



Delaware Opportunities Inc. Child Care Resource & Referral

35430 State Highway 10

Hamden, NY 13782

Phone: 607-746-1620 Toll Free: 877-746-2279

Fax: 607-746-1648

Email: daycare@delawareopportunities.org

Website: www.delawareopportunities.org

November 2016

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

Dear Providers,




*Delaware Opportunities Inc. would like to take this opportunity to say **thank you** for all the planning and preparing you do to make sure that children receive nutritious meals while in your care. Healthy eating habits start at a very young age and your participation in the Child & Adult Care Food Program (CACFP) will help children continue to develop nutritious habits throughout their lives. Thank you for creating an atmosphere that encourages a positive, curious attitude about food from the earliest years!*

-Shirley, Mary, Sue and Laurie

Child & Adult Care Food Program in Delaware County

Helping child care providers serve well balanced, nutritious meals

In the month of September, **38** providers participated in the Child and Adult Care Food Program (CACFP) with approximately **632** children directly benefitting from the food program. 

Not participating? We invite you to consider the CACFP as a way to help you put healthy meals and snacks on the table.

The goals of the Child & Adult Care Food Program are to ensure that well-balanced, nutritious meals are served to children and to help children learn to eat a wide variety of foods as part of a balanced diet.

The CACFP helps by sending you a monthly check for the healthy meals you serve to children in your care. Delaware Opportunities can help you get started, assist you with menu planning and provide nutrition training too! Call 607-746-1620 or email us at daycare@delawareopportunities.org.

A Brief History of the Child and Adult Care Food Program

- The forerunner of the Child and Adult Care Food Program was called the “Special Food Service Program” of Children and began in 1965. This was a three year pilot program.
- In 1968, Congress instituted the Child Care Food Program for children attending day care centers, recreational centers and settlement homes in low income areas of the US.
- In 1975, new child nutrition legislation expanded this program to include family and group family day care homes and all private and public non-profit day care facilities.
- In 1978 the CACFP became permanent.
- In 1989, the Program expanded to allow adults in adult day care centers to participate. The name changed to the Child and Adult Care Food Program.

The CACFP has grown throughout the years. Nationwide approximately 3.2 million children are served each working day in family day homes and thousands more participate in child care centers and Head Start Programs.

TRY A NEW RECIPE

Porcupine Sliders

Recipes for Healthy Kids

Ingredients

1/8 cup brown rice, long-grain, regular dry
1 tsp Canola oil
1 ½ Tbsp. fresh onion, peeled, diced
¼ cup fresh celery, diced
1 ½ tsp fresh garlic, minced
1 lb. raw ground turkey, lean
1 egg, beaten
5 Tbsp. dried cranberries, chopped
¾ cup fresh baby spinach, chopped
1 tsp Worcestershire sauce
½ tsp salt
½ tsp ground black pepper

Preparation time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes 6 sliders

Find more Recipes for Healthy Kids:

[Cookbook for Child Care Center](#)

[Cookbook for Homes](#)



Preheat oven to 350 F.

Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with fork. Cover and refrigerate until completely cooled.

Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.

In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, pepper, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.

Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.

Bake uncovered for 20-25 minutes at 350 F to an internal temperature of 165 F or higher for at least 15 seconds. Do not overcook. Remove from oven and serve on mini whole-wheat rolls.

May be served with lettuce, tomatoes, ketchup, and mustard.

Up and Moving!

Musical Drawing

- Supply list:
- Butcher paper
- Markers
- Crayons
- Colored pencils
- Chalk
- Various music
- Containers



How-To

Set up this activity at a table where the children are free to walk around. Tape a large piece of butcher paper to the table. Place markers, crayons, chalk and colored pencils in containers on the center of the table within reach of all the children. Have a stereo ready with different types of music. You should have a variety of music tempos (slow, medium, and fast) ready to play during this activity.

Gather all the children around the table. Make sure the table is big enough so there's room for each child. Turn the music on and instruct the children to draw with large broad strokes, following the rhythm of the music.

Next, stop the music. Explain to the children that whenever the music stops, they are to put down their crayon/marker/chalk and walk (or hop, skip, crawl, take small steps, take big steps, tiptoe, etc.) around the table until the music starts again. Change the type of music being played each time you play the music so that children hear a variety of tempos and music styles.



√ Introduce the children to yoga or Zumba. Share your new moves with the parents!

√ Try a new veggie at snack time.

√ Reinvent ants on a log for example fill celery with hummus and top with gold fish pretzels. What other ideas can you come up with?

√ Create an obstacle course! Children can weave around cones (boxes also work well!), dive into pillows, and stomp on bubble wrap.

√ Invite parents to stay and enjoy a healthy breakfast...or offer healthy to go muffins for those who can't stay. Involve the children by having them help you make the muffins the day before and decorate to go bags (paper lunch bags).

Training

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.

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
- 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.shtm

Early Care Management Training for Child Care Center Directors

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/early-care-management-trainings.html> or contact the Early Care and Learning Council at 518-690-4217 or by email at ahahn@earlycareandlearning.org

Science with Babies

with Kathleen Harland

Infant and Toddler Specialist

Capital District Child Care Council

An infant and toddler's day is brimming with discovery. Come see what a science area for babies looks like and learn how to introduce materials and activities that support their natural learning. We will explore the stages of cognitive development and the strategies children use to gather and make sense of information as they grow and learn. This is a "Make and Take Session" so you will have the opportunity to roll up your sleeves and play while learning about the materials and processes that will support your children's scientific growth.

December 1, 2016

6:30pm-8:30pm

Delaware Opportunities Inc.

35430 State Hwy. 10

Hamden, NY 13782

2 hours of training

OCFS topic areas: 1,3

BCK: 1,3,4

ELG: D4

CDA:2,8

CEU: 0.2

Registration is required.

Please contact Child Care Resource & Referral at 607-746-1620 or by email at

www.daycare@delawareopportunities.

You can also register online at:

<http://www.delawareopportunities.org/child-care-training-request>

Intensive Technical Assistance is designed to help YOU enhance your child care program

You decide what area or issue you would like to focus on and a Day Care Specialist will provide on-site assistance

Just a few possibilities...

- Prepare and plan for smooth transitions from one activity to the next
- Create a safe engaging place for infants to move freely and interact socially
- Enhance your program environment. Create a science/nature area, add to your dramatic play, jazz up the sensory table and more!
- Market your program. Learn new ways to engage parents and enhance communication
- Implement what you have learned at a training
- Engage parents and enhance communication

A daycare specialist will work individually with you to schedule 1, 2, or 3 visits. Each visit is scheduled for 1 hour. There is no cost for ITA. Earn training credits for each visit.

To apply for ITA please complete the [ITA application](#) or contact a daycare specialist at 607-746-1620 or by email at daycare@delawareopportunities.org

Building Excellence in Child Care

Child Care Resource & Referral is dedicated to serving the child care community through information and referrals, training, advocacy and education. Following is a snap shot of how the CCR&R helped parents, providers and community between October 1, 2015-September 30, 2016.

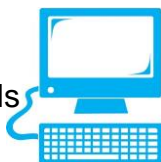


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Information and Referrals to parents seeking child care

29

on-line referrals



12



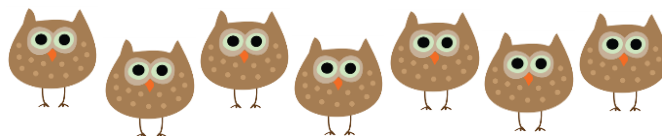
Trainings to child care providers



1010

Basic Technical assistance to regulated programs and legally exempt Providers (assistance by phone, email, at the CCR&R office or child care program)

7



Providers received Intensive Technical Assistance

(CCR&R provides on-site assistance to child care programs for at least one hour)



How will I know what my child does while in child care?

Are providers required to fill out a daily activity sheet for my child?

Can I ask my provider to text or email me with the program's weekly schedule?

These are just a few of the questions parents ask when calling Child Care Resource & Referral for help with their search for child care. Parents want to know how their child spends their day. They want to be able to talk to their child about activities they participated in or stories they have heard. You may be thinking that you don't have time to email each parent or fill out a daily sheet for each child in your care. Check out the following article from Tom Copeland on how to use a newsletter to communicate with parents and promote your program.

How to Use Newsletters to Promote Your Program

Tom Copeland

Tom Copeland's Taking Care of Business

Communicating with parents using a newsletter can be an effective way to promote your child care program.

Your newsletter can contain lots of different kinds of information: weekly menus, children's art work, learning activities, parenting tips, new policies, introduction of new children and farewells to those moving on, upcoming birthdays and anniversaries, payment reminders, upcoming activities and special events, etc.

You can produce your newsletter on a computer using a variety of typestyles and photos. Don't worry about trying to produce a fancy newsletter. The most important thing is for your newsletter to look clean and interesting and be readable.

Many providers produce their newsletter once a month, but you can decide whether you want to send one out more or less often. Pick a schedule that is comfortable for you. It might be a good idea to send your newsletter quarterly at first then switch to monthly as you can, rather than starting with an ambitious schedule and failing to meet your own deadlines.

For more tips on marketing, record keeping and taxes, contracts and policies and more visit <http://tomcopelandblog.com/>