



Family Pages



Winter 2015

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

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

Take a look a child care in Delaware County

There are **60** regulated child care programs

The average cost of full time child care
for a child under age 2 is **\$8320** a year

The average cost of full time child care
for a child age 3-5 is **\$7940** a year

Currently there are **111** families
receiving child care subsidies

Last year Child Care Resource and Referral...

Helped **206** families with their
search for child care

Held **14** training sessions
for child care providers

Provided Intensive Technical Assistance
to **14** child care programs

For more information on child care in Delaware County
contact Child Care Resource & Referral at
607-746-1620 or by email at
daycare@delawareopportunities.org.

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

Starry Night www.artfulparent.com

You will need:

- Watercolor paper
- Small foil star stickers
- Liquid watercolor paint
- Paint brushes
- Salt



Cut the watercolor paper in half. Press foil star stickers onto watercolor paper and paint over the stars with watercolor paint. Sprinkle salt over the wet watercolor paint and let dry completely. Brush salt off then peel away star stickers.



•What do you call a
train that sneezes?
achoo-choo train!

•Why did the cookie
go to the doctor?
*because he was feeling
crumb-y!*

•What do snowmen eat for breakfast?
snowflakes

•I have lots of keys but I can't open
anything...what am I? *a piano*

Protect Your Child Against the Flu

According to the Center for Disease Control and Prevention (CDC), the first and most important thing you can do to **protect your child against the flu** is to **get a flu vaccine for you and your child**. For more information on the flu and flu vaccine contact your doctor and visit www.cdc.gov.

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

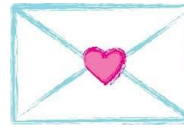
ptac@stic-cil.org
<http://www.stic-cil.org/ptac.html>

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



Leave a note

Leaving a note in your child's lunch box, backpack or posted on the bathroom mirror is a fun way to connect with your child.

Getting Started:

Start writing simple notes to your child as soon as he/she starts recognizing words. For younger children, draw a simple picture with one or two words they recognize. Here are some ideas:

- "Thank you for helping with the yard work."
- "I am so proud of you!"
- You make me smile ☺
- Notes can be silly—tell a joke, a riddle or write a note from the family pet!

The idea is to have fun and let your child know they are loved and thought of throughout the day.

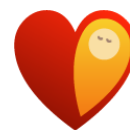
Overnight Oats

Banana Oats

- 2/3 cup of Old Fashioned Rolled Oats
- 2/3 cup milk
- 1/8 tsp. vanilla
- 1 tablespoon pure maple syrup
- Sliced banana



The night before combine the first four ingredients in a small jar and give it a good shake with the lid on. Place in refrigerator overnight. Top with sliced banana the next morning before eating. Add nuts or granola if you like. Warm it up or eat it cold!



**FOR OUR
BABIES**
A CALL FOR BETTER BEGINNINGS

The Baby Brain: Do children need expensive toys to develop brain power?

What children need most is **loving care and new experiences**. But these **experiences do not need to be expensive**. They can include talking and singing to a baby, going for a walk and pointing out new things in his/her environment. However, children can be overstimulated. Babies need time to process what they learn before they are ready for something new. Watch for cues that your baby is ready to take a break from play (looking away, fussy, falling asleep).

To learn more about the baby brain and For Our Babies visit www.forourbabies.org.