



Family Pages

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

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When does the ability to share actually develop?

Not at age 1...Not at age 2...the ability to share develops around age 3 ½-4.

You don't have to wait until your child is 3 years old to start teaching him/her to share. There is a lot you can do to teach your toddler this important skill.



When playing together, model how to take turns.

At bedtime take turns flipping the pages of a book. When playing with blocks take turns adding blocks to a tower.

Comment when your child does share.

"I like how you gave Ben the Lego he wanted."

Use a timer to help children know when their turn will come.

Young children don't have a sense of time yet so a visual of time passing can be useful.

Provide activities that don't necessarily require sharing.

Art projects or playing with water or sand provide the opportunity for children to play side by side and engage in experiences without the need for lots of turn-taking.

Offer hands-on support.

Sharing is hard work. Let your child know you understand but sometimes sharing is not a choice. Offer help with choosing another toy while he/she waits for a turn. Be sure each child has enough time to play with a toy before having him give it up otherwise toddlers may think sharing is never having time to really engage with a toy.

For more information on sharing and taking turns visit www.zerotothree.org

FAMILY TAX CREDITS



Families in New York Get the Tax Credits You Deserve!

You work hard to support your family. Whether or not you owe any income tax, you could get thousands of dollars back in tax credits.

You could qualify for:

-Up to **\$2,100** from the federal **Child and Dependent Care Tax Credit**, and up to **\$2,310** from the **New York State Child and Dependent Care Tax Credit**.

-Up to **\$6,269** from the federal **Earned Income Tax Credit** and up to **\$1,881** from the **New York State Earned Income Tax Credit**.

-Up to **\$1,000** per child from the federal **Child Tax Credit** and up to **\$330** per child from the **Empire State Child Tax Credit**.

-A **Premium Tax Credit** to help you purchase health insurance through the Health Insurance Marketplace.

-If you need help paying for health insurance in 2017, you can get the **Premium Tax Credit** as soon as you sign up through the Marketplace. Most people need to sign up by February 2017- so go to healthcare.gov or call (800)318-2596 today for more information.

-If you purchased insurance through the Marketplace in 2016 and received an advance payment of the **Premium Tax Credit**, you must file a tax return for 2016.

TO GET THESE CREDITS, YOU MUST FILE A TAX RETURN.

Find out where you can get **FREE** help with your taxes by calling the IRS toll-free at (800) 906-9887. Or go to <http://irs.treasury.gov/freetaxprep/>. You can also contact the New York State Department of Taxation and Finance at (518) 457-5181. To find out where to get free income tax preparation assistance, call AARP Tax-Aide toll-free at (888) AARP-NOW or (888)227-7669.

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

Animal Charades

You'll need:

Slips of paper
Bowl
Timer



Write out charade ideas on slips of paper and place into a bowl. Family members take turns pulling a charade out of the bowl and then acting it out without speaking until someone guesses it correctly or they run out of time (set the timer for a time appropriate to the age range of players). Younger children may need help reading the slips of paper.

Following are a few suggestions to get you started:

- a bear riding a bike
- a bunny dancing
- a dog driving a car
- a bird building a nest
- an alligator washing a car
- a cat giving himself a bath
- a pig playing hockey
- a giraffe playing basketball
- a squirrel burying a nut

www.momsandmunchkins.ca/

Take a Deep Breath

Deep breathing (filling your whole chest up with air all the way down to your belly) helps the body to *relax* and can help children get through stressful times. **Learning how to take slow, deep breaths takes time and practice.** It's important to practice deep calming breaths when children are in a relaxed state for example at bedtime or other calm times during the day. Once your child has the feel for deep breathing mastered you can help them apply it to times they are feeling stressed.

One way to invite your child to practice deep breathing with you is to play the **Birthday Candle Game!**



Make a fist and hold up your thumb. Ask your child to "blow out the candle." As your child blows wiggle your thumb as if it were a candle flickering in the wind. Slowly bring your thumb down like the flame is going out. When your child stops blowing make a pop sound with your mouth and flick your thumb back up. Let your child know that it looks like she needs to try again. Do this a couple of times before the "flame" finally goes out. Encourage your child to take slow deep breaths.

For more information on deep breathing including how to teach your child to take deep belly breaths visit:

<http://www.pbs.org/parents/adventures-in-learning/2015/09/calming-breathing-exercise-for-kids/>