



Family Pages

Fall 2016

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

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Setting the Stage for Success

Early mornings, school days, dinner, homework, sports, making lunches, baths...life can get very hectic very quickly as children go back to school. Following are few ideas to help organize your day for smoother mornings and successful evenings.

Backpack Landing

An organized entryway allows for quick morning departures. Children won't be spending time looking for their back pack, shoes, coat, etc. Give each child a basket or bin to store shoes and backpacks and use sturdy hooks to hang coats. Add a bulletin board, calendar or dry erase board to remind family members of after school activities, appointments, field trips, and library book returns or to remember lunch money.



Afterschool Snack Basket

Use snack size baggies and fill a basket with healthy snacks for after school. Place the basket on the kitchen table or counter so children know where to find it. Baggies make it easy for children to grab a snack on the go but small containers work well too! Some families create a snack drawer where children can find quick afterschool snacks.

Homework Caddy

Fill a tote basket or bucket with supplies (pencils, paper, crayons, ruler, calculator, etc.) needed to complete homework assignments. The great thing about the caddy is that it can be moved to where your child is doing homework and stored on a shelf when not in use.

Clothes Set and Ready

Encourage and work with your child to pick out clothes for the next school day...from top to bottom. Clothes placed in a basket or crate or folded and ready on the dresser reduce time spent picking out clothes in the morning and then finding out the one sweatshirt they wanted to wear isn't clean.

Explore, Play, Learn & Discover Together *Cars, Trucks and Buses*

Talk Together

Take a walk with your child and point out all the vehicles you see. Help your child expand their vocabulary by using descriptor words such as red car, garbage truck, yellow bus.



Read Together

Visit your local library and check out some books on vehicles. Following are a few suggestions: *My Car* by Byron Burton, *Machines at Work* by Byron Burton, *The Wheels on the Bus* by Annie Kubler, *Don't Let the Pigeon Drive the Bus* by Mo Willems.

Play Together

Tape a piece of paper to your child's highchair tray or table. Dip wheels of a toy car in paint and let your child "drive" it over the paper.

For more fun ideas visit [Zero To Three: A Year of Play](http://www.zerotothree.org)



Brush, Book, Bed, a program of the American Academy of Pediatrics (AAP), has a simple message

1. Each night, help your children to brush their teeth.
2. Read a favorite book (or two)!
3. Get to bed at a regular time each night.

A predictable night time routine helps children understand and learn what to expect next. Visit [healthychildren.org](http://www.healthychildren.org) for more information and helpful resources.

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



Unstuffed Peppers

Recipe by Taylor Mason

Ingredients:

- 4 red bell peppers, chop in large chunks
- 1 onion diced
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, quartered
- 1 pound lean ground turkey or ground beef
- 2 teaspoon chili powder
- 1 cup cooked brown rice
- 2 teaspoons olive oil
- 1 cup shredded cheddar cheese



Directions:

Add 1 teaspoon olive oil to large skillet over medium heat. When the pan is hot, add ground turkey or beef and season with salt and pepper. Let the turkey brown in the pan, stirring occasionally until cooked through. Meanwhile, cook the brown rice. When turkey is almost done, add 1 teaspoon of chili powder. Set the turkey aside on a plate and add remaining 1 teaspoon of olive oil to pan. Add pepper, onion and garlic and season with salt and pepper. Add cherry tomatoes in with the veggies after they have been cooking for a few minutes-stir to combine. Let the veggies cook until they have softened. If it gets too dry add a splash of water and stir together. When the veggies are almost done add the remaining 1 teaspoon of chili powder. Add the turkey back into the skillet with the veggies along with 1 cup of cooked brown rice. Stir in cheese and serve once melted.

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