



# Family Pages

Summer 2015

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

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## The Baby Brain: When does learning begin?

Pre-kindergarten or kindergarten is the start of most American children's formal education. But the **foundations for learning develop well before a child starts school.** The brain connections needed for learning begin developing even before birth. Warm, sensitive, consistent care helps babies develop a secure attachment with their caregivers. Children with this secure bond are more ready to learn.

To learn more about the baby brain and For Our Babies visit [www.forourbabies.org](http://www.forourbabies.org).

## Get Your Giggle On with Laughter Yoga!

Laughter yoga combines breathing techniques with playful exercises designed to relieve stress and cause chuckling. Try the Hello Hug!

**The Hello Hug:** stand some distance from a family member. Now run toward each other but miss a few times. Finally, meet and hug. A giggly reunion is pretty much guaranteed.



For more laughter yoga ideas visit:  
<http://www.parents.com/fun/activities/how-to-raise-happy-kids-lol-a-lot/>

## Encouraging Kindness Make Helping a Family Affair

*From 14 Little Ways to Encourage Kindness*  
[www.parents.com](http://www.parents.com)

When a friend gets sick or a local family falls on hard times, grown-ups know what to do. They send flowers, or cards, bake casseroles, etc. Children can get involved in these projects too! Ask your child what they would like to do to help out, or suggest arranging a bouquet, layering noodles in the lasagna pan, collecting cans of food or drawing a picture. If possible, take your child with you when you deliver the gifts. They will find out firsthand how good it feels to brighten someone's day!



Lawn mowing season is underway! Did you know that each year many children are severely injured by lawn mowers? These injuries can be prevented! Do not allow children to ride as passengers on riding mowers and keep children out of the yard while mowing.

For more lawn mowing safety tips visit [www.aap.org](http://www.aap.org)



Child Care Resource & Referral offers a **Free Online Search for Child Care**  
Visit [www.delawareopportunities.org](http://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](mailto:daycare@delawareopportunities.org)

## 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](http://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](http://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](http://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](http://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](mailto:ecdc@stic-cil.org)

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

#### -Parent Technical Assistance Center

[ptac@stic-cil.org](mailto: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](http://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](http://www.zerotothree.org)

## Zucchini Pizza Bites



### Ingredients:

1 tablespoon olive oil  
2 medium zucchini  
Salt and pepper  
½ cup pizza sauce or marinara sauce  
1 cup shredded mozzarella  
¼ ounce pepperoni (mini or quartered full sized)  
Oregano or Italian seasoning to taste

### Directions:

Cut zucchini into ¼ inch slices. Brush the zucchini slices with oil on both sides, season with salt and pepper, grill, broil or saute until just tender, about 1-2 minutes per side. Place zucchini on a greased baking sheet, top them with sauce, cheese and pepperoni (or other favorite topping) and broil until the cheese has melted about 2 minutes. Sprinkle with oregano or Italian seasoning to taste.

Servings: 24-36 pizza bites

[www.closetcooking.com](http://www.closetcooking.com)

## Fly Swatter Painting

### Materials:

Paint  
Craft paper  
Fly swatter  
Plastic dish



Cut a large piece of paper. Use rocks to hold paper down. Pour paint into a shallow plastic dish or tray. Encourage your child to dip the fly swatter into the paint and SWAT the paper. Add more paint and do it again!

Tips: This is a messy activity and best done outdoors. Paint may splatter so protect children's clothes with a smock or have your child wear clothes that can get dirty.

## Family Portraits

Personalize your sidewalk or driveway with family portraits! Use some colored chalk and have each member of the family draw a self-portrait or let each person draw a picture of someone else in the family. Don't forget to include your family pet!

