

Network News

Child Care Resource Center Newsletter



A MESSAGE FROM CCRC DIRECTOR

By Jenn Perney

I wanted to take this opportunity to say thank you and goodbye to our long-term trainer, Leslie Vermaat. Leslie has worked for Family Enrichment Network in different roles, for almost 30 years! Leslie has officially retired on October 1, 2024 after her long career. She will be moving to Michigan, where she will enjoy her time with her family. We will all miss her alot!

If Leslie was your go-to staff person at the Child Care Resource Center, we've still got you covered for help! For training or classroom observations, you can contact Rachel or Allie. Allie is now certified to teach the Health and Safety Trainings. Rachel is FLIP IT certified. Both are TTAP credentialed trainers. They can offer training or coaching to meet your needs, including requirements for QUALITYstarsNY.

I also want to remind you to take care of yourself. Working in the child care and early childhood education field is challenging. Now add the upcoming holidays and things can get more than stressful. Make sure you have a routine for self-care! Sometimes having another adult to talk to is all that is needed, so don't forget, we can come to your program to help with what's not working. Is it the routines? Room arrangement? Just need new activity ideas? Give us a call to come out. We are here to support you.

Newsletter Highlights

CACFP Recipe

OCFS Updates

Fire Prevention

Years of Service

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Food Safety

Help Children Calm Down

Concussions

Read For The Record

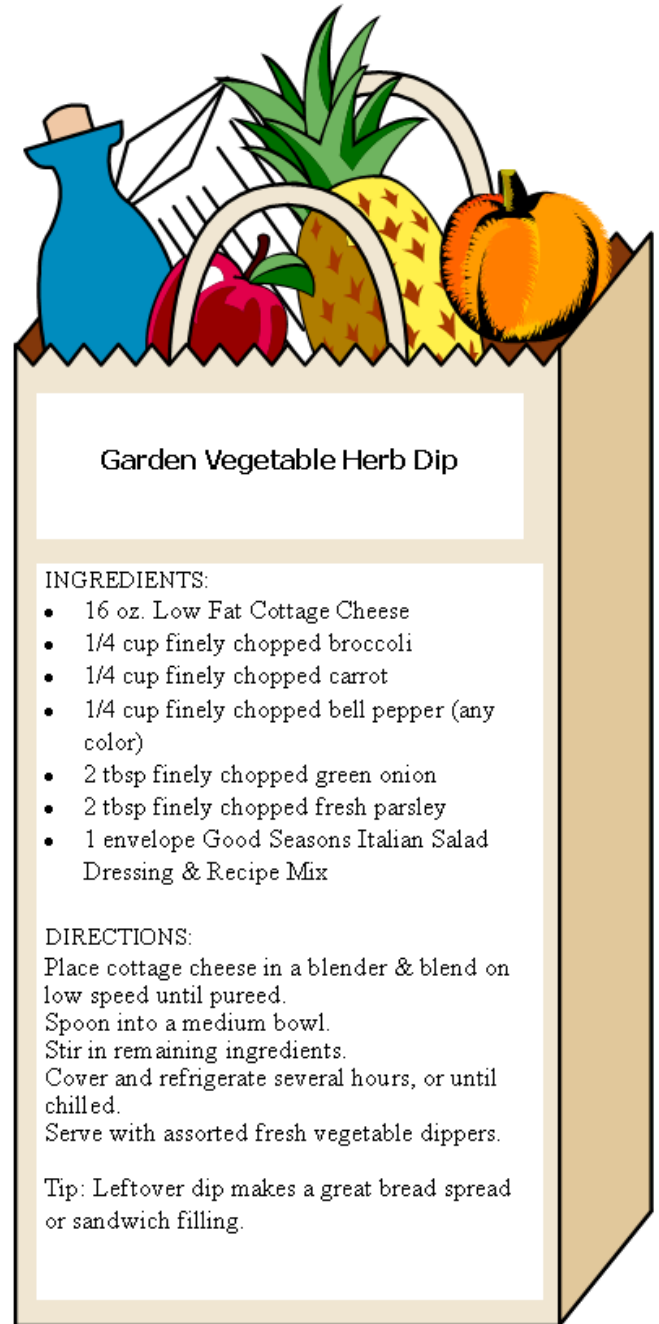
Lead Prevention

Chalk



Vroom

Brain building moments



VROOM

By Rachel Dowd, Training & Coaching Specialist

Texture Walk

Encourage your child to explore different textures around them. What does a tree trunk feel like? Scratchy? Bumpy? What does the grass feel like on their fingers? Talk together about what you notice, like: "That rock is smooth and this rock is rough."

Brainy Background

Children learn new words by experiencing what they mean, with you helping to describe what is happening and to build on their ideas. Supporting your child's exploration encourages their drive to learn, ask questions, and think critically.

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

NEW CCRC STAFF

Welcome to Andree Bartle for joining our team as the Child Care Specialist and CACFP Monitor.

If you are in the food program, you will see Andree at your next monitoring visit!



OCFS Market Rates

The Market Rates have an increase effective October 1, 2024.

You will not automatically get this increase! You must complete a new rate sheet if you are raising your rates to the new market rates and submit this form to DSS. (Call DSS to get the form if you don't have it).

As a reminder, you must charge all parents the same rate, whether you are getting payment from DSS or from the parent directly.

Part 415.12.a.4 of the Regulations pertaining to the Child Care Assistance Program state: *An eligible provider must not charge more for subsidized child care than the provider charges for non-subsidized care.*

If you charge a private pay parent less than the market rate, then you can not get the market rate from DSS. You must indicate your true rates on your rate sheet to DSS.

CCAP Direct Deposit

Direct Deposit for your Child Care Assistance Program payments through DSS is now available for Chenango and Tioga County provider!

OCFS has been slowly rolling out the option for direct deposit across the state. Chenango and Tioga Counties were in Phase 1. Broome County is in Phase 3, so will not have the option until December.

How do you sign up for direct deposit? Go into your FAMS account and you will be able to opt in and upload your banking information there.

If you have any questions, please contact the billing department at DSS in your county.

Chenango County:

call Penny at 607-337-1500

Tioga County:

call "accounting" at 607-687-8500

Broome county:

call your caseworker at 607-778-2628

DSS BILLING

Are you still using paper timesheets to submit your billing for your Child Care Assistance Program payments to DSS?

Now is the time to change that! Change to online billing. It's faster and easier.

Contact your DSS billing office today to make the switch!





FIRE SAFETY AND PREVENTION

By Lori Graham, Chenango Child Care Specialist

October is Fire Prevention Month and October 6-14 is Fire Prevention Week. Use this time to check your fire alarms and make sure you are up-to-date on your monthly fire drills!

Add some books on fire safety and prevention in your literacy area.

Some ideas of books to add include:

- *Pete the Cat: Firefighter Pete* from author and artist James Dean
- *No Dragons for Tea: Fire Safety for Kids (and Dragons)* by Jean E. Pendziwol and Martine Goubault
- *Firefighter Frank* by Monica Wellington
- *Firefighter Ninja* by Ninja Life Hacks
- *The Berenstain Bears Visit the Firehouse* by Mike Berenstain
- *Stop Drop and Roll* by Margery Cuyler
- *Miss Mingo and the Fire Drill* by Jamie Harper
- *Curious George and the Firefighters* by Margret & H.A. Rey

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 have recently received their endorsements.

- Campus Preschool
 - Doves
- The BC Center
 - Infant
 - Toddler 1
 - Toddler 2

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



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

Terri Brogdale – 31 years

Lora McCreary – 22 years

Broome County

Michelle Arlequin – 2 years

Christina Hall Weaver – 5 years

Nikkia Holmes – 2 years

Marnita Johnson – 21 years

Wendy Ladd – 3 years

Anna Raheem – 10 years

Amber Ruff – 10 years

Kayla Russell – 3 years

Hurija Selimovic – 1 year

Jessica Teed - 5 years

Lori Turck – 27 years

Melinda Wood – 11 years

Cheryl Yacovoni – 10 years

Chenango County

Brandi Camenga – 16 years

Jamie Fleming – 11 years

Julie Lewis – 8 years

Amy Prime – 14 years

Krystal Smith – 10 years

Jennifer Stewart – 15 years

Kathleen Turner – 25 years

BREASTFEEDING FRIENDLY PROGRAMS



Congratulations to the following for recently obtaining the Breastfeeding Friendly Designee:

Lisa Knapp

Lizette Oliveres

Yvette Barron



LOOSE PARTS

By Allie Drake, Training and Coaching Specialist

What are Loose Parts?

Loose parts are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. Loose parts can be used alone or combined with other materials. There is no set of specific directions for materials that are considered loose parts. The child is the direction.

Benefits of Loose Parts:

- Open ended
- Leads to exploration
- Encourage problem solving
- Enhance cognitive skills
- Increase physical activity

Examples of Loose Parts:

Indoor:

- Blocks
- Beads
- Manipulatives
- Cars

In Nature:

- Sand
- Water
- Dirt
- Flowers
- Sticks
- Moss
- Rocks
- Pinecones
- Seeds

On Playground:

- Balls
- Chalk
- Tires
- Sand
- Rocks

Choking Cautions:

Young children can choke on small objects and toy parts. All items used for children under three years of age and any children who put toys in their mouths should be at least 1¼ inch in diameter and between 1 inch and 2¼ inches in length. Oval balls and toys should be at least 1¾ inch in diameter. Toys should meet federal small parts standards. Any toys or games labeled as unsuitable for children under three should not be used. More information at [Better Kid Kare.](#)



DISHWASHER GAME CHANGER?

By Cathy Lee, Health & Wellness Coordinator

A recent TicTok video suggests that you should wash fresh fruit and vegetables in the dishwasher with vinegar. Influencers claim that this idea is Genius, A Game Changer! This genius, game changing idea can do more harm than good. Washing fruit and vegetables in the dishwasher is not recommended. Experts say that using a dishwasher to wash fruit and vegetables can pose serious food safety risks. Here are some reasons why:

- Dishwashers use detergents, chemical agents, and hot water, which can contaminate produce.
- Dishwashers can harbor pathogens, which can contaminate produce. Think about last night's dinner still swirling around the filter.
- Dishwashers don't always fully pump out water after a cycle, so leftover detergent and sludge from the previous cycle can remain in the dishwasher.
- Even if you wash produce without detergent, chemical residue can still permeate the produce.
- If you use vinegar, not enough is being used to kill any pathogens and you are basically pickling your produce!

The Food and Drug Administration (FDA) recommends washing produce thoroughly under running water. You can gently rub the produce while holding it under the water. For firm produce, like cucumbers and melons, you can use a clean vegetable brush to scrub them.

Save the dishwasher for your dishes!

FOOD TRIVIA

Where does Ugli fruit come from?

“Ugli” fruit is a trademark for the tangelo, a tropical fruit that is a hybrid between a grapefruit and a tangerine or mandarin orange. Tangelos originated in Jamaica.



HELPING YOUNG CHILDREN CALM DOWN

By Cortney Nornhold, Infant Toddler Specialist

To be able to help a young child calm down, we must first understand what is happening in their bodies and brains when they are not calm. There are a lot of things that can trigger a child to have a meltdown. But the brain reacts the same regardless of the trigger. First the brain perceives a threat. The child experiences either one or more different emotions and a reaction begins. The brain sends chemicals and hormones throughout the body to help deal with the threat. The area of the brain responsible for thinking (prefrontal cortex) is temporarily disabled. This is NOT a time for thinking, it is a time for doing.

So what can you do to help? Here are some simple calm down strategies for children that will help them switch the stress response off and feel calm and in control again.

- Ask for a hug- A big tight hug gives children two things. It helps them feel supported and connected to you, and it provides proprioceptive input. Both of those things help the child feel safe and secure and calms their nervous system
- Take 3 deep breaths- Mindful breathing can be a quick and effective way to switch off the stress response and reset the nervous system. Try this: hold a finger out (or prop) and ask a child to pretend they are smelling a flower and blow out through their mouth as if they are pretending to blow out a candle. Repeat 3 times.
- Have a cold drink of water- Having a cold drink of water can activate the vagus nerve. This is a long nerve that travels from the brain to almost every organ in the body. One thing this nerve is responsible for is the parasympathetic nervous system - the nervous system is responsible for switching off the stress response and keeping us calm. Drinking cold water can stimulate the vagus nerve, which slows down respirations and heart rate and helps us feel calmer.
- Find a color- This can help activate the thinking area of the brain and help calm the emotion brain. Choose a color and then ask the child to look around and name the things they can see that are that color. If the child cannot speak yet, then they can bring an item to you.
- Sing out loud- Singing is another way to activate the vagus nerve and regulate the nervous system. Music has the ability to trigger happy memories and help us feel good. Encourage the child to sing a song they love.
- Do some jumping jacks- The stress response triggers the release of adrenaline. Doing some physical movement such as jumping jacks can help expel adrenaline from the body and send a message to the brain that the threat is gone. With doing this, the child will feel calmer.
- Hang upside down- Hanging upside down activates the vestibular system - the sensory system for balance and spatial orientation. If the child is feeling overwhelmed by sensory input, this is a great strategy to help regulate and calm the nervous system.
- Yoga- Yoga can help children learn to use breathing and movement to regulate their emotions.



CONCUSSIONS

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.

The common areas on playgrounds children get concussions:

- Monkey bars
- Climbing equipment
- Swings

How to help prevent concussions:

- Make sure children are wearing helmets on bikes and scooters
- Set rules and expectations for outside time
- Supervise, and keep children in close proximity
- Insure that play equipment is used appropriately
- Make sure equipment is developmentally appropriate

If a child hits their head in your care, watch for these signs:

- Can't recall events prior to or after a hit or fall
- Appears dazed or stunned
- Loses consciousness (even briefly)
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away

Want to learn more? [Take this free online training from the CDC.](#)



CONGRATULATIONS NEW CHILD CARE PROGRAMS!

Broome Child Care Center

Endicott Preschool

Broome Family Child Care

A Mother's Hand Family Daycare - Unique Hunter

Lorraine Frink

Tioga Family Child Care

Country Bumpkin Child Care - Rochelle Pursell

Tioga Group Family Child Care

Hannah Lowe

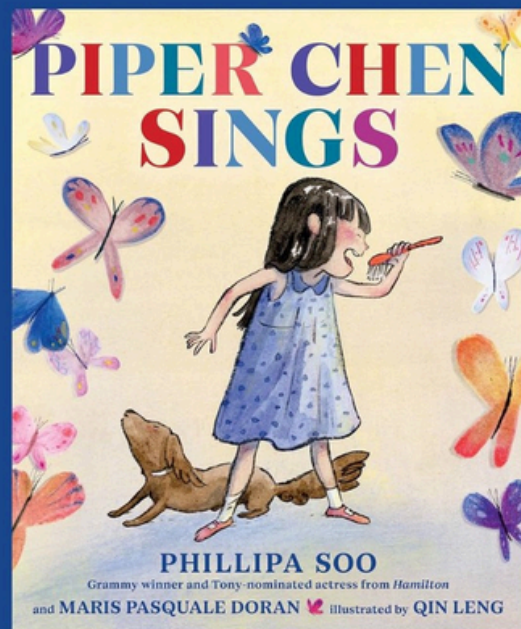


Jumpstart

Read **for the Record**

Thursday, October 24, 10:00am
at the Broome County Public Library
(185 Court Street, Binghamton)

Help set a world record
with a special reading by Alyssa Crosby,
local musician and contestant on NBC's *The Voice*!



We'll also have some fun activities for young children
provided by community organizations!

For more information, please contact Sarah
at sreid@4cls.org or 607-723-8236, ext. 350.

LEAD PREVENTION

By: Broome County Health Department

Is your home haunted by lead paint?

Lead is a very toxic metal that used to be added to paint. Lead can cause brain damage, developmental delays, irritability, hyperactivity, hearing loss, and seizures. When lead paint chips and breaks down, the dust settles on surfaces like windowsills and floors. Because babies and toddlers spend so much of their time playing and crawling on floors-- and they love to look outside! -- they tend to come in contact with lead most often. Lead dust gets on their hands and toys as they play. When they put fingers and toys in their mouths, they end up eating the lead paint dust. A tiny amount like this is all it takes for a child to become lead poisoned. In fact, one sugar packet worth of lead is enough to contaminate a three-bedroom house!

Lead paint was banned in 1978 but because most of the homes in Broome County are older than that, many children in our community are at risk of lead poisoning.

You can help protect the children in your care by:

- Reminding parents and guardians to get their children tested for lead poisoning at ages 1 and 2
- Wet cleaning and mopping floors and surfaces
- Making sure children wash hands and faces before meals and naps
- Keeping children away from any areas with chipping or peeling paint
- Calling Broome County Health Department for a free home lead inspection!

That's right! Broome County Health Department can identify dangerous lead paint and help you fix it! We offer free lead inspections for any home in Broome County where a child under the age of 6 or a pregnant person spends more than eight hours a week. That includes in-home daycares! If we find lead hazards, we'll work with the homeowners and tenants alike to make sure the problems are fixed safely and efficiently. We even have funding available to help pay for repairs! To learn more, visit our website at <https://www.gobroomecounty.com/eh/healthyhomes> or call us at 607-778-2847. Thank you for joining us in the fight against lead poisoning!



Don't forget to vote
on Tuesday,
November 5th!



CHALK IT UP

By Cathy Lee, Health and Wellness Coordinator

Chalk is a colorful and inexpensive item that can help develop skills and encourage creativity. Try some of these outside games before the snow falls!

1. Hopscotch: Kids have been playing it for over 300 years! Use your imagination and draw the boxes to be jumped in various colors and shapes. Use the chalk as the marker or find stones, beanbags, buttons or small plastic toys. Skills developed: Hopping, throwing, balance, coordination

2. Avoid the Shark: With different colors of chalk; draw “beaches” various distances apart. Use blue chalk to draw water and shark fins between the beaches and have kids jump from beach to beach to avoid the “sharks” in the “water.” Skills developed: Hopping

3. Chalk Bullseye: Use various colors of chalk and draw concentric circles with a bullseye in the middle. Within each circle, write point values if kids want to brush up on their math skills or simply use markers to see who can throw an item closest to the bullseye. Skills developed: Throwing

4. Chalk Maze: Have kids design their own web of squiggly lines, circles, and other lines with chalk to design a maze through which others can walk, run, cycle, or scooter. The bigger, more colorful, and more intricate the maze, the more fun kids will have working their way through. Skills developed: Small and large motor

5. Alphabet Hop: Use chalk to make 26 squares or circles fairly close to one another and write the letters of the alphabet in each. Call out letters to hop from one to another. For kids who are able to spell, call out words to spell and have them hop using one or two feet from one letter to another. Skills developed: Hopping

6. Sidewalk Twister: Create your own chalk twister board with at least four colors and four shapes and have another child or parent call out instructions as to where children should place their right hands, right feet, left hands and left feet. Keep the traditional rules of Twister by having kids balance while moving each hand and foot to different colored shapes without falling over or make your own rules. Have kids roar like lions on blue squares or hop like bunnies on a green circle. Skills developed: Depends on activities chosen

7. Corners: This game requires at least three players but can be played with many more. Draw a large square court with smaller squares drawn in each corner in different colors. Draw a circle in the middle of the court. One person is designated the “counter” and stands in the circle in the middle of the court. The counter closes their eyes and counts to ten. While their eyes are closed, the other players skip around the court and choose a corner to stand in (more than one person can stand in one of the corners). With their eyes still closed after counting to ten, the counter calls out one of the four corner colors. Whoever is standing in that color is out. The game continues until all players are out. Skills developed: skipping

Head to your nearest yard, driveway, or sidewalk and prepare for active fun with chalk!