



Delaware Opportunities Inc.
 Child Care Resource & Referral
 35430 State Highway 10, Hamden, NY 13782
 "Building Excellence in Child Care"

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CCRR FALL Newsletter

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3-Dimensional Pumpkin

What you'll need:

- Orange construction paper
- Green construction paper
- White paper
- Scissors
- Glue

How to make your 3D paper pumpkin craft:

Cut one strip of green paper and about twenty strips of orange paper.

1. Roll green paper and glue ends to create circle.
2. Roll and glue all of the orange circles and glue onto white paper to create a pumpkin. www.allkidsnetwork.com



School's Open! 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 5/31/2022.

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	\$34,840.00
3	\$43,920.00
4	\$53,000.00
5	\$62,080.00
6	\$71,160.00
7	\$80,240.00
8	\$89,320.00

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. Call Delaware Opportunities 607-746-1620, Mon – Fri 8am to 4pm or email at daycare@delop.org.

Why Limit Your Child's Media Use

www.healthychildren.org

Today's children and teens are growing up immersed in digital media. They are exposed to media in all forms, including TV, computers, smartphones, and other screens. Because media can influence how children and teens feel, learn, think, and behave, the American Academy of Pediatrics (AAP) encourages parents (and caregivers) to help their children form and practice healthy media use habits.



Facts About Digital Media Use:

- Almost 75% of teens own a smartphone. They can access the Internet, watch TV and videos, and download interactive applications (apps). Mobile apps allow photo-sharing, gaming, and video-chatting.
- 25% of teens describe themselves as "constantly connected" to the Internet.
- 76% of teens use at least one social media site. More than 70% of teens visit multiple social media sites, such as Facebook, Snap-chat, and Instagram.
- 4 of 5 households (families) own a device used to play video games.

Tips for Healthy Media Use:

Children today are growing up in a time of highly personalized media use experiences, so parents must develop personalized media use plans for their children. Media plans should take into account each child's age, health, personality, and developmental stage. All children and teens need adequate sleep (8-12 hours, depending on age), physical activity (1 hour), and time away from media. [Click here to learn how to create a Family Media Use Plan online.](#)

Owl Rice Cakes

Ingredients

- 4 each rice cakes, brown rice, plain
- 1 medium banana
- 4 tablespoon peanut butter, all-natural
- 1 cup blueberries
- 1 medium apple
- 1 medium carrot
- 1 cup cereal, Cheerios



Instructions

- 1.Lay out rice cakes on a baking sheet (this will keep the mess in one area).
- 2.Slice banana and set aside.
- 3.Spread peanut butter over each rice cake and then place 2 slices of banana towards the upper part of each of the rice cakes. This will serve as your owl's eyes. Dab a small amount of peanut butter on the center of the owl's eyes and add a blueberry for the pupil of the eye.
- 4.Slice apple in half and then slice the halves into very thin wedges (1/8 inch thick). Place 2 onto each rice cake, (peel side outward) to serve as the owl's wings.
- 5.Peel carrot and slice thinly. Using 4 slices, cut into triangles for the nose.
- 6.Finally, add some cheerios for feathers between the wings.

Nutrition Calories: 234kcal | Carbohydrates: 36g | Protein: 6g | Fat: 9g | Saturated Fat: 2g | Sodium: 117mg | Fiber: 5g | Sugar: 15g Recipe from www.superhealthykids.com