



Delaware Opportunities Inc.
Child Care Resource & Referral
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"Building Excellence in Child Care"

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Provider News

Fall 2019

• Licensed/Registered Child Care Regulation Updates

The Office of Children and Family Services has posted a new video to their website entitled "Licensed/Registered Child Care Regulation Updates." This video discusses the regulation changes that went into effect on **September 25, 2019** beyond comprehensive background clearances. Please take some time to review the video as well as read over the regulations. You can find the regulations and the new video here: <https://ocfs.ny.gov/main/childcare/>.

• Smoke Detectors

Smoke alarms save lives. Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. If there is a fire, smoke spreads fast and you need smoke alarms to give you time to get out. Test your smoke alarms at least once a month. Press the test button to be sure the alarm is working. **Regulators will be checking to make sure smoke alarms are in working condition at every inspection.**

• Recalls

Visit the United States Consumer Product Safety Commission (www.CPSC.gov) to keep up to date on the latest recalls and holiday toy safety information (<https://www.cpsc.gov/Safety-Education/Toy-Recall-Statistics>).

• Seasonal Safety

Get prepared for the upcoming winter season!

- Store shovels and ice melt in an area inaccessible to children
- Schedule a shelter-in-place drill
- Inspect and maintain all fire extinguishers
- Practice Emergency Plan with children and staff
- Make sure all entry and exit doors and walkways are cleared of snow and ice.
- Prepare for outdoor time with sunscreen if necessary; apply with separate gloves for each child 30 minutes before going outdoors
- Dress children in layers and limit daily outdoor time based on weather conditions
- Watch for signs of cold weather-related health conditions



• Training

Early Childhood Education and Training Program e-Learning Courses Available

Funding for this site is sponsored by the New York State Office of Children and Family Services, funded by the federal Child Care and Development Fund and administered by the Professional Development Program, Rockefeller College, University at Albany. These trainings are available for all child care providers in New York State at no cost to participants. For more information and/or to register visit:

<https://www.ecetp.pdp.albany.edu/>

• Intensive Technical Assistance (ITA)

What is ITA? ITA is program designed to help YOU enhance your child care program. You decide on an area you would like to focus on and a day care specialist will provide assistance in your child care program. A day care specialist will work with you individually to schedule 1, 2, 3 or 4 visits. Each visit is scheduled for one hour.

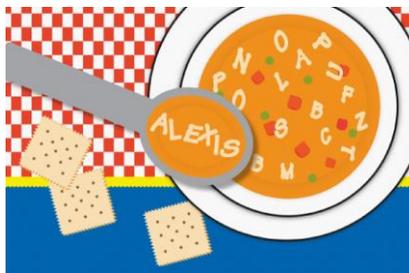
What is the cost? There is no cost. **Can you earn training credit?** Yes!

For more information contact a day care specialist at 607-746-1620 or by email at daycare@delop.org.

• Alphabet Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped carrots
- 1 cup chopped onion
- 1 cup chopped green beans (1/2 inch pieces)
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 (15 ounce) can petite diced tomatoes
- 4 ounces alphabet-shaped pasta
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons grated Parmesan cheese



Directions

Heat oil in large pot over medium-high heat. Add carrots, onion, green beans and garlic. Cook, stirring, until fragrant and beginning to soften, 2 to 4 minutes. Add broth and tomatoes. Bring to a boil. Stir in pasta. Reduce heat to a simmer. Cover and cook, stirring occasionally, until the pasta and vegetables are tender; 8 to 10 minutes. Season with salt and pepper. Garnish each serving with 1 ½ teaspoons Parmesan cheese.

<http://www.eatingwell.com/recipe/265894/alphabet-soup/>

• Mashed Potato Movement Game – *The Inspired Treehouse*

Step 1: Potato Position

Have the children lie down on the floor and show them how to tuck their bodies into a ball, hugging their knees into their chests. Tell them that this is their “potato” position. Show them how to roll side to side on the floor, pretending to be a potato rolling on the counter.

Step 2: Mashed Potato

Next, teach them how to turn themselves from a regular old potato into a mashed potato. Show them how to go from the tucked ball position to lying on their backs, spreading their arms and legs out wide to take up as much space as possible. Giving them a “splat” sound effect to go with it is also helpful.

I also go by Spud.



Step 3: Play!

Start in the potato position, rolling side to side. As they roll, the adult calls out “potato, potato, potato, potato” to accompany their movements. Without warning the adult then calls out “mashed” potato! and the children have to switch into their mashed potato position on the floor. Change it up by having children take turns being the announcer or play the same way but use apples/applesauce in place of potatoes.

