



Family Pages

Fall 2015

Delaware Opportunities Inc.
Child Care Resource & Referral
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"Building Excellence in Child Care"

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According to a National Fire Protection Association Survey, only **one of every three** American households have actually developed and practices a home fire escape plan.

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. **Everyone needs to know what to do and where to go if there is a fire.**

To learn more about Escape Planning visit www.nfpa.org.

A Healthier Peanut Butter and Jelly Sandwich in 3 easy steps

Substitute healthier ingredients to make the same peanut butter and jelly sandwich more nutritious.

-Substitute natural peanut butter for processed peanut butter. Processed peanut butter is high in sugar, corn syrup and hydrogenated oils.

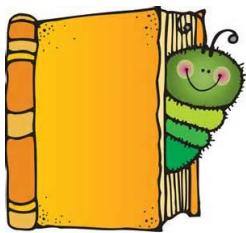
-Use natural fruit spread instead of jelly



-Choose a whole wheat bread high in fiber, instead of plain white bread

Start a Family Book Club

Getting Started:



-Pick the book

Choose stories that appeal to all members no matter their age. Let one person read aloud or take turns.

-Set the schedule

Decide where and when your family book club will meet.

-Prepare

Keep it simple with a few snacks or plan activities that go along with the story, have discussion questions prepared and add some decorations. Remember, no matter what you do you are spending time together and that is what is important!

-Let the book club begin!

Want to add more? Watch the movie after reading the book, eat foods related to the book or search the internet for book related activities.

When children crawl, walk, skip, jump, dance and run they...



Build muscles, bones and a strong heart



Practice social skills



Build self confidence



Sleep better

Parenting Education Opportunities

The Family Service Association

277 Chestnut Street
Oneonta, NY 13820
607-432-2870

-Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.

www.fsaoneontany.org

Cornell University Cooperative Extension of Delaware County.

34570 State Hwy. 10 Suite 2
Hamden, NY 13782
607-865-6531

www.ccedelaware.org

-Nutrition Education programs that assists income-eligible families and youth improve health.

Hancock Community Children's Center

316 W. Main St.
Hancock, NY 13783
607-637-3146

www.hancockeducationfoundation.com

-A free drop-in center for parents and caregivers and their children 0-3. The Children's Center offers a safe, fun atmosphere to learn and play. FREE monthly programs focusing on nutrition and parenting.

Family Resource Network

46 Oneida St.
Oneonta, NY 13820
607-432-0001

www.familyrn.org

-Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

Southern Tier Independence Center

135 East Frederick Street
Binghamton, NY 13904
607-724-2111

-Early Childhood Direction Center:

ecdc@stic-cil.org
<http://www.stic-cil.org/ecdc.html>

-Parent Technical Assistance Center

ptac@stic-cil.org
<http://www.stic-cil.org/ptac.html>

Child Care Aware Parent Network

FREE webinars presented by child care experts giving information about high quality child care and other topics that are of interest to families, advocates and professionals. Visit www.naccrra.org/public-policy/resources/webinars and click on Parents.

ZERO TO THREE

Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge. Visit www.zerotothree.org

Know the Facts About Pertussis

What is Pertussis?

Pertussis is a respiratory illness commonly known as whooping cough because of the whooping sound that is made when gasping for air after a fit of coughing. Pertussis is highly contagious.

The most effective way to prevent pertussis is through vaccination with DTaP for babies and children and with Tdap for preteens, teens, and adults.

For more information on Pertussis talk to your doctor and visit www.cdc.gov/whoopingcough

Miles Ahead for Early Learning

National Women's Law Center



Every child deserves a strong start to be successful in school and in life and getting there involves more than a small sprint. To highlight the importance of expanding child care and early learning opportunities, National Women's Law Center and MomsRising teamed up to host "Miles Ahead for Early Learning", a relay race on the grounds of the U.S. Capitol.

Leaders from Congress and the Administration joined advocates and children on a sunny September morning to call for increased federal investments in child care and early learning programs.

With Congress back from summer recess to work on the budget, it's time for lawmakers to lace up their sneakers and hit the ground running with investments in child care and early learning.

If you would like to send a message to urge your members of Congress to put more investments in child care and early learning visit <http://www.nwlc.org/what-you-can-do>

DID YOU KNOW?

Child Care Resource & Referral offers a

Free Online Search for Child Care

Visit www.delawareopportunities.org.

Find information on how to evaluate a child care program, search for child care programs, learn about parenting education opportunities, upcoming events and more!

A Day Care Specialist is also available by phone at 607-746-1620 or by email at daycare@delawareopportunities.org