CCRR Spring Newsletter

April 2021

• Dental Health and Hygiene for Young Children

Start good dental habits at an early age! Following are a few tips from www.healthychildren.org

- Use a child-sized toothbrush that has soft bristles
- Help your child brush their teeth two times a day
- Use a smear (size of a grain of rice) of fluoride toothpaste until age 3. At age 3, you can start using a pea-sized amount.
- Teach your child not to swallow the toothpaste. Rinse and spit!
- Help your child brush their teeth after eating a sugary food item
- Both the American Academy of Pediatrics and the American Academy of Pediatric Dentistry recommend that all children see a pediatric dentist and establish a "dental home" by age one.

For more information on dental health and hygiene visit: Dental Health & Hygiene for Young Children - HealthyChildren.org

• Whole Wheat Pizza Bagels

www.weelicious.com

Ingredients
1/2 Cup tomato sauce
1/4 Tsp garlic powder
1/4 Tsp Italian herbs
6 Mini whole wheat bagels, split in half
3/4 Cup mozzarella cheese, shredded

Preparation
Preheat oven to 425 degrees. Stir the tomato sauce and herbs in a bowl to combine. Place the bagels on a cookie sheet and coat each one with sauce. Sprinkle with 2 teaspoons of mozzarella. Bake for 10 minutes. Cool and serve. Makes 12 mini pizzas.

• Child Care Resource & Referral: Our Mission

Delaware Opportunities Inc. Child Care Resource & Referral program is committed to promoting quality, affordable child care that results in education and healthy development of children and supports strong families and communities. To read our public policy agenda and learn more about child care issues, find facts about child care in Delaware County and New York State, or to join advocacy campaigns to strengthen the quality of child care visit the agency website: Public Policy | Delaware Opportunities Inc. or contact a day care specialist Monday – Friday, 8:00 a.m. – 4:00 p.m. at 607-746-1620 locally or toll free at 1-877-746-2279; or by email at daycare@delop.org.

Summers Coming! Do you need help with the Cost of Child Care?

Delaware Opportunities child care subsidy program has increased the income guidelines to 200% federal poverty level. To qualify for this program, your gross income must fall below 200% of the federal poverty level, as well as other eligibility criteria's such as being employed. The following are the income guideline standards to be used in determining eligibility for services effective until 5/31/2021.

For more information on the child care subsidy program including eligibility requirements and how to apply contact Judy or Lisa at 607-746-1620 or by email at jvelten@delop.org.

Family Size		200% Poverty
2		$34,480.00
3		$43,440.00
4		$52,400.00
5		$61,360.00
6		$70,320.00
7		$79,280.00
8		$88,240.00

+ Each additional member adds $8,960.00 per person for family size over 8.

• **Paper Inchworm**
https://www.allkidsnetwork.com

What you will need:
-White and green construction paper
-Red marker or crayon
-Hole punch
-Green pipe cleaner
-2 googly eyes
-Scotch tape

How to make your Paper Inchworm:
Cut a few strips of green construction paper that are 3-4 inches wide and 6 inches long. Tape the end of one of the strips to the white piece of paper. Gently push the front edge of the strip back to create a bump and then tape the front edge of the strip down.
Repeat this process two more times, each time overlapping the back edge of the new strip over the front edge of the old strip. This will create the body of the inchworm. With the last strip, tape it into a ring. Punch two holes in the top of the ring and insert half of a pipe cleaner into each hole. Glue two googly eyes to the front of the ring and draw a smile on the inchworm's face. Tape the ring so that it overlaps the final section of the body.