



Delaware Opportunities Inc. Child Care Resource & Referral

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~ Inside This Issue ~

Family Tax Credits

Page 2

Training Calendar

Page 3-4

Aspire

Page 4

What's STEM All

About? Page 5

Galaxy Play Dough

Page 5

Six Marketing Tips

Page 6

***“Building Excellence
In Child Care”***

Creating a Calm Environment

Young children become very excited during the holidays for many reasons. First, there is an underlying energy and excitement children feel but may not totally understand. Second is the duration of the season...a week can seem like an eternity to a small child. Finally, there is an altered environment including decorations and changes in routine. What was once predictable may suddenly be filled with inconsistency. Following are a few suggestions on creating a calm environment during the busy holiday time:

Maintain the regular schedule and routine. Young children like predictability and the sequence helps them understand how the day will progress. If the schedule is going to change talk about it in advance so that children will know what to expect.

Choose healthy snacks such as veggies and dip, fruit salad, or yogurt parfaits for party treats.

Go outside. Take a nature walk, add bells or chimes to a fence for playing, feed the birds, try hula hooping with coats on, take deep breaths. Being outside gives children the opportunity to get some fresh air and use some of their energy.

Water play is an affordable relaxing form of play. Add warm water to your water table/bin along with some plastic containers with lids (poke holes in some of them so children can explore what happens).

Playing with and pounding on play dough can offer children a healthy and safe outlet for releasing extra energy and expressing feelings.

Encourage **quiet restful periods during the day.** Add some new books to the book area, make a few calming sensory bottles, play soft calm music when appropriate.

Your own family activities, events and preparation can leave you feeling frazzled and fatigued. Watch your own stress level. Children look to adults to set the tone. Be sure to schedule time to **take care of yourself.** Get some sleep, eat a healthy meal, take a walk, spend time with friends and family.

www.thechildrenstrust.org





FAMILY TAX CREDITS

TAX YEAR 2015

FAMILIES IN NEW YORK

GET THE TAX CREDITS YOU DESERVE!

You work hard to support your family. Whether or not you owe any income tax, you could get thousands of dollars back in tax credits.

You could qualify for:

- Up to **\$2,100** from the federal **Child and Dependent Care Tax Credit**, and up to **\$2,310** from the **New York State Child Tax Credit**.
- Up to **\$6,242** from the federal **Earned Income Tax Credit**, and up to \$1,873 from the **New York State Earned Income Tax Credit**.
- Up to **\$1,000** per child from the federal **Child Tax Credit** and up to **\$330** per child from the **Empire State Child Tax Credit**.
- A **Premium Tax Credit** to help you purchase health insurance through the Health Insurance Marketplace.
 - If you need help paying for health insurance in 2016, you can get the **Premium Tax Credit** as soon as you sign up through the Marketplace. Most people need to sign by February 2016-so go to www.healthcare.gov or call (800) 318-2596 today for more information.
 - If you purchased insurance through the Marketplace in 2015 and received an advance payment of the **Premium Tax Credit**, you must file a tax return for 2015.

TO GET THESE CREDITS, YOU MUST FILE A TAX RETURN.

Find out where you can get FREE help with your taxes by calling the IRS toll-free at (800) 906-9887. Or go to <http://irs.treasury.gov/freetaxprep/>. You can also contact the New York State Department of Taxation and Finance at (518) 457-5181. To find out where to get free income tax preparation assistance, call AARP Tax-Aide toll-free at (888) AARP-NOW or (888) 227-7669.

Training Calendar

Be sure to visit www.delawareopportunities.org for training information, upcoming events, parenting education opportunities, child care issues and how to join advocacy groups to strengthen the quality of child care, and much more.

Videoconference Trainings

Videoconferences are held at Delaware Opportunities Inc., 35430 St. Hwy 10, Hamden, NY. All video conferences begin at 6:45 pm. Videoconferences are Free

The 2016 Videoconference Schedule is unavailable at this time.

For more information or to register for videoconference trainings:

- Visit www.ecetp.pdp.albany.edu
- For questions call 518-442-6575

2.5 hours of training and .25 CEUs
For training topic descriptions and CDA content areas visit www.ecetp.pdp.albany.edu

Videoconference training is an adult learning experience. Because of the sensitive nature of some of the topics, children are not permitted.

Healthy Beverages in Childcare

The Office of Children and Family Services-Division of Child Care Services has developed regulations to help child care providers serve higher quality foods and beverages. This 45 minute training (approved for .75 hours of training) was developed to help providers learn the regulations. Click [here](#) to get started or visit <http://ocfs.ny.gov/main/childcare/defaultdatabaseDetails1.asp?ID=729>

Tri-County AEYC 2016 Annual Spring Conference

8am-3:30pm
Saturday, March 12, 2016
Holiday Inn, Oneonta

6 hours of training
More information coming soon!

Early Childhood Education and Training Program E-Learning

Early Childhood Education and Training Program E-Learning (ECETP E-Learning) courses are available for all child care providers at **no cost to participants**.

Current Courses Available:

- Keeping Children Safe: Prevention of Lead Poisoning and Other Dangers to Children
- Preventing Sudden Infant Death Syndrome and Promoting Safe Sleeping
- Preventing Shaken Baby Syndrome (SBS)
- Mandated Reporter Online Training
- Managing Challenging Behaviors: Birth to 18 Months
- Managing Challenging Behaviors: 18 to 36 Months
- Transportation
- Family Engagement
- Early Intervention
- Emergency Preparedness
- Obesity Prevention
- Supervision of Children
- School-Age Child Care Programs
- **** NEW **** Infant Brain Development

For more information on fulfilling training topic requirements or CDA competency goals, hours of training or to take any of the learning courses visit: http://www.ecetp.pdp.albany.edu/elearn_catalog.shtml

The **Educational Incentive Program (EIP)** is a scholarship program which helps providers pay for training and educational activities with the intent to build provider knowledge, skills and competencies and improve the quality of childcare.

The 2016 EIP application and information booklet is now available online!

To find out if you are eligible for an EIP scholarship or to apply for an EIP scholarship visit: <https://www.ecetp.pdp.albany.edu/eip.shtml>



Everyday STEM

with Alicia Salamone-Powers
MS ED. School Age Educator
Capital District Child Care Council

Saturday, March 5, 2016

11am-2pm

Delaware Opportunities Inc.

35430 State Hwy. 10

Hamden, NY 13782

Cost: \$20.00

Everyday STEM

Participants will learn how to illustrate the importance of fun, educational STEM (Science, Technology, Engineering and Math) activities in their programming by identifying a variety of resources and activities. Through hands-on learning participants will have the opportunity to collaborate with others to experience STEM in its entirety.

3 hours of training

OCFS topic areas: 1,3

CBK: 1,4

Registration information coming soon!

Early Care Management Training for Child Care Center Directors

Supported by the New York State Office of Children and Family Services, the Early Care and Learning Council's Early Care Management Training Project provides training and technical assistance designed to help child care center directors.

For more information and to see the schedule of training workshops visit:

<http://www.earlycareandlearning.org/programs/management-training/>

or contact the Early Care and Learning Council at 518-690-4217 or by email at

ahahn@earlycareandlearning.org

NYSAEYC 2016 Conference

April 7-April 9, 2016

Rye Brook, NY

For more information visit <http://nysaeyc.org/>

NYS Child Abuse Prevention Conference

Give Strength, Inspire Action

April 11-13, 2016

Albany, NY

For more information visit

www.preventchildabuse.org



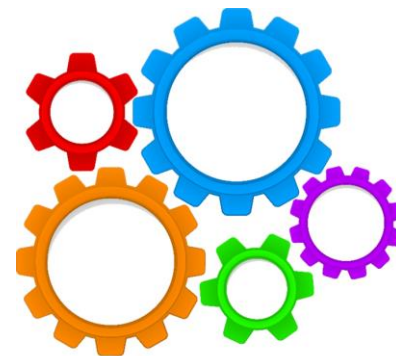
Aspire is New York State's registry and statewide training calendar for early childhood and school age professionals. Teachers, providers, directors, trainers and anyone who works with children can use Aspire to keep track of important information about their career, including education, employment history and other professional development or contributions. Aspire can also help early childhood and school age professionals plan and find professional development that will enrich their practice.

To learn more about the Aspire registry visit New York Works for Children website:

<http://nyworksforchildren.org/Home.aspx>

What is STEM All About?

STEM is an acronym for: science, technology, engineering, and math. STEM Education, a term initiated by the National Science Foundation (<http://www.nsf.gov/>) refers to an educational approach which integrates more than one of these disciplines. Science, technology, engineering, and math may seem like lofty subject matter but in reality, children spontaneously engage in STEM activities indoors and out on a regular basis. Child care providers can enhance children's opportunities to engage in STEM learning and develop critical thinking skills with just a little guidance.



When building with blocks, children can build bridges and ramps, incorporating engineering and math. They can add a technology component by researching these on the computer. Outdoors, children could help solve the problem of getting water to a garden they helped to plant, drawing on their science and engineering knowledge. Incorporating the use of children's garden tools like rakes, shovels, and a wheelbarrow build on this activity to provide an even broader STEM experience.

STEM Activities:

Go on a nature walk. Take a reusable bag and encourage children to collect interesting objects like stones, leaves, seed pods, pine cones, acorns, etc. When you return to the program, help the children sort the treasures into categories, such as color, texture, size, and shape. Skills used: math and science.

Do a cooking activity together. Look up an interesting recipe together online. Follow the recipe letting the children help measure and mix. Skills used: science, technology, and math.

Build ramps to test which cars, balls, or marbles go the fastest. Use a board, sheet of cardboard, or small table with one side elevated to make a ramp. Try rolling a variety of objects, two at a time down the ramp to see which is fastest. Record your findings on a chart. Skills used: engineering and math.

The possibilities for STEM education are endless. Children love to experiment, combine new substances, build, knock down, collect, sort, and have fun while learning.

<http://www.brighthorizons.com/family-resources/e-family-news/stem-education-activities-preschoolers/>

Fitness Stations

Set up four stations with different activities, such as jumping on one leg, bouncing a ball, balancing while walking on a straight line, and doing jumping jacks. Give the children 30 seconds at each station and 5 to 10 seconds to switch stations. Repeat until the children have participated in every station—or until everyone has had a good workout. Try using music as the cue for stopping or starting an activity.

-NAEYC TYC Dec. 2009/ Jan. 2010, Vol. 3 No.2

Galaxy Play Dough

www.imaginationtree.com

- 2 cups all-purpose flour
- 2 Tablespoons vegetable oil
- ½ cup salt
- 2 Tablespoons cream of tartar
- Up to 1 ½ cups of boiling water
- Black gel food coloring
- Silver glitter



Add star cookie cutters, star sequins, & tin foil balls

Mix together first four ingredients. Add black gel food coloring (or kids tempera paint) to water. Slowly add increments of water to the flour mixture until it feels just right. When completely combined roll dough in silver glitter.

**President Obama signs the
Every Student Succeeds Act**
www.whitehouse.gov

On December 10, 2015, President Obama signed the Every Student Succeeds Act (ESSA), a bipartisan bill that will help make sure every student is prepared to succeed in a 21st century economy. This reform delivers a much needed fix to the outdated policies of No Child Left Behind by rejecting the overuse of standardized tests and one-size fits all mandates, and instead empowering states and school districts to develop their own strategies for improvement.

An Afterschool Victory!
www.afterschoolalliance.org

According to Afterschool Alliance, the long delayed reauthorization of the Elementary and Secondary Education Act (ESEA), now renamed ESSA, includes multiple provisions strengthening and supporting student access to quality afterschool and summer learning programs. Among the key provisions in the Every Student Succeeds Act:

- Encourages innovative new ways to engage students in learning that looks different from a traditional school day, with an emphasis on hands-on, experiential learning; science, technology, engineering, and math (STEM); financial literacy, workforce development, environmental literacy; and physical activity and nutrition education. Supports approaches that focus on individualized learning that provide a variety of ways for students to master core skills and knowledge
- Provides accountability measures that are connected to college- and career-readiness goals and shows student progress over time towards meeting indicators of student success including school attendance, grades and on-time grade level advancement.
- Increases quality and accountability through parent engagement, better alignment with state learning objectives and coordination between federal, state and local agencies.

To read the full article and for more information on ESSA visit www.afterschoolalliance.org



What is For Our Babies New York?

For Our Babies New York is a statewide movement promoting healthy development in children 0-3, collaborating with the national movement For Our Babies. For Our Babies New York is working to help shape babies brains with responsive and nurturing caregiving.

You can follow For Our Babies New York on Facebook or visit the For Our Babies website at <http://forourbabies.org>.

How to Market Your Program on a Budget
www.tomcopelandblog.com

Marketing your family day care business doesn't have to be an elaborate campaign or cost a lot of money. But, to be successful you will usually have to spend some money to market your business. Plan to spend a few dollars on marketing each month. Remember that all of your marketing expenses are 100% tax deductible. Here are six low cost marketing ideas:

- Choose a name for your business and register it with New York State.
- Print 250 business cards listing your name and phone number. Distribute them to friends, neighbors, relatives, etc.
- Create a one-page flyer identifying three things that are special about your program. Distribute 100 copies to local businesses, schools, churches, etc.
- Record a friendly and professional greeting on your answering machine or voicemail that identifies your business and invites parents to leave a message.
- Create an inviting and safe first impression for parents by cleaning up the outside of your home and your entryway.
- When a parent calls on the phone make sure you follow up with a thank you note and a return call to schedule an interview.

For more information on marketing ideas visit www.tomcopelandblog.com

