



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

607-746-1620 Fax: 607-746-1648
Toll Free: 1-877-746-2279
daycare@delop.org
www.delawareopportunities.org

WINTER NEWSLETTER JANUARY 2021

Is it Flu or is it COVID-19?

COVID-19 and influenza can cause similar symptoms. Influenza symptoms show up 1-4 days after you are exposed to a sick person. COVID-19 symptoms appear 2-14 days after being exposed.

Common symptoms of BOTH influenza and COVID-19

- Fever/chills
- Shortness of breath, difficulty breathing
- Muscle or body aches
- Stuffy, runny nose
- Cough
- Extreme tiredness
- Headache
- Vomiting and diarrhea

Symptom more common in COVID-19: **Loss of taste or smell**

If your child is sick:

- Children with symptoms should stay home from school or child care.

- If your child has been exposed to COVID-19, or you are concerned about your child's symptoms, call your pediatrician immediately.

- Everyone 6 months old and up should get the flu vaccine every year to stay healthy and **#FightFlu!**



healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

American Academy of Pediatrics
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How to Keep Your Child Warm and Safe in the Car Seat:

Following are some winter car seat safety tips from the American Academy of Pediatrics (AAP): **Store the carrier portion of infant seats inside the house when not in use.** Keeping the seat at room temperature will reduce the loss of the child's body heat in the car. **Dress your child in thin layers.** Start with close fitting layers on the bottom, like tights, leggings and long sleeved bodysuits. Then add pants and a warmer top. **Don't forget hats, mittens and socks or booties.** These help keep kids warm without interfering with car seat straps. **Tighten the straps of the car seat harness.** Even if your child looks snugly bundled up in the car seat, multiple layers may make it difficult to tighten the harness enough. If you can pinch the straps of the car seat harness, then it needs to be tightened to fit snugly against your child's chest. **Use a coat or blanket over the straps.** You can add a blanket over the top of the harness straps or put your child's winter coat on backwards (over the buckled harness straps) after he or she is buckled up.

For more information, visit [Winter Car Seat Safety Tips from the AAP - HealthyChildren.org](https://www.healthychildren.org/parenting/articles/2020/12/23/Winter-Car-Seat-Safety-Tips-from-the-AAP/) or contact the Delaware Opportunities WIC program at 607-746-1700.

BLACK BEAN BROWNIES

Ingredients:

- 1(15.5 OUNCE) can black beans, rinsed and drained
- 3 eggs
- 3 tablespoons of vegetable oil
- ¼ cup cocoa powder
- 1 pinch of salt
- 1 teaspoon of vanilla extract (optional)
- ¾ cup of white sugar
- 1 teaspoon instant coffee (optional)
- ½ cup chocolate chips

Preheat oven to 350 degrees F. Lightly grease an 8 x 8 square baking dish. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender or food processor, blend until smooth, pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture. Bake until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes. Makes 16 servings. www.allrecipes.com



Cotton Ball Snowman Craft

What you need:

- Blue construction paper or card stock
- Cotton Balls
- Glue
- Scissors
- 1 brown pipe cleaner
- Green black and orange felt
- 2 googly eyes
- 3 buttons
- White paint

Use the glue to draw three circles on the construction paper as an outline for your snowman. Fill the circles in with glue. Stick cotton balls in the glue circles to form your snowman.

Cut a pipe cleaner in half and glue them on either side of the middle circles. Cut a pair of gloves out of the green felt for the snowman's mittens and glue over the pipe cleaners.

Cut a longer and shorter rectangle out of the green felt. Glue the longer rectangle over the neck of the snowman. Glue the shorter rectangle over the longer one at a slight angle so that it looks like a scarf has been wrapped around the snowman. Cut slits in the ends of the green rectangles.

Cut eyes, a nose, mouth and hat out of the black and orange felt and glue onto the snowman.

Glue on 3 buttons. <https://www.allkidsnetwork.com>

Do you need Child Care?

Do you Need Help with the Cost of Child Care?

-Contact the Child Care Resource and Referral program for help finding child care at 607-746-1620

-Contact the Day Care Subsidy program for information on help with the cost of care at 607-746-1620