



# Family Pages

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

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## Required Health and Safety Training for Child Care Providers

The federal Child Care and Development Block Grant (CCDBG) requires certain licensed, registered, and legally exempt child care employees, caregivers and volunteers to complete health and safety training by September 30, 2017. These requirements have been adopted as emergency regulations in Title 18 of *New York Codes, Rules and Regulations* and a notice of proposed rulemaking was filed with the *New York State Register* on 3-20-2017. The effective date of the emergency regulations is **March 20, 2017**. Training must be completed by **September 30, 2017**.

The Office of Children and Family Services developed a free e-learning session that, once completed by participants, will satisfy all required health and safety topics. This OCFS health and safety e-learning is named **Foundations in Health and Safety e-learning**.

This five-hour course offers important information and strategies to facilitate and improve the safety and health of children in regulated child care programs and enrolled legally exempt programs. Child care providers and caregivers completing this course will receive training credit in federally mandated health and safety topic areas.

## Quality Child Care is Important

Studies show that children in high quality child care programs enter school with better math, language and social skills. **These skills give your child a good start to succeed in school and life.**

For more information on quality child care including help with your search for child care or becoming a child care provider contact a day care specialist at 607-746-1620 or by email at [daycare@delawareopportunities.org](mailto:daycare@delawareopportunities.org) or visit our website at [www.delawareopportunities.org](http://www.delawareopportunities.org).

## Did you know?

The benefits of talking with babies begins at birth AND reading aloud has a positive impact as early as 6 months!



Parents can support their baby's language and thinking skills starting from day 1.

Read and talk to your baby even if he or she doesn't talk back yet.

## Find the Rainbow Game

### You'll need:

- Markers (red, orange, yellow, green, blue & purple)
- Slips of paper



### How to play:

Pre-hide the markers in a room in your home or outside in the yard. You may need to keep the markers partially in site depending on the age of your child.

Encourage your child to find each of the markers and form a rainbow on the slip of paper. If age appropriate let your child hide the markers for you to find and draw a rainbow.



## Ideas for the Sandbox

When it comes to sandbox toys, try adding the "real thing!" Look at garage sales for inexpensive wooden spoons, metal spatulas, pots and pans, measuring cups, a colander or even a hand held egg beater. Store items in a plastic crate.

## 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>

### 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)

## Summer Grilled Cheese

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

### Ingredients:

- ¼ cup softened butter
- ½ tsp dried dill
- ½ tsp dried basil
- 8 slices of bread
- 8 oz. of cheese of choice
- 1 medium tomato sliced
- Handful of fresh basil (about 3 leaves or so per sandwich)



In a small dish, mix the butter, dried dill, and dried basil and then spread a thin layer on each slice of the bread. Stack the cheese, tomato, and basil on the non-buttered side of the bread and place on the hot griddle. Put another slice of the buttered bread on top to complete the sandwich—buttered side up. Continue this step to complete all 4 sandwiches. Let the sandwiches cook over medium/high heat about 2 minutes and flip them over to toast the other side. Enjoy!

## Every Summer has a Story...

Fill this one with Fun Family Memories

### Following are a few ideas:

- Make lemonade
- Play a board game
- Take a family bike ride
- Make s'mores
- Make homemade popsicles
- Do an art project
- Go on a family picnic
- Check out your local library
- Camp out in the backyard
- Make friendship bracelets
- Stargaze



## Sponge Bucket Relay

### You'll need:

- Two small buckets
- water
- A large sponge (the kind you use to wash a car)

Fill one bucket with water. Players stand behind the bucket. One at time each player soaks a sponge in the bucket of water and races to an empty bucket where they squeeze out all the water from the sponge. The player then runs back to the start and hands the sponge to the next player. This can be a race between two teams (you'll need two more buckets and another sponge) or a family can work together to see how fast they can fill the empty bucket with water.

