



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

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Provider News

March 2020

• Licensed/Registered Child Care Regulation Updates

The Office of Children and Family Services has issued new emergency regulations that make changes to the rules for comprehensive checks to ease the burden on programs and parents. These new regulations went into effect on February 7, 2020 and are open for public comment until April 7, 2020. You can find them here: ocfs.ny.gov/main/legal/Regulatory/er/.

• Provider Database Updates

It's time to update your program information. This is the information that we share with families when they contact our office for help with their search for child care. Forms will be mailed out the week of March 1st. Please help us share the most up to date information with families by taking a few minutes to complete the form and return it to our office by March 23, 2020. If you prefer, you can contact Laurie Kenny-Dolezel to update your information by phone at 607-746-1620. If you do not want to participate in the free referral service you can contact Laurie by phone or by email at lkdolezel@delop.org.

• Training

Moving with Yoga: Adding Downward Dog to your Day

with Laurie Kenny-Dolezel, Day Care Specialist, Delaware Opportunities Inc. Child Care Resource & Referral

-March 7, 2020 • 9:30am-12pm • Delaware Opportunities Inc., 35430 State Highway 10, Hamden, NY 13782

This training presents how yoga supports children's gross motor development. Playful yoga poses, games and activities encourage children to practice skills that develop coordination, balance, movement and strength. Participants will learn easy yoga postures, games, breathing exercises and relaxation techniques to share with children ages 2-5, examine how yoga supports gross motor development and plan a yoga activity to use in your program. No yoga experience required. This is an interactive training with lots of opportunities to move, play and learn together. Come join the fun! No cost. Registration is required. Please contact Laurie Kenny-Dolezel at 607-746-1620 or by email at lkdolezel@delop.org with questions or to register. 2.5 hours of training. OCFS topics 1,3 CBK: 1

Finding Calm Together with Breathing, Mindfulness and Cozy Spaces

with Laurie Kenny-Dolezel, Day Care Specialist, Delaware Opportunities Inc. Child Care Resource & Referral

-March 28, 2020 • 9:00am-11:30am • Delaware Opportunities Inc., 35430 State Highway 10, Hamden, NY 13782

How do children learn self-control? How do we teach self-control? This training presents how breathing, mindfulness and quiet spaces in your program can help children self-regulate and acquire coping skills. Practicing breathing and mindfulness activities with children help children manage emotions, focus and calm themselves. Creating quiet spaces where children can relax and have space away from busy areas help children soothe themselves, feel comforted and better able to cope with strong emotions. Participants will examine the bodies stress response and how breathing can activate the relaxation response, learn breathing techniques and mindfulness activities to share with children ages 2-8, and design cozy spaces for their programs. Participants will leave the training ready to find calm together. No cost. Registration required. Please contact Laurie Kenny-Dolezel at 607-746-1620 or by email at lkdolezel@delop.org with any questions or to register. 2.5 hours of training. OCFS topic areas: 1,3 CBK:1

Developmentally Appropriate Practice

with Sara Baldwin, Infant Toddler Specialist from Brightside Up

-March 31, 2020 • 6:30pm-8:30pm • Delaware Opportunities Inc, 35430 State Highway 10, Hamden, NY 13782

Developmentally Appropriate Practice (DAP) is an approach to teaching grounded in the research on how young children develop and learn. In this workshop, we will unpack the components of Developmentally Appropriate Practice and discuss what it looks like for infants, toddlers and preschool aged children. Learn to strengthen your relationships, teaching and environment. No cost. Registration required. Please contact Laurie Kenny-Dolezel at 607-746-1620 or by email at lkdolezel@delop.org with questions or to register. 2 hours of training. OCFS topic areas: 1,3 CBK: 1,4 ELG: D3, D4 CDA: 1,8 QSNY CPI 6

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/>

• Shine the Light on Child Care

Children's Art Display • April 8, 2020 - May 1, 2020

Delaware Opportunities Inc. Child Care Resource & Referral program will celebrate the Week of the Young Child by displaying child care program flags in the lobby of Delaware Opportunities Inc. during the month of April. **Join us as we Shine the Light on Child Care** in our community! Programs are invited to participate by submitting 1 paper flag decorated by you and the children in your care! An email was sent out last week with all the details including guidelines and a flag template. Flags should be submitted by March 27th to Delaware Opportunities Inc., 35430 State Highway 10, Hamden, NY 13782. Questions? Contact a Day Care Specialist at 607-746-1620 or by email at daycare@delop.org

• Rainbows!

Build a Rainbow Race

This is an active game requiring lots of teamwork. Great for school age programs! Make two large cardboard cutouts in the size of a rainbow and draw lines to divide the sections where the colors should be. Hang them side-by-side on a wall. Place a roll of tape near each rainbow board (or glue sticks). Divide the players into two teams. Give each team a roll of streamers in every color. On "go," the first players in line will grab one roll of streamers, and let it unroll behind them as they run to the rainbow board. When the child gets to the rainbow board, they must rewind the paper into a roll before the next player can grab another color of streamers and do the same. Once all the colors have been re-rolled back at the rainbow boards, teams can start using the streamers to fill in the spaces with colors. The first team to color in its rainbow is the winner and must cheer the other team on as they finish!

Rainbow Legos

These rainbow Legos can be easily made with just Legos in assorted colors and size (depending on the age of the children in your care), a large piece of white drawing paper and some markers (colors that match the Legos). Children can draw a rainbow on their large piece of white paper, sort the Legos and match the colors!

