



CHILD CARE RESOURCE & REFERRAL NEWSLETTER

FALL 2025

Spotlight on the Season

Autumn is coming and with autumn comes cooler temperatures and shorter days. The trees will begin to show the vibrant colors of the season as leaves change from green to shades of red, orange, and yellow. The sounds of leaves crunching under foot will be heard. Add the scent of the crisp fall air and the taste of warm apple cider and we will enjoy an experience that touches all the senses. Here are just a few ways to bring the joy of autumn into your program.

Scientifically Speaking

Collect fall leaves and pine cones to sort into color and type.



Take a walk and 'swish' through the fall leaves. Notice how dry leaves sound and compare them to the sound of newly fallen leaves.



Learn about warm and cold weather by feeling the different temperatures. Make a chart of cold days and warm days.



Take lightweight scarves or tissue paper outside and notice how they move in the wind.

Express Yourself

Glue leaves to paper to make a windy fall scene.



Paint with pine cones, branches, leaves, or straw.



Make leaf rubbings

Read Stories About Fall

We're Going on a Leaf Hunt
By Steve Metzger

Pumpkin Jack
By Will Hubbell

Goodbye Summer, Hello Autumn
By Kenard Pak

Fall Mixed Up
By Bob Raczka



Contact Us

Delaware Opportunities Inc.
Child Care Resource & Referral

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

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5 Little Pumpkins

Five little pumpkins sitting on a gate.

The first one said,
"Oh my, it's getting late."

The second one said,
"There are witches in the air!"

The third one said,
"But we don't care!"

The fourth one said,
"Let's run and run and run!"

The fifth one said,
"I'm ready for some fun!"

Ooo-ooo-ooo went the wind and
out went the light,

And the five little pumpkins rolled
out of sight.



Who We Are & What We Do

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.

We offer:

- Training and Technical Assistance opportunities
- Child and Adult Care Food Program
- Child Care Assistance Program
- Ensuring the Health and Safety of children in care in Delaware County

Fun Fall Treats

FALL THEMED CACFP APPROVED SNACKS!



CELERY & FRUIT BUGS



TUNA TURKEYS W/ PEPPERS



CLEMENTINE PUMPKINS



RICE CAKE OWLS

Gray Squirrel

Gray Squirrel, Gray Squirrel
Swish your bushy tail!

Gray Squirrel Gray Squirrel,
Swish your bushy tail!

Wrinkle up your little nose,
Put a nut between your toes!

Gray Squirrel Gray Squirrel,
Swish your bushy tail!



When Kids are Sick...

Flu Season is coming!

Unlike colds, the flu can come on very suddenly. Here are the things you'll need to know to keep the kids in your program safe.

Symptoms include:

- Fever/ Chills / Body aches
- Cough/ Sore throat/ Runny nose
- Stomach ache/ diarrhea

What to do if they have the flu:

- Drink plenty of fluids.
- Stay home for at least 24 hours.
- Children may return to daycare after being fever free for 24 hours *without* fever-reducing medication.



Prevent spreading the flu:

- Wash hands often!
- Avoid touching eyes, nose, and mouth.
- Stay away from people who are sick.

Stop the Spread of Germs!

Good hand hygiene is the first line of defense to stop or lessen seasonal illnesses like colds and flu.

Follow these Steps for Success:

1. **Wet hands** under clean running water.
2. **Apply soap**- make sure to use enough.
3. **Lather hands**- be sure to include palms, backs of hands, between fingers, and under nails.
4. **Scrub for at least 20 seconds**- sing a song like the Alphabet Song or Happy Birthday to get the timing right.
5. **Rinse** with clean running water.
6. **Dry hands** with a clean disposable towel and be sure to throw it away.



Reminder...

While using disposable cups may help to reduce the spread of germs, you'll need to be sure that they cannot be easily broken by young children- and, they must be discarded after each use.

A better, cost saving option is to use individual drinking cups. Cups must be labeled with each child's name and may not be used by another child unless washed first.

Sniffles, Coughs & Sneezes... Oh My!

It can't be avoided. No matter how hard we try, there will be sniffles, coughing, and sneezing. Teach kids to sneeze and cough into their elbow. Teach good hand hygiene, and help them to remember with a cute song!

The Sneeze Song

(Sung To: "Farmer In The Dell")

*I think I'm going to sneeze...
(ha chew!)*

*I think I'm going to sneeze...
(ha chew!)*

*I think I'm going to sneeze. Ha chew!
I think I'm going to sneeze!*

*So pass the tissues please...
Yes, pass the tissues please...*

*Pass the tissues, pass the tissues.
I think I'm going to sneeze!*

*And now I wash my hands...
And now I wash my hands...*

*Use some soap and rinse them off.
And now my hands are clean!*



Child and Adult Care Food Program

Do you participate in the Child and Adult Care Food Program (CACFP)? Did you know that this program allows you to *receive money every month*? Plus, participants can receive *meal planning assistance* and *nutrition education* and the training is FREE!

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

Interested in benefits?
Contact a Child Care Specialist today!
607-746-1620

Five Little Leaves

**Five little leaves so bright and gay,
Were dancing about on a tree one day.
The wind came blowing through the town,
And one little leaf came tumbling down.**

Continue with 4 leaves, then 3, 2, & 1.

Try this: Use pictures of leaves or real leaves and drop them one-by-one as you sing the song.

Easy Applesauce to Make With Kids

Make this easy applesauce recipe with just 4 ingredients and 4 easy steps and it only takes 30 minutes!



Ingredients

4 medium apples
3/4 cup water
1 teaspoon cinnamon



Directions:



Step 1: Wash, core, and chop apples. In a saucepan, combine apples, water, and cinnamon.



Step 2: Cover and cook over medium heat for 15 to 20 minutes or until apples are soft.



Step 3: Allow to cool, then mash with a fork or potato masher. For a smoother texture, transfer apple mixture to a food processor and pulse until the desired consistency is reached.

Step 4: Serve warm, or chill until ready to serve.

Apple Tree

Way up high in an apple tree,
Two little apples smiled at me.

I shook that tree as hard as I could...

Down came the apples

Mmmm... were they good!

