



Family Pages

December 2017

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

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For many of us, the New Year means it is time to take a look at the past year and set goals for things we would like to accomplish or change. **It's also a great time of year to help your child celebrate the year, think about things they are proud of and would like to accomplish in the upcoming year.**

Take some time to talk to your child about celebrating the past year. Encourage your child to make a list or draw (or both!) their favorite things to:

- Eat
- Wear
- Read
- Watch
- Listen to



- What did your child love about this year?
- List some things they are thankful for
- List some things they want to do next year

There are many templates available on the internet that are simple and help guide the activity. You could also make up your own. Younger children will need help with writing or may just want to draw. Toddlers may not be able to list things they are thankful for or things they want to do next year. That's ok. They will enjoy listening to what you say, talking about their favorite things and spending time with their favorite people.

Very Young Babies already have **VERY BIG Feelings** Zero to Three

Babies can begin feeling sadness and fear as early as 3-5 months of age. Research done by Zero to Three revealed that 42% of parents believe babies begin experiencing these feelings at one year or older. **But the fact is that way before they can say their first words, and as early as 3 to 5 months old, babies experience a whole range of emotions like joy,**



sadness, anger, interest and excitement. Tune into your baby's facial expressions, sounds and gestures and you'll find clues about how your baby is feeling. When you respond sensitively, she learns that her feelings matter, which builds her trust in you.

For more information on brain growth and development visit www.zerotothree.org

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
- registered & licensed child care programs
- average cost of care & help with the cost of care
- 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.

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

Make Your Own Writing Tent

From *Adventures in Learning* at www.pbs.org

Every great writer needs a great space; and there's no better space than a one-of-a-kind, genuine, kid-made writing tent. A safe and cozy writing tent can inspire some fantastic tales.

You'll need:

- paper
- sharpened pencils
- bedsheets
- a stack of reading materials
- snacks (optional)



The set up is pretty simple. Throw some bedsheets, tablecloths, or cheap fabric remnants over a table. Add a pillow or two to the floor and provide writing materials. Your child can stock it with their favorite books. You can also include a sketchbook for aspiring graphic novel writers.

Encourage your child to write a story or two. If you find they are having trouble, help them along with writing prompts. Visit www.pbs.org for writing prompt ideas or try this one:

-Write a story about a trip you would love to go on.

It can be real or fantasy. What will you pack? How will you get there? What will you see? What will you eat? How long will you stay? How will you get back home?

Baked Chicken Nuggets

Ingredients

- 1 lb. boneless chicken breasts (or tenders), cut into small bite sized pieces
- 3 teaspoons canola oil
- ½ teaspoon salt
- ½ teaspoon Italian herbs
- ½ teaspoon garlic salt
- ¼ teaspoon oregano
- ¼ teaspoon black pepper
- 3 tablespoons panko crumbs
- 2 tablespoons Parmesan cheese
- Cooking spray

Instructions

Preheat oven to 450 degrees. Add the chicken with the oil followed by the salt, Italian herbs, garlic salt, oregano, and black pepper. Massage the chicken with the spices thoroughly. Add the chicken, panko bread crumbs, and Parmesan cheese to a zip top bag. Seal the bag and squeeze the bread crumbs onto the chicken multiple times. Spray a baking sheet with cooking spray. Lay the breaded chicken nuggets on the baking sheet in a single layer. Spray the top side of the chicken with cooking spray. Bake for 8 minutes on each side or until done.