



Family Pages

November 2016

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

607-746-1620 Fax: 607-746-1648
Toll Free: 877-746-2279
daycare@delawareopportunities.org
www.delawareopportunities.org

New Standards Improve Quality and Safety for Millions of Children in Child Care

September 23, 2016:

The U.S. Department of Health and Human Services' Administration for Children and Families (ACF) announced **new quality and safety standards aimed at providing for higher quality care and safer environments for millions of children**, including our youngest learners.

All children in one of the 320,000 child care settings across the country that participate in the federal child care program—not just those receiving direct child care assistance from the Child Care Development Block Grant will benefit from new health and safety requirements, staff training requirements, and criminal background checks for staff.

Providing safe, high-quality environments that nurture our youngest children's healthy growth and development will help them grow, thrive, be successful in school, and even find better jobs and earn more as adults.

For more information on the new standards to improve quality and safety for children in child care visit the Administration for Children and Families website at <http://www.acf.hhs.gov/>.

Pie Eater Tag

Outdoor family traditions are a fun way to celebrate holidays with family and friends. This simple tag game will get everyone—children and adults—moving and laughing!

To play:

-Choose one person to be the pie eater. The other players (children and adults) form two different groups. One group is apple pie and the other group is pumpkin pie.

-The pie eater stands at one end of the yard and can only move from right to left. The rest of the players stand on the opposite side of the yard facing the pie eater.

-All the pies say to the pie eater, "Pie eater, pie eater are you hungry?"

-The pie eater responds with yes or no. If the answer is no the pies ask again. If the answer is yes, the pies ask, "What kind of pie would you like?" The pie eater chooses apple or pumpkin. Just those pies try to make it past the pie eater without getting tagged. Remember the pie eater can only move from right to left. Whoever is tagged is the next pie eater.



ZERO to THREE: Common Questions on Choosing Toys for Toddlers ●●● ●●● ●●● ●●● ●●● ●●●

What are the benefits of sounds, lights, and music? Many, many toys for toddlers are ablaze with buttons, levers, lights, music, etc. Often these toys are marketed as "developmental" because the toy has so many different functions. Unfortunately, this often has the opposite effect for the child. **The more a toy does, the less your child has to do.** If your child can sit and watch the toy "perform," then it is likely more entertaining than educational. In addition, these toys can be confusing to a child who is learning cause-and-effect. If a toy randomly starts playing music, or it is unclear which button made the lights start flashing, then your child is not learning which of his actions (the cause) produced the lights and music (the effect). In short, the most useful toys are those that require the most action on the part of a young child. **The more children have to use their minds and bodies to make something work, the more they learn.**

For more information on choosing toys for toddlers visit <https://www.zerotothree.org/resources/1076-tips-for-choosing-toys-for-toddlers>

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

Teaching Gratitude



Make a gratitude jar

Children and adults can fill a jar with short handwritten notes of gratitude all year around (*I'm thankful we won the big game! or I'm grateful grandma came to visit.*) If your child is not writing yet your child can tell you what they are thankful for and you can write it down for them. Pick a special time to pull out the notes at random and read them aloud.

Say thank you with cookies

Prepare and deliver a homemade thank you to your local fire or police department.

Get it on video

Your middle school child can make a thank you video for someone who gave them a gift or showed them kindness.

Pick your top 3

At dinner or bedtime, take turns sharing the 3 best things about your day.

Inside Out Breakfast Burrito

Recipe by Taylor Mason

8 eggs
4 corn tortillas cut into squares
2-3 roma tomatoes, chopped
1 green bell pepper, chopped
½ medium onion, diced
1 ½ tbsp. olive oil
2 tsp. garlic, minced
Salt and pepper
½ cup cheddar cheese, shredded (optional)

In large frying pan over medium-high heat, melt olive oil. While oil is heating up, whisk eggs in a medium bowl and set aside. Add corn tortillas to pan and cook until crispy, about 5-7 minutes. Add onions, bell peppers and garlic and cook, mixing often, for about 5 minutes or until peppers are soft and blistered. Add drained tomatoes to pan and cook for another 5 minutes. Add whisked eggs to pan and cook for another 5 to 7 minutes or until eggs are fully cooked and no longer runny. Remove from heat and top with cheese if desired.