



FALL FAMILY NEWSLETTER

October 2026



Welcome Fall!

Fall is here, and our area is full of excitement and learning. Families that are looking for safety tips explore the season and creative ways to learn together this newsletter is for you!

Are you struggling to find care for a young child?

Delaware Opportunities has programs to help you find childcare and even pay for it!!

The New York State Child Care Assistance Program (CCAP) makes it possible for working families and/or legal guardians who qualify to receive financial help in paying for child care. The child care provider selected by the primary caregiver must be a registered or licensed child care program or an approved legally-exempt child care provider.

**For Help finding care in your area contact us:
Monday - Thursday 8a-4pm & Friday 8a - 3pm.**

Phone: 607-746-1620

Email: daycare@delop.org

Or search online:

<https://delawareopportunities.org/free-online-search-child-care>

Income guidelines as of June 1, 2026

Family Size	Yearly Income
2	\$79,214.90
3	\$97,853.70
4	\$116,492.50
5	\$135,131.30
6	\$153,770.10
7	\$157,264.88

***For families of 8 or more, please call us for the rates.**

Families receive their recertification paperwork 45 days before their final due date. To avoid a lapse in benefits or having 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 the 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.





HALLOWEEN SAFETY

October 2026

EXPECTING TRICK -OR- TREATERS OR PARTY GUESTS

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Swords, knives, and other costumes accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Ensure that wrapper on treats do not have rips, tears or imperfections. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.
- Use battery operated candles to lite jack o'lanterns.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

<http://medbox.iiab.me/modules/en-cdc/www.cdc.gov/family/halloween/index.htm>

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FALL SAFETY

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FALL SEASON SAFETY

• Wet Leaves

A leaf-covered road, driveway, or sidewalk can be as slippery as ice. They can also hide potholes, uneven ground, and road markings. Slow down when walking, driving, and going up or down stairs.

• Reduced visibility

The days are getting shorter and shorter. This means more foggy mornings. Wildlife is more active, and school is in session. Slow down and give yourself enough time to keep yourself and those around you safe, too!

• Weather changes

Always pack extra clothes or dress in layers. Fall weather can be unpredictable. If your child attends a childcare program it is important that you send extra weather appropriate clothing. Mornings can be wet and cold and afternoons can be hot. This makes it so your child can enjoy being outside and comfortable. Its also about that time to start gathering winter gear. The mornings and evenings are beinging to get frosty.

COLD & FLU SEASON

- Cover Coughs and sneezes with your elbow.
- Wash hands often with soap and water. Wash them for about 30 seconds or about the length of time it takes to sing the ABCs.
- If soap and water are unavailable use hand sanitizer for adults and children over the age of 2.
- Stay away from others that are sick.
- Stay home if you are sick.

HANDWASHING

Everyone should wash their hands often to avoid becoming ill & spreading germs.

Make it a routine to have everyone wash their hands:

- Before Meals
- After eating - Hand sanitizers does not reliably remove allergens
- After using the bathroom
- After touching animals
- After coming in from outside
- After coughing or sneezing





Leaf Confetti Art

1. Collect dry leaves & sticks when playing outside.
 1. Let them tear, rip, shred the leaves.
 2. On a piece of paper or a cardboard star apply some glue.
 3. Allow the child to sprinkle the leaf confetti on the paper or cardboard star.
 4. Add a stick to the star for a wond or
- Display their art.

Delaware Opportunities Mission

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

To read our public policy agenda and learn more about child care issues, find facts about child care in Delaware County and New York State, or to join advocacy campaigns to strengthen the quality of child care, visit us at

<https://delawareopportunities.org/public-policy> or contact a child care specialist Monday-Thursday, 8:00am - 4:00pm & Fridays 8:00am -3:00pm at (607)746-1620 or toll free at 1-877-746-2279; or by email at daycare@delop.org

FALL ACTIVITIES

I Love You Rituals

An love you ritual are an important connection between a child and a caregiver. These rituals help children with self-regulation skills, creating safe and caring connections with others and the environments around them.

The 4 Elements of an I LOVE YOU RITUAL

1. Eye contact - make a child feel seen.
2. Touch - use safe, loving contact like a hug, or a pat
3. Presence - Give your child your undivided attention during the song.
4. Playfulness - Keep it light and fun

Twinkle Twinkle Little Star

Twinkle, twinkle, little star,

(While looking at the child wiggle/touch finger tips)

what a wonderful child you are

(smile)

With bright eyes and nice, round cheeks,

(point to eyes and cheeks)

a talented person from head to feet.

(gently touch the top of their head and feet)

Twinkle Twinkle Little Star

(wiggle/touch finger tips)

What a wonderful child you are.

(hug)

Use these rituals consistently:

- After waking up
- When saying goodbye
- At pick up
- When saying hello after school

Information adapted from

<https://consciousdiscipline.com/blog/it-starts-in-the-heart-daily-rituals-fueled-by-love/>





THINGS TO TRY THIS FALL



Jump in the Leaves



Carve Pumpkins



Go Apple Picking



Go on a leaf hunt



Make leaf art



Go to a pumpkin patch



Enjoy a Corn Maze



Watch birds fly south



Go on a hayride



An Applesauce Recipe To Try!



Ingredients:

- 4 Apples
- $\frac{3}{4}$ cup Water
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ tsp cinnamon

Directions:

1. Gather Ingredients
2. Cut and Peel apples
3. Combine all ingredients in a saucepan -heat until apples are soft stirring occasionally for 15-20mins
4. Allow mixture to cool
5. Mash the apple mixture to desired consistency.



FALL EVENTS

Fall Fun

Walton Fall Market

Where: 12 Fair Steet, Walton, N.Y.

When: October 10th @ 10am - 4pm

Tractor Fest

Where: Fenimore Farm & Country Village

5775 State Highway 80 (Lake Road)

Cooperstown, NY

When: October 10th @ 10am- 4pm

Owl Fall Fest

Where: 167 Youngs Rd, Oneonta, N.Y.

When: October 17th @ 10am - 2pm

Scarecrow Village

Where: Fenimore Farm & Country Village

5775 State Highway 80 (Lake Road)

Cooperstown, NY 13326

When: September 26-November 1 @ 10a- 4p

Trunk-or Treat with Tractors

Where: 614 State Highway 8, Mount Upton, NY

When: October 24th @ 12p-3p

Halloween Hootenanny

Where: 34570 State Highway 10, Hamden, NY

When: October 25th @ 2p-4p

Delaware Opportunities Events

Food Distribution

Where: 35430 NY-10 Hamden, N.Y.

When: October 30th @ 11am - 2:30pm

Important Update

Delaware Opportunities has changed our online registration system for food distribution. Registration will be on Jotform going forward.

Food Distribution Sign Ups

Online October 22nd

Phone October 23rd

Phone # for sign ups

(607) 746-1685, (607) 746-1670, (607) 746-1716,
(607) 746-1657

Check Out Our Website for upcoming events @
<https://delawareopportunities.org/>

Fall at the Library

Where: 42 Gardiner Pl, Walton, NY 13856

Owl Rehabilitation

When: October 7th @ 6:30p -7:30

Craftwork: Geode Skulls

When: October 14th @ 6:30p -7:30

Pooh's Birthday Party Sleep Over

When: October 22nd @ 6:00p -7:00

Cereal Cinema: Lyle, Lyle Crocodile

When: November 7th @ 10am -11:30am