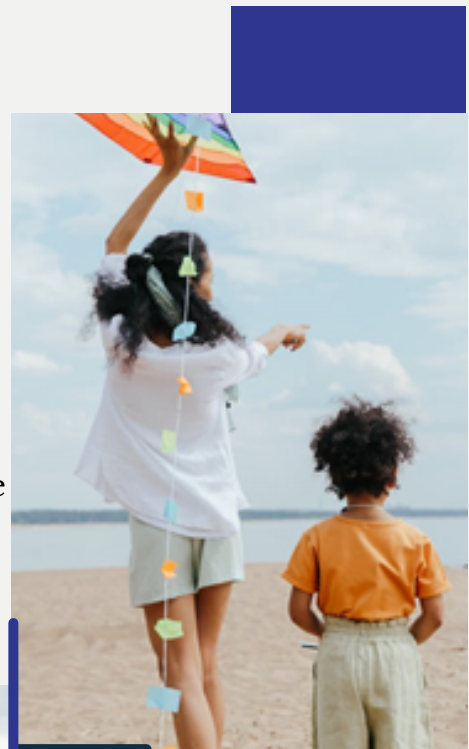
Create an environment for bird watching right in your backyard. Build a birdhouse together as a family and hanging it up in a quiet area of your backyard. You can either buy a birdhouse kit or make your own using scrap wood from other DIY projects.

Go On A Hunt For Spring Flowers

Can you find a daffodil, a pansy, or a tulip blooming in your neighborhood? Go for a walk together and see if you can!

Cloud Gaze

Grab a blanket and lay it out on the grass on a day where the sky is a mix of cloud and sun. Invite everyone to lay down on the blanket and watch the clouds roll by. Ask the kids what they see in the clouds. What does the shape of each one remind them of?



Join A Community Clean-Up Day

Does your community throw a family clean-up day? If it does, see if your family can volunteer together to rake parks, replant community flower beds or whatever help they need.

Go Hunting For Earthworms

Adults might think earthworms are kind of creepy, but kids generally love them. So, moms and dads, get past your “icky” feelings about earthworms if you have them and let your young explorers get out there after a rainstorm and watch the earthworms. Compare sizes and colors as you watch them inch along. Then go inside and google earthworm information together and find out more about earthworms and all they do for our planet.

<https://snailpacetransformations.com/spring-activities-for-families-on-a-tight-budget/>



Chautauqua County *Family Friendly Events*



RACECAR SHOW

**Lakewood Mall, April 1st & 2nd
from 10am-9pm, and April 3rd
from 8am-5pm**

Hosted at the Lakewood mall, the racecar show of the year! Karts are welcome and encouraged to show. Open to all classes such as, Asphalt cars, Drag Cars, Classic Show cars and more! Vendors, Sponsors, and area tracks will be present.

Chautauqua County *Family Friendly Events*

FINDLEY LAKE CRAFT FAIR

**May 07 - 08, 2022 Findley Lake
Fire Hall, 10372 Main Street,
Findley Lake, NY 14736**

The craft fair takes place at the Findley Lake Fire Hall and features unique and hard-to-find gifts from local vendors as well as locally baked snacks and hot drinks. Free admission!

Please check www.visitfindleylake.com for updates and more information.

JAMESTOWN JACKALS 2022

April 1st - 7 pm, April 2nd - 6 pm, May 7th - 7 pm and May 8th - 3 pm. Jamestown Community College,

The Jamestown Jackals are dedicated to bringing exciting, affordable, family-friendly entertainment to professional basketball fans in Jamestown, NY.

ITALIAN FESTIVAL

**June 25, 2022, The Beaver Club, 64
Prospect St, Fredonia, NY 14063**

Festival Italia celebrates the rich Italian heritage in our area. In the gazebo, throughout the entire festival you can enjoy Italian bands, music, dancers, and singers. Delicious Italian food, pastries, and wine can be purchased. Italian themed merchandise is available for purchase, as well as merchandise from other craft vendors.



New online classes

HOW TO OPEN YOUR OWN CHILD CARE BUSINESS

CHAUTAUQUA CHILD CARE COUNCIL



PROFESSIONALISM 101

CHAUTAUQUA CHILD CARE COUNCIL



CHILD DEVELOPMENT 101

CHAUTAUQUA CHILD CARE COUNCIL



SPECIAL NEEDS TRAINING SERIES, AUTISM 101

CHAUTAUQUA CHILD CARE COUNCIL



INTRODUCTION TO EFFECTIVE SUPERVISION

CHAUTAUQUA CHILD CARE COUNCIL



SPECIAL NEEDS TRAINING SERIES, ADHD 101

CHAUTAUQUA CHILD CARE COUNCIL



NYS OCFS REGULATIONS 101

CHAUTAUQUA CHILD CARE COUNCIL



RESILIENCE & HOPE

CHAUTAUQUA CHILD CARE COUNCIL



Coming Soon



Eventbrite



Links

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

Information for providers, parents, and the general public regarding child care.

<https://strongstartschaut.com/>

Resources for parents, caregivers, and educators working with children age 0-5.

<https://chautauquaopportunities.com>

A community action agency. Visit COI's homepage, services tab, for a variety of services offered.

<http://tomcopelandblog.com/>

Information and resources for home based child care business owners.

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

Covid-19 and general health information.

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

Small Business Development Center

<https://www.irs.gov>

Tax information and forms

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If You Are Interested In
Becoming A Council Advisory
Board Member, Please contact
the Child Care Council
716.661.9430 x 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!