

Network News

Child Care Resource Center Newsletter



A MESSAGE FROM CCRC DIRECTOR

By Jenn Perney

The CCR&R has changed it's name. Instead of the Child Care Resource and Referral, or CCR&R, we will now be known as the **Child Care Resource Center**.

We are offering the same services, just a new name to more clearly state what we offer.

I also want to welcome our new Child Care Resource Center team members.

Isabelle Gorham is the new Business Specialist. Do you have any questions or need help with your business paperwork? Give her a call at 607-723-8313 ext. 1616

Barbara Bedford is the new Early Childhood Mental Health Consultant. She will be working on a special project with some preschool classrooms.

We also have a change with Crystal Rozelle's position. She will be moving to oversee our referral database and helping parents find child care. If you have changes in your program or have current openings, please contact Crystal to let her know. You can reach her at 607-723-8313 ext. 829 now. She will still handle all the training registration.

We are in the process of filling the Chenango Child Care Specialist position and the CACFP Monitor position, so more new faces will be around soon.

Newsletter Highlights

CACFP Recipe

Child Care Assistance Program

Nature Based Learning

LOL

Years of Service for FCC

Resilience

Nursery Rhymes

Calming Corner

One Step At A Time

Understanding Behaviors

Immunizations

Ticks





VROOM

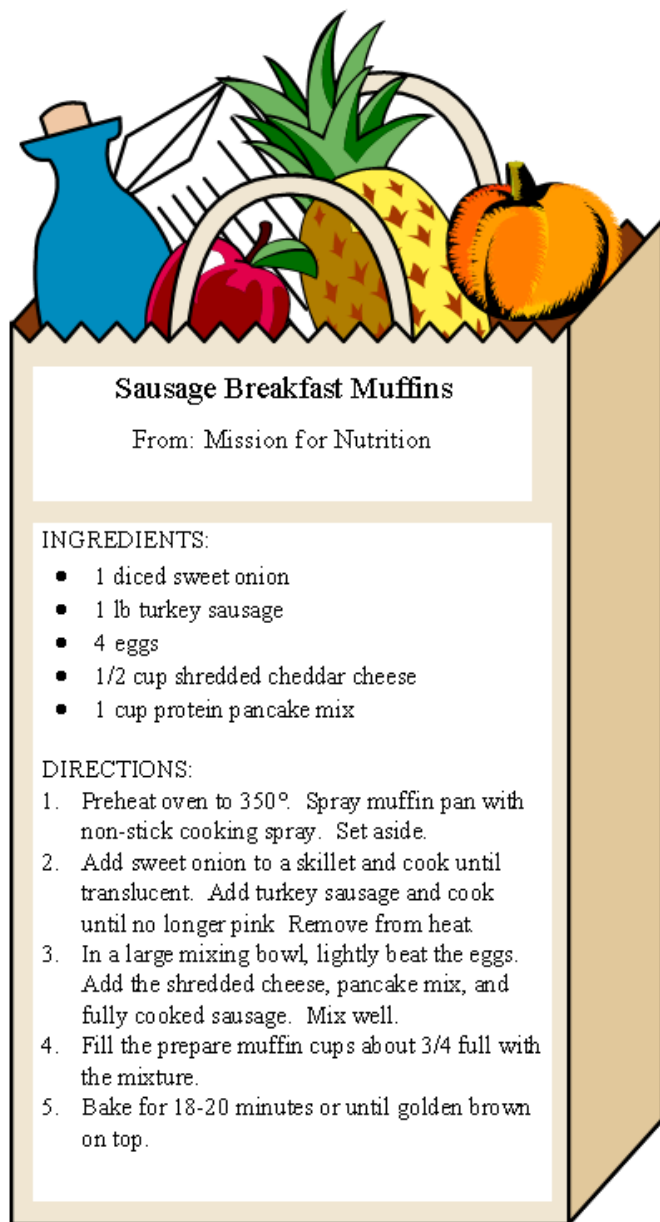
By Rachel Dowd, Training & Coaching Specialist

Check out this Vroom tip to try out this Summer!

Air Race: Invite your child to collect rocks, sticks, or leaves of different weights. Ask them to predict what will happen if they drop two different things at the same time and then test it out. Do some things fall faster than others? Talk back and forth about what you notice and what might be happening.

When you and your child play Air Race, you're encouraging them to think like a scientist. You're designing an experiment to test how different objects fall.

Interested in more Vroom tips like this? Visit vroom.org or download their app for daily brain building tips!



CACFP AMBASSADOR

Congratulations to Anna Raheem, The Academy for Young Scholars on being chosen as a CACFP Ambassador from Hunger Solutions New York.. Through a competitive application process, the 10 Ambassadors were chosen as champions for CACFP across the state.

"I'm honored to have been selected to be a CACFP Ambassador! I look forward to using this platform to provide outreach and support to connect child care programs to CACFP. It is my goal to promote awareness of CACFP and provide support for interested programs. I'm excited and thankful for this opportunity!" Anna M. Raheem, M.Ed, The Academy for Young Scholars

CHILD CARE ASSISTANCE PROGRAM ELIGIBILITY

The parent eligible for the Child Care Assistance Program increased on June 1, 2024. Now, more parents should qualify for assistance paying for child care. Please let all your parents know!

For more information, please visit the OCFS website for the [Child Care Assistance Program](#) or reach out to your county DSS Child Care Unit.

Broome County: 607-778-2628

Chenango County: 607-337-1500

Tioga County: 607-687-8500

Effective June 1, 2024

Family Size	100%	85% SMI
1	\$15,060	\$56,488.48
2	\$20,440	\$73,869.56
3	\$25,820	\$91,250.63
4	\$31,200	\$108,631.70
5	\$36,580	\$126,012.77
6	\$41,960	\$143,393.84
7	\$47,340	\$146,652.80
8	\$52,720	\$149,911.75

*For families/households with more than 8 persons, add \$5,380 for each additional person to the 100% column for calculating family share.

**For families/households with more than 8 persons, see 23-OCFS-INF-06 for the 85% SMI needed to determine eligibility

BROOME DSS CHILD CARE ASSISTANCE PAYMENTS

The Child Care Assistance Program payments cannot be paid for sick days for the program/provider.

This has occurred due to inaccurate information and will change moving forward. If you have questions, please contact Broome County Daycare Unit Supervisor, Jen Skinner, at 607-778-2628.



NATURE BASED LEARNING

Summer is a great time to get outside and learn about nature. Connecting children with nature helps them to develop a more positive attitude while being more active, absorbed and involved. Get children away from screens and outside!

Why should you go outside?

Many researchers agree that kids who play outside are happier, better at paying attention and less anxious than kids who spend more time indoors. Being outside can build confidence, encourages creativity and imagination. It can also teach responsibility, for example by having children responsible for watering a plant. And of course, it gets children moving their bodies. Exercise can help relieve stress and can allow them to be more focused.

The OCFS Regulations state your daily schedule must include outdoor play time.

“Daily supervised outdoor play is required for all children in care, except during inclement or extreme weather or unless otherwise ordered by a health care provider. “

Here are some ideas to spend more time outside.

Plant A Butterfly Garden Plant a jumbled selection of insect-attracting flowers, both annuals and perennials. Ask your local garden center for help in choosing good plants, or research this on the internet. Don't forget food plants for the caterpillar life stage, like ones from the parsley family.

Build a Sunflower House: Plant sunflowers in a square, circle, or any other shape you'd like to create a living playhouse for hiding and hanging out.

Use Loose Parts: Use blocks, boards, “tree cookies” (log slices), and milk crates for outdoor construction play. Give children chalk, fabric, paintbrushes, or water for enhanced imaginative play.

CARING SPACES ENDORSEMENT

Caring Spaces is a four-tiered approach to measuring quality in infant, toddler, and preschool environments evaluating the child care provider's ability to provide a free exploratory environment, responsive caregiving, age appropriate materials and experiences, and the ability to engage in brave conversations with families about child development and challenging behaviors. The goal of Caring Spaces is to increase the quality in these environments and reduce the prevalence of expulsion and suspension in early childhood.

The following programs/classrooms in Broome County have recently received their endorsements.

Young Wonders Early Childhood Center

- Preschool Classroom
- Pre-K Classroom

To learn more about Caring Spaces, email Cortney at cnornhold@familyenrichment.org or call (607) 687-6721 ext 1187 to get started.



LOL!!!!!!

By Leslie Vermaat, Training and TA Specialist

You are serious about caring for children. You work hard to keep them safe, encourage their physical development, and provide toys and experiences that promote cognitive learning. You are a professional, with lots of training under your belt. BUT...are you being SILLY? Have children experienced your SILLY SIDE?

According to many early childhood experts, humor is just another form of communication, and an important one at that. Humor and laughter can connect people with a shared experience, create a great memory, and help children develop a playful and humorous attitude about life. It can get their attention and help them remember what they learn. We may be afraid that humor might get 'out of control', but because of the potential benefits, let's take a chance and "up" our focus on using humor in our programs.

Here are some ways to do that:

- When a child laughs, ask them why, and what they think is so funny. Get familiar with their 'funny bone'.
- Tell some jokes! It's fun (and powerful) to be the one who knows the punch line!
- Use a funny, silly voice from time to time, and not just when reading a story.
- Have a "Funny Day". Put funny pictures on the wall, wear funny hats, do some nonsense rhyming, tell those preschool jokes, sing those silly songs (make them up!), make a funny face, paint a funny picture.
- Remember that 'funny' to preschoolers involves something wrong with the picture or words, something unexpected or silly about the situation.
- Be clear that we laugh with each other and not at each other. Teach them the difference. View it as an opportunity to talk about feelings. What happened to make the "joke" not funny for their friend?
- Consider children's cultures and backgrounds in how they respond to humor. Not everyone needs to laugh uproariously; for some, even a chuckle means it's very funny!

You don't think of yourself as funny? Practicing being funny with preschoolers can be a win-win. They may think you're hilarious! Here are some preschool jokes to get you started:

- How does the ocean say "hi"? It waves.
- What do you get when you put 3 ducks in a box? A box of 'quackers'.
- What do you call a dancing lamb? A baaaa-llerina.

Get the idea? They will, and they'll bring their own jokes to share!



FAMILY CHILD CARE PROVIDERS YEARS OF SERVICE

CELEBRATING YEARS OF SERVICE

Congratulations to the following providers who are celebrating years of service in the months of July, August and September.

These providers opened their businesses in those months:

Tioga County

Diane VanOrman – 29 years
Amy White – 35 years
Rose Deangelis – 29 years
Shannon Wheeler – 22 years

Broome County

Victoria Allen – 2 years
Amy Arnold – 23 years
Lisa Beylo – 1 year
Heather Bryla – 11 years
Wendy Poyer – 16 years
Heather Vantassell – 12 years
Barbara Briggs – 13 years
Charity Davis – 3 years
Latoya Foster – 10 years
Yvette Barron – 22 years
Sarah Franco – 4 years
Lizette Olivares – 17 years
Debra Rickenbeck – 7 years
Melanie Shauger – 6 years
Tiffany Vandermark – 6 years

Chenango County

Kim Beang – 3 years
Sheila Bishop – 2 years
Lila Harris – 19 years
Heather Mierke – 1 year
Cheeve Wittig – 6 years
Beverly Chystie – 33 years
Beatrice French – 26 years
Ashley Bennett – 17 years
Cassie Clipston – 22 years

NEW CHILD CARE RESOURCE CENTER STAFF



Isabelle Gorham
Business Specialist



Barbara Bedford
Early Childhood Mental
Health Specialist



RESILIENCE IN CHILDREN

By Allie Drake, Training and Coaching Specialist

What is resilience?

Resilience is the ability to manage stress, challenges, trauma or adversity that life brings and the ability to bounce back from it.

With resilience children become more confident, curious, and adaptable to the world around them.

How do we help build resilience in children?

Build Positive Relationships

- Display genuine care by greeting each child as they enter your classroom
- Help children understand their emotions
- Model reactions to feelings in appropriate ways
- Learn about what the children love and their interests
- Listen attentively when they are talking; ask questions to further engage in the conversation

Build Emotional Awareness

- Help to understand their emotions and the different reactions their body and mind might have
- Help them develop coping methods that work for them, use calming methods during the day to reinforce these methods
- Build empathy by demonstrating social skills, and interactions between peers
- Model coping skills

Build Independence and Confidence

- Encourage problem solving, and help children to realize there is always a solution to a problem
- Encourage children to try first before asking for help
- Give children responsibilities for example classroom jobs

Build Relationships with Parents and Guardians

- Support parents/guardians during difficult times
- Provide parents with information on social emotional skills, and community supports





WHY NURSERY RHYMES ARE IMPORTANT FOR YOUNG CHILDREN

By Courtney Nornhold, Infant Toddler Specialist

Some of our earliest and fondest memories from childhood may come from being read to and singing along to nursery rhymes. There's a reason that "Wheels on The Bus" and "Twinkle Twinkle Little Star" come so natural to us. The repetitive nature of these sing-a-long rhymes makes them easy to memorize. There are many benefits of nursery rhymes. They are building their language skills by being introduced to new words and recognizing sounds in words. They are building their cognitive skills through concentrating and using their memory and thinking skills. Motor skills are developing when they are connecting actions with words in the rhyme. Nursery rhymes can help build emotional awareness and promote their storytelling and reading skills.

10 Reasons children need nursery rhymes:

1. Perfect first stories - Can catch a child's attention, and short enough to keep their attention.
2. Boosts early language development
3. Builds social skills and promotes a sense of community. Children can bond over a shared story.
4. Opens the door to a love of all books
5. Children are more equipped to be better readers. Listening to nursery rhymes strengthens a child's ability to hear the sounds in words.
6. Builds vocabulary
7. Encourages creativity. Children can act out rhymes, create crafts and illustrate their favorite rhymes.
8. Connects us to the past
9. Can improve fine motor skills and coordination. When children do fingerplays, and act out other rhymes, they can improve their muscle strength.
10. They are fun!!!!

Choose rhymes that are relevant for your setting and age of your children. Sing the rhymes during routines. Share picture books with your children. Associating movement with the rhyme will help children to be more interested in the rhyme and it makes connections to their actions. What nursery rhyme will you introduce to your children today?

CONGRATULATIONS NEW CHILD CARE PROGRAMS!

Broome Child Care Center

UHS Childcare Center

All My Children

Broome Family Child Care

Kylie Piech





CREATE A CALMING CORNER

By Allie Drake, Training and Coaching Specialist

What is a Calming Corner?

It's a space where kids can go to calm down and self-regulate when they are angry, upset, stressed, overwhelmed, or just need alone time.

Benefits of a Calming Corner

- Improves Emotional Regulation- Helps children to acknowledge and identify emotions so that kids can learn how to better process them and communicate them.
- Encourages self-responsibility- Teaches independence and ability to take control when feeling overwhelmed in situations. Children began to become more responsible for their actions.
- Teaches mindfulness- Teaches children how to self-regulate and self-soothe when they feel stressed or anxious.
- Gives Positive Feedback-Gives the opportunity to use positive feedback to reinforce self-regulating behaviors rather than reinforcing negative behaviors.

What is Normally in a Calming Corner?

- Art Tools- coloring books, crayons, white boards etc.
- Sensory Tools- weighted blankets or cushions
- Headphones- Noise canceling or noise filtering
- Fidget objects- pop its, squish balls
- Visual Stimulation- sand timers, sensory bottles
- Books
- Breathing Exercise posters- it is important to go over these exercises with the children prior, so they know what to do
- Feelings posters- more beneficial to use posters of real children's faces rather than characters or emojis

Calm-down corners are not time-outs. They are not punishments. They are meant to be safe and comforting

Free Breathing Exercise Posters





ONE STEP AT A TIME

By Cathy Lee, Health & Wellness Coordinator

At a time when less than half of adults in the U.S. get the recommended amount of exercise, there is new evidence that climbing stairs can reduce the risk of heart disease and help people live longer. A new meta-analysis presented at a European Society of Cardiology conference finds that people in the habit of climbing stairs had about a 39% lower likelihood of death from heart disease, compared to those who didn't climb stairs. They also had a lower risk of heart attacks and strokes.

So, how much stair climbing is enough? One study found climbing six to ten flights a day was linked to a reduced risk of premature death. Another study found climbing more than five flights a day lowered the risk of cardiovascular disease by 20%. The study found that regular stair climbing can improve body composition, blood pressure, insulin sensitivity and blood pressure.

If you're trying to incorporate more movement into your day, adding stair climbing is a good way to get quick bursts of aerobic exercise.

You don't even have to go to the gym! If you track steps on a FitBit or Smartwatch, these devices can be used to track climbing.

Taking the stairs can also help build muscle.

"Climbing stairs can be a wonderful mix of both aerobic exercise and resistance training," says Dr. Tamara Horwich, a cardiologist at UCLA who focuses on women's heart health.

However, if you're not in the habit of stair climbing, you may have to start slowly.

So take that first step and skip the escalator! You might just like the climb.

BROOME FALL CONFERENCE SAVE THE DATE

The Broome Fall Conference will be on Monday, October 14th in Binghamton.

More information, including registration details, will be out soon!

Stay up to date on all
our training
opportunities on our
[Eventbrite page.](#)



WHAT'S THE FUNCTION?

By Rachel Dowd, Training and Coaching Specialist

One of the biggest challenges in early childhood education is understanding and managing challenging behaviors. When trying to manage behaviors it's important to remember that all behavior is a form of communication. Children are trying to tell you something. So how do we know what they are trying to tell us and how can we teach them to use more appropriate techniques to meet their needs?

The first step is to find the function of the behavior! The function is the reason a child is engaging in the behavior (whether they know it or not). There are typically four main functions to behaviors: attention, tangibles, sensory needs, and escape/avoidance.

Attention seeking behavior is when a child is looking to get noticed or acknowledged by others. If a child is deprived of the attention that they need they often don't care if what they receive is good or bad attention they just need to be noticed and often negative attention is easier to get from stressed out or busy adults.

Tangible related behavior is when a child is engaging in a behavior to get something that they want or need. Behavior usually occurs because they don't have other skills to let you know that they want or need something. They have also learned that the behavior they are engaging in works in some way. Similarly, sensory seeking behavior is meeting a child's sensory needs. Something like pushing on heavier objects or making loud noises could feel good to a child and give them some sensory input that they need. They may also be avoiding certain sensory sensations that make them uncomfortable.

When a child engages in escape or avoidance behavior they do not want to do something or go somewhere. This could be out of fear, discomfort, or the task being very difficult for them. Feeling out of control and forced into uncomfortable situations is really difficult and happens often in school settings and children don't automatically have the skills to work through these situations.

Once we have figured out what is driving the behavior we can use this to help the child meet their needs in an appropriate and successful way! To help them meet their needs in an appropriate way we can look at what the child is seeking out and brainstorm safe ways for them to get the input such as teaching them skills to get positive attention (and then providing them with ample praise for these behaviors), using a sensory safe area in your program, or helping them work through situations that they want to avoid.

IMMUNIZATIONS

The Broome County Health Department (BCHD) wanted to remind you of the importance of ensuring the children in your care are protected from vaccine-preventable diseases and remind you that we are always happy to talk through any questions or concerns. The BCHD Immunization Program is offering to review your vaccine records, help you identify children who are missing immunizations, and offer resources and information on getting caught up.

You may have seen stories in the news about increases in diseases, especially measles. As of mid-June 2024, there have been 151 cases of measles in the United States. To put that in context, there were only 58 cases for the entire year of 2023. Measles is one of the most contagious diseases. If one person has measles, 90% of the people close to that person will become infected if they are not immune. Symptoms of measles include:

- Cough
- Fever
- Red eyes
- Runny nose and
- Rash

Because people may be contagious before a rash or other symptoms appear, it is important to be proactive in making sure the children in your care are protected.

Measles is very dangerous and can lead to pneumonia, severe diarrhea, ear infections, encephalitis, and even death. 1 in 5 people who get measles will be hospitalized. While measles can be dangerous at any age, children under 5 are especially at risk for serious complications because their bodies are still learning to protect themselves.

Luckily, we have highly effective and thoroughly tested vaccines for deadly diseases like measles, polio, diphtheria, Hib, and more. Children who attend any center or group family daycare must meet all New York State Immunization Requirements for School Entrance/Attendance. The requirements for 2024-2025 were just released and I urge you all to review them at www.health.ny.gov/prevention/immunization/schools. Following this schedule will give the children in your care the best protection from getting sick.

We know this schedule can be confusing, but the BCHD Immunization Program is here to help you! We can walk you through the basics of immunization law, review your vaccine records, and share resources on what to do if a child needs a vaccine, including speaking with parents.

Many children had their primary care and vaccination schedules disrupted by the COVID-19 pandemic or changes to insurance eligibility. By working with the BCHD Immunization Program, you may be helping a family that does not know they are missing vaccines.

If you are interested in a review or speaking with one of the BCHD vaccine-preventable disease specialists please contact Heather Ryan at 607-778-2833 or heather.ryan@broomecountyny.gov.

Thank you for all your hard work in keeping our children safe!



PLANT TODAY AND KEEP TICKS AWAY

By Cathy Lee, Health and Wellness Coordinator

As we embrace outdoor activities, we also face the increased risk of tick encounters. Dr. Nev Zubcevik, Chief Medical Officer of Invisible International, offers insights on how gardeners can use specific plants to protect themselves from ticks and the diseases they carry, such as Lyme disease. Tick-borne diseases are on the rise, and prevention is crucial. Tick-repelling plants are a natural, aesthetic way to make our gardens less hospitable to ticks and the wildlife that carries them.

You can always check out if a plant is dangerous for children with a quick search of the [Center for Disease Control website.](#)

- Lavender's lovely fragrance is appealing to humans and detestable to ticks.
- Rosemary emits a strong aroma that ticks find repulsive. It's an excellent choice for gardeners because it's not only effective against ticks, but also enhances your garden's aroma and is useful in the kitchen.
- Garlic's strong scent is a natural pest repellent, including ticks. Planting garlic around your garden can create a barrier that ticks are likely to avoid.
- Mint's strong scent is highly effective at repelling ticks. It is a good idea to plant mint in containers to keep it from overwhelming a garden.
- Geraniums contain geranial, which is effective against ticks. However, if you have pets, consider placing geraniums in areas your pets don't access since geraniums can be toxic to animals (not humans).
- Marigolds emit a fragrance that ticks dislike. They're easy to grow and can add a protective and colorful edge to your garden.
- Chrysanthemums contain pyrethrum, a natural insecticide that repels ticks. Incorporating these flowers into your garden can provide a natural defense against ticks while adding beauty to your landscape.
- Lemongrass contains citronella oil, which is a well-known insect repellent. Planting lemongrass can help keep ticks at bay and it offers the added benefit of being a delicious culinary herb.

While incorporating tick-repelling plants is a powerful strategy, it's also important to include regular yard maintenance, use personal repellents, and conduct tick checks after outdoor activities. So add some beauty to your yard and keep the ticks away!