



Family Pages

March 2018

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

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Toddlers and Self-Control

from www.zerotothree.org

Picking up the remote after you've told your child not to touch it five times in 10 minutes. Slapping a friend who took the last train off the table at child care—right after she agreed with you that 'hands are not for hitting.' **These are typical toddler moments that all come down to one thing: self-control, and the lack of it.**

When do children have the impulse control to resist the desire to do something not allowed?

Research shows that these skills start developing between **3.5 and 4 years**, and take **many more years to be used consistently.**

When are children able to control their emotions? Research shows that this type of self-control is also just starting to develop between **3.5 and 4 years.**

Why do young children have so little self-control?

The part of the brain responsible for exerting control over the emotional, impulsive part of the brain is not well-developed in children under 3.



Visit www.zerotothree.org for more information.

Tips on Helping Your Child Learn Self-Control

1. It's not easy being a toddler. There are an awful lot of things toddlers need to do that they don't want to do, like getting in the car seat, stopping play to take a nap when they are NOT tired, or sharing their treasures. Let your child know you understand: "You are really disappointed that we can't go to the playground today." Giving your child the words to describe his feelings is the first step toward helping him manage his emotions and develop self-control.

2. Read books about children who get angry or have tantrums, and talk about how to handle these big feelings.

For more tips on how to help your child learn self-control visit www.zerotothree.org

Zero to Three: Toddlers and Self-Control: A Survival Guide for Parents.

Mark your calendars! May 11, 2018 is PROVIDER APPRECIATION DAY!

Provider Appreciation Day is a special day to recognize child care providers, teachers and other educators of young children everywhere.



Get together with other parents to create a surprise ♦ Send flowers, cards or a handwritten note of appreciation ♦ Work with your child to create a special gift

For information visit <http://providerappreciationday.org/>



Save the Date!!

Delaware Opportunities Inc.
10th Annual Children's Festival
35430 State Highway 10
Hamden, NY 13782



June 27, 2018, 10am-2pm
MORE INFORMATION COMING SOON!

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

Banana Chocolate Chip Cookie

www.sallysbakingaddiction.com



Ingredients:

2 and 1/3 cups quick oats
¾ teaspoon salt
1 teaspoon ground cinnamon
1 cup of almond butter or peanut butter
¼ cup pure maple syrup or honey
2 large ripe bananas, mashed (about 1 cup)
1/3 cup dark or semi-sweet chocolate chips

Directions:

-Preheat oven to 325 degrees. Line a large baking sheet with parchment paper. Set aside.
-Combine all ingredients into a large bowl. Using a large rubber spatula or wooden spoon, mix until all of the ingredients are thoroughly combined. The dough will be sticky and thick.
-Each cookie will be 3 Tablespoons of dough. Drop this amount onto prepared cookie sheet and slightly flatten the tops into desired thickness. The cookies will not spread in the oven.
-Bake for 15 minutes or until edges are slightly brown. Don't bake any longer or the cookies will taste dry. Allow to cool on the cookie sheet completely. Cookies stay fresh at room temperature for 1 week.

Paper Plate Sun Catchers

You'll need:

Contact paper
Paper plate
Scissors
Tissue paper



Get Started:

Cut tissue paper into different shapes and sizes.
Cut the center out of the paper plate so it looks like a frame (circle, heart, or any shape).
Cut a piece of contact paper about the same size as your paper plate frame.
Peel the back from the contact paper and place it down on a table sticky side up. Now place your paper plate frame on top. Press down.
Fill in the center of the frame by adding the colored tissue paper onto the contact paper.
Once satisfied with your design, cut another piece of contact paper and lay it over the top (sticky side to sticky side). Press down. This step is optional.
Hang in a window and enjoy!

Tips: Use natural items like leaves or flowers and a piece of cardstock in place of the paper plate. Decorate the plate or cardstock with crayons and/or markers.