



Family Pages

Summer 2016

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

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GOVERNOR CUOMO SIGNS 12 WEEK PAID FAMILY LEAVE POLICY INTO LAW

12- Week Paid Family Leave

On April 4, Governor Andrew M. Cuomo signed legislation enacting a statewide 12-week paid family leave policy. **The state budget includes the most comprehensive paid family leave program in the nation.** When fully phased-in, employees will be eligible for 12 weeks of paid family leave when caring for an infant, a family member with a serious health condition or to relieve family pressures when someone is called to active military service. Benefits will be phased-in beginning in 2018 at 50 percent of an employee's average weekly wage, capped to 50 percent of the statewide average weekly wage, and fully implemented in 2021 at 67 percent of their average weekly wage, capped to 67 percent of the statewide average weekly wage. This program will be funded entirely through a nominal payroll deduction on employees so it costs businesses—both big and small-nothing. Employees are eligible to participate after having worked for their employer for six months.

Use Your Head. Wear A Helmet.

85% of head injuries are preventable.



Wearing a bike helmet is the single most effective safety device available to reduce head injury from bicycle crashes. Visit www.safekids.org for more information

Why does that cat have fur? Why is the sky blue?

When young children ask "why?" questions, they are being scientists! They are trying to figure out the world around them. As a parent, you don't have to know all the answers to help your child learn. You can respond by saying, "That's a good question. How can we find out together?" Have fun and be co-discoverers.



The Cardboard Challenge

A fun opportunity for children to design and build something out of cardboard, recycled materials and imagination...in your own backyard!

Hosting a cardboard challenge is simple and fun!

All you need is:

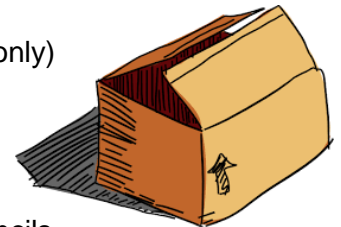
- A location (backyard, driveway, local park)
- Cardboard and recycled materials
- Friends and family
- Imagination

Start with some inspiration. Show [Caine's Arcade](#), (a short film about a 9 year old boy who spent his summer vacation building an elaborate cardboard arcade.

Set out materials.

 Here are some suggestions:

- Used cardboard boxes (big & medium)
- Cereal boxes, shoe boxes, tissue boxes...
- Paper towel tubes
- Milk cartons, empty plastic bottles
- Empty strawberry containers
- Lids
- Fabric scraps
- Clear packing tape & glue
- Scissors
- Box cutter (for adults only)
- Paint and brushes
- Yarn
- Brown paper bags
- Stapler
- Crayons, markers, pencils
- Paper



Start creating! There are no rules. Children and families can create whatever they want!

For more information on hosting a cardboard challenge visit Imagination Foundation, <http://imagination.is/our-projects/cardboard-challenge/>

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>

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

Fireworks in a Vase

You will need:

Clear vase filled with water
Vegetable oil
Food coloring-assorted colors



Instructions:

Pour about 3-5 tablespoons of oil in a vase filled with water. Add drops of food coloring to the oil. Watch as the color sinks through the oil and makes colorful streaks within the water. Be prepared-it only lasts about 30 seconds but this activity is so easy that you can do it again and again! Experiment with different color combinations, more or less drops of food coloring, more oil, less water, etc.

LAUNDRY PACKETS

Did you know?

More than **700** children under 5 were hospitalized or experienced serious effects as a result of liquid laundry packets between 2012 and 2013.

Young children are explorers and as they develop they often learn by touch and by putting things into their mouths. Liquid laundry detergent packets are designed to dissolve in water. When they come in contact with wet hands or mouths, they start to dissolve and might release the concentrated liquid.

- **Keep liquid laundry packets out of children's reach and site.**
- **Keep packets in their original container and keep the container closed.**
- **If a child gets into liquid laundry packets, call the Poison Help number immediately: 1-800-222-1222**

www.safekids.org

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, and 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