

**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

"Building Excellence in Child Care"



Summer 2016

STEM IN ACTION!



In March 2016, Child Care Resource & Referral hosted Everyday STEM (Science, Technology, Engineering and Math), a three hour training focused on integrating STEM activities into after school programs. STEM activities allow children to use what they already know about science and math in a practical manner, collaborate, work as a team, problem solve, explore objects, materials and events around them, gain an understanding of what engineering can be and perhaps consider engineering as a career goal. Participants at the training had the opportunity to experience hands-on STEM activities by making Wizards Brew and Soft as Cloud Play Dough. The training ended with the viewing of [Caine's Arcade](#), a short film about a 9 year old boy who spent his summer vacation building an elaborate cardboard arcade.

As a result of the training, students and staff at the Hancock Community Education Foundation K-4th Afterschool program have been busy with their own STEM activities! *"The children love finding out how things work by participating in fun, hands-on projects that help prepare them for their future,"* said Linda O'Brien, Executive Director of the Hancock Community Education Foundation.



Children discover they can blow up a balloon using a water bottle, vinegar and baking soda

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Staff at the Hancock Community Education Foundation After-School program also introduced the children to the Caine's Arcade video. The students were so inspired by Caine's story that they created their own arcade games using boxes, duct tape and recycled materials.



IDENTIFY
INVESTIGATE
IMAGINE
PLAN
CREATE
TEST
IMPROVE
COMMUNICATE



The children practice their measuring and problem solving skills with the Make a Turtle project (below). After learning the names of the top and bottom of the shell they created their own turtle shells using recycled materials. The turtle shell had to be 6-12 inches in length with 4 legs, a head and tail.



Make Mine Breastfeeding Friendly

The New York State Department of Health's Obesity Prevention Program encourages new mothers to breastfeed their infants. The Department's Child and Adult Care Food Program encourages child care centers and family day care homes to support breastfeeding families and recognizes these providers with Breastfeeding Friendly certificates. Childcare center/day care home staff complete an assessment that shows they support breastfeeding families.



The number of programs
in Delaware County
who are designated
Breastfeeding Friendly

A few words from providers...

As a certified lactation counselor and a breastfeeding mother, I understand the importance of child care providers supporting a mother's decision to breastfeed. Knowing that my staff and I can provide the comfort and support to breastfeeding families by becoming a Breastfeeding Friendly daycare was why I decided to take the extra step. All of my moms who decide to breastfeed are welcome to pump or nurse on site. –Evelyn Aguire, Group Family Day Care

I became a breastfeeding friendly daycare because breastfeeding is something I feel strongly about and I would like to help other mothers commit to breastfeeding. I understand what it's like to work and pump so I feel I can be a resource to other moms. –Stacey Terry, Family Day Care

Why should my center or home support breastfeeding?

Breast milk is known as the best milk for babies. It promotes healthy growth and development, and contains all of the vitamins and nutrients needed for the first six months of life. Breast milk helps to fight diseases by aiding in building a strong immune system. In addition, breast milk aids in reducing the risk of obesity. (*Mealtime Memo for Child Care, may 2013*)

Many moms stop breastfeeding when they return to work. You can encourage and support moms as they transition back to work or school by offering a safe and supportive environment for breastfeeding in your program.

Meals containing breast milk are reimbursed by CACFP.

The Breastfeeding Friendly designation can be used in advertising your program. Your center/home will be listed on the NYS DOH website as Breastfeeding Friendly.

How can you apply to be designated as a Breastfeeding Friendly program?

-View the online training and complete the quiz

- **Make Mine Breastfeeding Friendly for day care center:**

http://nydontraining.health.state.ny.us:4503/content/connect/c1/7/en/events/event/shared/677153/event_landing.html?connect-session=breezbreezqpghny97rrwr7u2&sco-id=828362& charset=utf-8

Make Mine Breastfeeding Friendly for day care comes in English and Spanish

http://nydontraining.health.state.ny.us/make_mine_bff

http://nydontraining.health.state.ny.us/make_mine_bff_homes_spanish?

-Print out the certificate from the training

-Print and complete the Breastfeeding Friendly Self-assessment. You can find the assessment by clicking on the following link: <http://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

-Submit the training certificate and self-assessment to your CACFP program sponsor

For more information on how to become a Breastfeeding Friendly program:

<http://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

Training Calendar

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.

Videoconference Trainings

Videoconferences are held at
Delaware Opportunities Inc.
35430 State Hwy. 10, Hamden, NY
All video conferences begin at 6:45pm
Videoconferences are Free

November 3, 2016

Addressing Challenging Behavior:
The Pyramid Model in Action

For more information or to register for
videoconference trainings:

- Visit www.ecetp.pdp.albany.edu
- For question call 518-442-6575

2.5 hours of training and .25CEUs
For training topic descriptions and CDA content
areas visit www.ecetp.pdp.albany.edu

Videoconference training is an adult learning
experience. Because of the sensitive nature of
some of the topics, children are not permitted.

Early Care Management Training for Child Care Center Directors

Supported by the New York State Office of
Children and Family Services, 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

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.shtml

The **Education Incentive Program (EIP)** is a scholarship
program which helps providers pay for training and educational
activities with the intent to build provider knowledge, skills and
competencies and improve the quality of childcare.

The 2016 EIP application and information booklet is available online

To find out if you are eligible for an EIP scholarship or to
apply for an EIP scholarship visit:

<https://www.ecetp.pdp.albany.edu/eip.shtml>

Pinterest: Friend or Foe?

with *Lorell Fitzsimmons & Kathleen Harland*
Infant Toddler Specialists
Capital District Child Care Council

July 14, 2016
6:30pm-8:00pm
Delaware Opportunities Inc.
35430 State Hwy. 10
Hamden, NY 13782

Pinterest can be a very useful tool, but are the activities actually appropriate? Together we will explore the world of online activities! Through discussion and hands-on experiments, we will learn how to decipher the ingenious ideas from the utterly useless.

Registration is required. Please contact a day care specialist to reserve your seat at 607-746-1620 or by email at daycare@delawareopportunities.org

Training Hours: 1.5
OCFS topic areas: 1,3
CEU: 0.15
CDA: 1,2,8
CBK: 1,4
ELG: 1,4



What is the Aspire Registry?

Aspire is New York State's registry and statewide training calendar for early childhood and school age professionals.

Why use Aspire?

Use Aspire to keep track of important information about your career, including education, employment history and other professional development or contributions. With an Aspire profile you can keep track of the trainings you attend.

Aspire is for anyone in the early childhood field:

- ✓ Teachers, assistant teachers, aides and paraprofessionals
- ✓ Directors and administrators
- ✓ Trainers, coaches, and consultants
- ✓ Early childhood faculty and students
- ✓ Advocates and other early childhood supporters

How to join:

Creating your profile is a simple process that takes only a few minutes. Visit www.nyworksforchildren.org to get started.

Tri-County Association for the Education of Young Children (AEYC)

Mission: The Tri-County AEYC supports the development of professionals to promote quality care and education for the wellbeing of all young children and families.

Membership benefits include:

- Discount on annual conference and workshops
- Membership and awards banquet
- Newsletter
- Week of the Young Child celebration
- Networking and advocacy
- Member of local, state, and national AEYC

For more information on the Tri-County AEYC including membership contact:

Teresa Adell
adelt@hughes.net
607-988-9016

Quality for Kids Campaign

New York is United to Promote Quality

The Early Care & Learning Council (ECLC) has announced the launch of a new state-wide campaign intended to raise community awareness about the importance of quality early learning experiences, which ECLC is simply referring to as “Quality”. According to David Voegelé, Executive Director of ECLC, the United to Promote Quality campaign is the first phase of the Quality Investments for Children (QIC) initiative, which seeks to not only educate communities about the importance of quality, but to generate new resources that support quality, such as volunteers, grants, in-kind donations, and the influence of community leaders.

The QIC United to Promote Quality campaign will raise awareness not only about how critical quality is to a young child’s brain development, but also how quality is important to employers, by ensuring their employees are solely focused on their jobs, and not distracted by whether their children are in a safe, nurturing, and stimulating early learning environment,” stated Mr. Voegelé. He also noted that quality is costly, and that a major investment of public and private resources is needed to fully implement QualitystarsNY, the state’s quality improvement and rating system and to expand access to quality care for all young children.

For more information about the QIC United to Promote Quality campaign, contact Jessica Klos Shapiro, Director of Policy and Community Education, 518-690-4217 x 32.



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.

Revised Market Rates Effective June 2016

The new market rates were established at the 69th percentile of child care rates reported by a random sample of 4467 licensed and registered child care providers from across New York State, during a 2015 telephone survey. Below are the weekly rates. To see the full market rates visit the [Office of Children and Family Services website](#).

Day Care Center

Under 1 ½	\$200.00
1 ½ -2	\$190.00
3-5	\$180.00
6-12	\$170.00

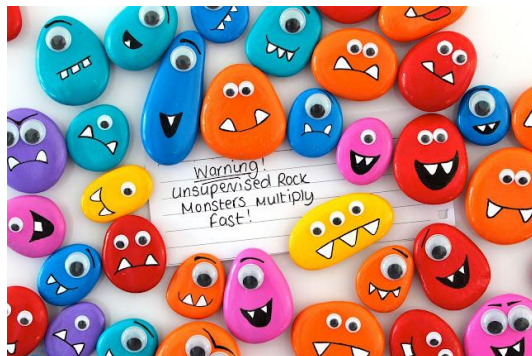
Family Day Care and Group Family Day Care

Under 2	\$150.00
2	\$150.00
3-5	\$150.00
6-12	\$143.00

School-Age Child Care

3-5	\$180.00
6-12	\$170.00

Rock and Roll



Cleaning Rocks Sensory Play

Materials:

Rocks
Paint brush
Spray bottle
Water
Sensory table or plastic storage container



Super simple sensory activity! Set up an invitation to play. Place dirty rocks in a plastic container and place in sensory table. Provide a spray bottle (or bottles depending on how many children will be participating) filled with water and some paint brushes. You may want to offer a container of water and some paper towels or cloth for children to dry rocks.

Yarn Wrapped Rocks

Materials:

Yarn
Rocks
Scissors
Tape



Set up an invitation to play. Place rocks, yarn, scissors and tape on tray. There are no rules. Children can wrap yarn with rocks, cut yarn into bits and tape on rocks and don't be surprised if they make a nest with the yarn and pretend the rocks are eggs!

Story Stones

From Happy Hooligans

What are story stones? Story stones are smooth, flat stones with a character, animal or other object on it. You can make a story stone with stickers, fabric, magazine cut outs or you can draw on them.

How are story stones used? Story stones can be used to tell a story or enhance a story, used in the doll house, carried in the back of truck, sorted by category, lined up or placed in a circle. They can be used inside or outside. There is no right or wrong way to play with the stones. They are open ended and foster creativity and imagination.

How do you make story stones? Collect smooth, flat stones. Place your sticker on the stone and paint some mod podge over it. Let it dry. If you are using fabric or a magazine cut out paint some mod podge on the stone and then place the cut-out on top of it, and use your fingers to smooth out any air bubbles. With a sponge brush, smooth and dab a little mod podge over the cut-out, pressing around the edges with your fingers, to get a good seal between the paper and the stone.



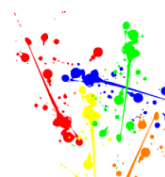
When the stones are completely dry place them in a basket or other container and add them to your book area, or next to the cars and trucks, or outside under a tree.

What is mod podge? Mod podge is a waterbase sealer, glue and finish.

Visit <http://happyhooligans.ca/story-stones/> for more information on story stones.

Just a few more ideas...

Collect, wash and dry stones. Paint! Try polka dots, stripes, swirls, zig zags and rainbows.



Make a rock garden with your painted rock collection

Make monster rocks...paint, add googly eyes then paint on some teeth!