



CHILD CARE RESOURCE AND REFERRAL FALL 2026 NEWSLETTER

Daily Health Checks Are Important

Conducting a Daily Health Check on each child in your care is not just an OCFS requirement, but an important way to ensure the health and safety of all the children in your care.

Daily Health Checks:

- *prevent illness by stopping the spread of contagious diseases*
- *provide early detection of signs of childhood illness and injury which helps children get a faster recovery*
- *ensure safety by monitoring for indicators of child abuse, maltreatment, and unexplained injuries*

Daily Health Check Reminders:

- *Completed when the child arrives (sleeping children should be awakened) AND whenever a change in behavior is noticed during the day*
- *Check Head and Face:: eyes (red, crusty or watery drainage), nose (discharge or congestion), ears (drainage or pulling on ears), and mouth (sores or unusual breath or odor)*
- *Check Skin and Body: look for pale/ flushed skin, rashes, cuts, bruises, swelling, or signs of pain*
- *Check Behavior: unusual sleepiness, irritability, crying, or changes in activity level*

Be sure to document that you have completed the Daily Health Check and record any findings. Use OCFS form 4443 or another designated illness log and always remember that each child's Daily Health Check is confidential and cannot be shared with other families.



Hip Hip Hooray for Chiffon Scarf Play!

Chiffon Scarves are the next low-cost, versatile item to add to your collection. This kind of play helps infants, toddlers, and young children develop motor skills, spatial awareness, and imagination.

Watch for scarf-play ideas throughout this newsletter where you'll find many options from music and movement to fine and gross motor ideas.

For even more ideas or to set up a time for us to visit, contact Jackie (jvanord@delop.org) or Lisa ZM (lzmisner@delop.org).

Welcome!

Please join us in welcoming our newest FDC provider:
Jessica Leavitt
Congratulations!

New Grant Opportunity

- Available to **Day Care Centers, Small Day Care Centers, Family Day Care, and Group Family Day Care** providers and their staff
- Includes 1 Hour of OCFS-approved Gross Motor training plus **FREE** ready-to-use resources and materials for your program!
- **Watch for more information in October!**

Jack in the Box

Jack in the Box sits so still...
(hide scarf behind your back)

Will he come out?

Yes, he will!
(pull scarf from behind and
toss it up in the air)

Developmental Skill Building:

object permanence
anticipation
problem solving.

Training Spotlight

Building on the Foundation of Health and Safety

This 5-hour OCFS approved training is available on the ECETP Website and builds on the information learned in the *Foundation of Health and Safety* training, providing updated and new information in all areas of federal health and safety requirements. The training includes information that will cover *all ten* of the required OCFS Topics and will also help to keep you in compliance with your mandatory requirement for *at least 5 hours of training per year!* Go to the [ECETP website](https://www.ecetp.org) to search for this course.

Scarf Play All Day for Babies!

Scarf Play can be used to build so many skills. They can be found online, at your local thrift shop, or even in your own closet! Don't worry if you don't have a bunch of chiffon scarves laying around. Try using washcloths or dish cloths for a similar effect. As with any other toy, children should be closely supervised when using scarves and care should be taken to ensure they are in good condition. Check out the ideas below to start using scarves in your program today!

Sensory Play

- **Peek-a-Boo:** Who doesn't love a good game of Peek-a-Boo? This game builds visual skills and helps the child learn object permanence and social skills.
- **Body Part Recognition:** Gently brush the sheer fabric over different parts of the body (toes, tummy, nose) while naming them to enhance body awareness.
- **Eye Tracking:** With the child on their back, slowly move the brightly colored scarf from side to side to help practice visual tracking.

Fine Motor:

- **Pull and Rescue:** Stuff scarves into an empty tissue box, wire basket, or upside-down colander for babies to pull out and practice fine motor skills.



Flu and RSV Season Prep:

Plan now for sanitizing shared toys, tables, and high-touch areas efficiently to decrease illness during the fall and winter by following the guidelines as outlined in your OCFS Health Care Plan.

Manual 4-Step Toy Soaking:

1. **Wash:** Scrub toys in warm, soapy water.
2. **Rinse:** Rinse thoroughly under clean, running water.
3. **Sanitize:** Submerge completely in an OCFS-approved solution (make your own using 1 tsp of unscented bleach per 1 gallon of cool water).
4. **Air Dry:** Soak for 5 minutes, rinse with cool water, and let air-dry entirely on a clean surface. Do not hand-wipe dry.



Here are a few more ideas to keep illness away:

- Use a "Yuck Bucket"- When a child is finished playing with a toy they have mouthed, coughed or sneezed on, drop it into the bucket. Do not return it to circulation until it is processed as above.
- Save time by *washing non-porous toys in a dishwasher.*
- *Wash tables before and after every meal or snack.* Wipe down with soapy water first, then spray with a food-contact safe sanitizer.
- Sanitize door handles, cabinet pulls, and faucet handles regularly throughout the day. **Contact Jackie or Lisa ZM to get your laminated Three Times Daily Checklist!**
- Build "sanitation breaks" into your daily schedule. Encourage children to wash hands at intervals throughout the day.

Here to Help

Do you have a Renewal or Mid-Point Inspection coming up? We have a training for that! **Contact Jackie to set up your session!**

Email: jvanord@delop.org
Phone: 607-746-1636

Contact Us!

Delaware Opportunities Inc.
Child Care Resource & Referral

Monday - Thursday
8:00AM - 4:00PM
Friday 8:00AM - 3:00PM

(607) 746-1620
daycare@delop.org
delawareopportunities.org

Popcorn Kernel

To the tune of *Are You Sleeping?*

Scarf squished in both hands to start

Popcorn Kernel, Popcorn Kernel

In the pot, in the pot!

Shake it, shake it, shake it

Shake hands with scarf still hidden

'Til it POPS!

Quickly toss scarf in air

Sing again using a loud voice or a soft voice.

Developmental Skill Building:

auditory skills
emotional regulation
language skills

Wave Your Scarf!

To the tune of *London Bridge*

Wave your scarf up and down, up and down, up and down.
Wave your scarf up and down, wave your scarf.

Wave your scarf left and right, left and right, left and right.
Wave your scarf left and right, wave your scarf.

Wave your scarf fast and slow, fast and slow, fast and slow.
Wave your scarf fast and slow, wave your scarf.

Wave your scarf round and round, round and round,
round and round

Wave your scarf round and round, wave it good-bye!

On "good-bye", hide scarf behind your back

Developmental Skill Building:
vocabulary and language
spatial awareness
motor coordination

Our Mission

Delaware Opportunities Inc. Child Care Resource and Referral program is committed to promoting quality, affordable child care that results in the education and healthy development of children and supports strong families and communities.

What We Do:

- Training and Technical Assistance opportunities
- Child and Adult Care Food Program
- Child Care Assistance Program

CCAP Recert Reminder

Families receive their recertification paperwork 45 days before their final due date. A timely reminder from you can help families stay on track, keeping their child care assistance active and as well as ensuring that you receive your payment.

To avoid a lapse in benefits or having their child care assistance case closed, families need to complete and return their CCAP recertification paperwork by the due date included with the paperwork.

Remember, if there is a lapse in benefits or if their case closes, the family is responsible for making the full payment for child care services during that time.

Questions? Call Jen or Lisa C at 607-746-1620.

Scarf Play All Day for Toddlers and Preschoolers

Music and Movement

- *Throw and Catch:* Toss the scarf up into the air and practice catching it as it floats down slowly. This activity improves hand-eye coordination, visual tracking, and motor control.
- *Musical Dance and Freeze:* Wave scarves high, low, fast, or slow to music, and freeze in place when the song stops. This activity builds auditory skills, motor skills, and social-emotional skills.
- *Creative Shapes:* Holding the corner of the scarf, float it through the air to make shapes, write their name, draw 'pictures' (like flowing waves like the ocean). This activity builds physical, cognitive, and social-emotional skills.
- *Imaginative Play:* Use different colored scarves as play surfaces (blue for water, green for grass, white for snow) or turn them into capes and doll blankets. This activity builds cognitive and language skills, motor skills, social-emotional development, and creative and sensory skills.

Caring for Playing Scarves

Since playing scarves are used by multiple children, they should be cleaned daily to ensure that there is no transfer of germs and bodily fluids.

- Hand wash in lukewarm soapy water using a mild detergent or baby soap.
- Soak for 2-5 minutes, then rinse thoroughly in clean cool water until all suds disappear.
- Gently squeeze out excess water, rolling in a dry towel to remove remaining water.
- Hang to air dry.

FREE Literacy Kits

Call today for your FREE *Book Nook Adventures* Literacy Kit! Each kit includes:

- 1 Book and 1 hour of training *plus...*

Plenty of activities with all the materials you'll need to use the kit over and over again! Six kits to choose from:

- *Baby Faces*
- *Quick as a Cricket*
- *A Splendid Friend Indeed*
- *When Sophie Gets Angry. Really, Really, Angry*
- *Ten Little Fingers and Ten Little Toes*
- *The Way I Feel*

Contact Jackie or Lisa ZM to schedule your visit!

Phone: 607-746-1620

Email: JVanOrd@delop.org

LZmisner@delop.org

CACFP Fall Menu Inspiration

• Apple Cinnamon Oatmeal:

Top warm oats with diced apples. *Credits as whole grain and fruit.*



• Turkey & Veggie Chili:

Pack with kidney beans, diced tomatoes, and lean turkey. *Credits as meat/meat alternate and vegetable.*



• Roasted Butternut Squash:

Toss cubes in olive oil and nutmeg. *Credits as a red/orange vegetable.*



• Pumpkin Pie Smoothies:

Blend pumpkin puree, yogurt, milk, and cinnamon. *Credits as milk and vegetable/fruit.*



Delaware Opportunities Inc. is the sponsoring agency for Child and Adult Care Food Program for registered family day care programs, licensed family day care programs and eligible legally exempt child care programs in Delaware County.



The Leaves are Falling Down

Tune of *The Farmer in the Dell*

The leaves are falling down,
The leaves are falling down,
Down down to the ground
The leaves are falling down!

The leaves are blowing around
The leaves are blowing around
Blowing blowing blowing blowing
They're blowing all around!

We'll push them in a pile
We'll push them in a pile
Push and push and push and push
We'll push them in a pile!

We'll jump into the leaves
We'll jump into the leaves
When I count to three
We'll jump into the leaves...

1 - 2 - 3 JUMP!

Developmental Skill Building:

balance and coordination
emotional regulation
vocabulary



Congratulations!

A big congratulations goes out to our latest GROW AND WIN raffle winner:

Teresa Davis

Teresa attended our Provider Appreciation Day and received three hours of training scoring her an entry in our Grow and Win Raffle.

Check Your Detectors

Did you know that the sensors in these devices do not last forever? Both smoke and carbon monoxide detectors must be completely replaced every 10 years to ensure they will function properly in an emergency.

Take a moment today to look at the back of your alarms; if the date of manufacture is from 2016 or earlier, it is time for an upgrade.

Check the date, replace old units, and keep your day care safe today.