



# Family Pages

Fall 2011

Delaware Opportunities Inc.  
Child Care Resource & Referral  
35430 State Hwy 10, Hamden, NY 13782

Visit our website at: [www.delawareopportunities.org](http://www.delawareopportunities.org)

607-746-1620 or

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## Governor Cuomo Announces Household Appliance Grant Program For Storm Recovery

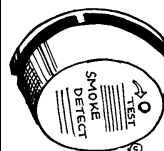
*\$8 Million Program Targeted to Assist Victims of Hurricane Irene and Tropical Storm Lee*

Governor Andrew M. Cuomo today launched an \$8 million appliance grant program for those who sustained property damage as a result of Hurricane Irene and Tropical Storm Lee. The program will also help New Yorkers cover the costs of replacing vital household appliances, such as refrigerators, boilers, washing machines and furnaces, damaged by the recent flooding. Grants will be a fixed amount for different appliances and could cover up to 100 percent of the cost of a purchase. If the cost of the appliance exceeds the cap, the program will pay a portion of the total costs up to the cap.

"Our top priority is making sure those affected by these storms have the help they need to recover," Governor Cuomo said. "This program will cover the costs for critical household appliances and help New Yorkers who suffered property damage to save money as they rebuild after the storms."

Residents statewide in affected areas will be eligible and must affirm that they have been impacted by Hurricane Irene or Tropical Storm Lee and that these products are not covered by insurance or FEMA assistance. For residents affected by Hurricane Irene, grants on purchases of approved appliances and equipment will be retroactive to Aug. 29, 2011, and for residents affected by Tropical Storm Lee, grants will be retroactive to Sept. 9, 2011.

Purchases of appliances and equipment, with the exception of dehumidifiers, must be for replacement purposes only and purchases covered by insurance or FEMA are not eligible. Audits to verify insurance claims and/or FEMA assistance may be conducted. All grants will be awarded on a first-come, first-served basis for completed applications, which will be available beginning Monday, September 19 at [www.NYSApplianceRebates.com](http://www.NYSApplianceRebates.com) or by calling 1-877-NY-SMART (877-697-6278). The grant program will continue until the funding runs out.



**Smoke Alarms:**  
*They Can Only Save Your Life If They Are Present & Functional*

**Did you know that most smoke alarms have an expiration date?** The older they are, the less effective they become. A date is printed or stamped on the back of the alarm. Experts recommend buying a new one if the date is 10 years or older. Remember to check the batteries as well. Research by the National Fire Protection Association (NFPA) indicates that while 94% of American homes have at least one smoke alarm, more than 1/3 are inoperable because of dead or missing batteries. Stay safe!



## Safe Healthy Children

**October 3, 2011  
6:00 PM – 8:30 PM**

**Delaware Opportunities Inc.  
Child Care Resource & Referral  
35430 State Hwy. 10  
Hamden, NY 13782**

**Children, Asthma and Impact on Daycare Providers**  
*with Landa Palmer, RN, BSN*

**Defining the Safe Sleep Message with Ginny Schmitt, from Mothers and Babies Perinatal Network**

**Call Delaware Opportunities Inc.  
Child Care Resource & Referral**

**To reserve your seat!  
746-1620 or 877-746-2279**

**Or email us at**

**[daycare@delawareopportunities.org](mailto:daycare@delawareopportunities.org)**

## Look Before You Lock

A new program from  
[www.KidsandCars.org](http://www.KidsandCars.org)

Look Before You Lock is a new program from [www.KidsandCars.org](http://www.KidsandCars.org) that provides life-saving information to parents educating about the dangers of inadvertently leaving children alone in a vehicle, with simple steps to help remind them to take their child out of the car.

### BE SAFE

**Back seat**—Put something in the back seat of your vehicle that requires you to open the back door every time you park—cell phone, employee badge, handbag, etc.

**Every child** should be correctly restrained in the back seat.

**Stuffed animal**—keep a stuffed animal in your child's seat. Place it on the front passenger seat as a reminder when your baby is in the back seat.

**Ask your babysitter or child care provider** to call you if your child hasn't arrived on time.

**Focus on driving**—Avoid cell phone calls and texting while driving.

**Every time you park** make it a routine to open the back door of your car to check that no one has been left behind.

For more information about the **Look Before You Lock** program, please visit [www.KidsandCars.org](http://www.KidsandCars.org).

**Parent Network:  
News & Action Center**  
Gives you resources you  
need to be a great parent.



early care &  
learning council

For more information visit  
[www.earlycareandlearning.org](http://www.earlycareandlearning.org) and  
click on "Parent Network."

**Child Care Aware  
Parent Network**  
**Free Webinars**

Child Care Aware Parent Network webinars are presented by child care experts to give you information about high-quality child care and other topics that are of interest to you. They are designed specifically for busy parents, grandparents, advocates, and professionals who want to learn more but have very little time.

Webinars are always FREE.

Visit [www.ccaparentnetwork.org](http://www.ccaparentnetwork.org) for more information.

## What Does A Newborn Hear?



### Newborn to 2 months

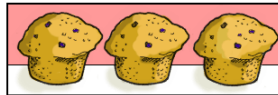
The newborn can hear a variety of sounds. Infants can hear rhythms and tones of a mother's voice before they are born. The infant is especially sensitive to the sound of human speech and are amazingly interested in the basic speech sounds of language. Not only do newborns hear your voice, they also can turn their head and eyes in the direction of your voice.

### What can you do?

-Talk to your baby during caregiving times, such as diapering and feeding.

-Notice how you speak to an infant. At this point, the baby is most attracted to the sound, pitch and rhythm of your voice.

ZEROTOTHREE: Baby Brain Map [www.zerotothree.org](http://www.zerotothree.org)



## Delicious Applesauce Muffins

**You'll need:** 1 cup softened margarine \* 2 cups of sugar \*  
2 eggs \* 3 tsp. vanilla \* 4 cups of flour \* 1 tsp cloves \*  
2 tsp. allspice \* 1 Tbsp. cinnamon \* 2 tsp. baking soda \*  
1 lb. apple sauce \* mixing bowl \* mixing spoon \*  
measuring cups and spoons

**What to do:** With your child, gather everything you'll need. Encourage your child to use all his/her senses while using the ingredients. Help your child cream together the margarine, sugar, eggs, and 1 tsp. of vanilla. Help your child measure out and mix together the flour and the spices. Let your child add these to the creamed mixture. Show your child how to blend 2 tsp. vanilla into the applesauce along with the baking soda. Add these to the batter. The batter will be stiff, so encourage your child to mix it well. Show your child how to spoon the batter into the muffin tins. Use paper liners. Bake at 400 degrees F for 12 minutes. (This recipe makes 3-4 dozen muffins—cut it in half for a smaller batch) Remove the muffins from the oven. Let them cool and enjoy them together.

**Let's Talk:** What do you smell as we make these muffins? What happens to the batter as you mix it?

*While you are having fun together, this activity provides experiences for developing concepts related to the five senses and basic food preparation.*

[www.naccrra.org](http://www.naccrra.org)



*"When we treat children's play as seriously as it deserves, we are helping them feel the joy that's to be found in the creative spirit. It's the things we play with and the people who help us play that make a great difference in our lives."  
—Fred Rogers*