



Family Pages

Summer 2018

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

Become a Child Care Provider

Child care providers make a difference
in the lives of children
in the families they help and
in the communities where they live

There are many benefits to becoming a registered Family Child Care Provider:

- Be home with and care for your own children
- Save on your own child care costs
- The income from a child care business can help support your family
- Be your own boss
- Help families in your community by offering quality child care



Get Started Today!

Click on the link to learn more about
starting a child care business

<http://www.delawareopportunities.org/start-child-care-business>

**A day care specialist can help you every
step of the way!**

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We're Going on a Picnic...a BREAKFAST picnic!

Head outside to your favorite park or your own backyard for a breakfast picnic! Pack easy breakfast foods and cloth napkins to serve as individual table cloths.

Easy breakfast food ideas:

- Mini muffins
- Mini bagels with cream cheese
- Fruit
- String cheese
- Granola bars
- Applesauce pouches
- Juice boxes or water



Make **Every** Bike Ride Safe

www.healthychildren.org

Myth: My child doesn't need to wear a helmet on short rides around the neighborhood.

Fact: **Children need to wear a bike helmet on every bike ride no matter how short or how close to home.** Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. A bike helmet helps protect your child from serious injury, and should always be worn. And remember, wearing a bike helmet on every bike ride helps children develop the helmet habit.

Basic safety measures can keep bicycle riding enjoyable and safe for your child.

To learn more about basic bicycle safety rules visit
www.healthychildren.org



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 to 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

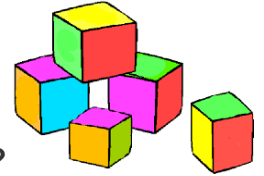
<http://www.stic-cil.org/ptac.html>

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

Play it Again

www.zerotothree.org



Why do babies like to do things over and over again?

They are practicing in order to master the challenge! And when they can do it "All by myself!" they are rewarded with a powerful sense of confidence that they are smart and successful beings. The more babies practice and master new skills, the more likely they are to take on new challenges and the learning continues.

Chocolate, Peanut Butter, Banana, Yogurt Pops

www.reciperunner.com

Ingredients:

- 1 cup almond milk or milk of choice
- $\frac{3}{4}$ cup plain non-fat Greek yogurt
- 1 $\frac{1}{2}$ large ripe bananas
- 2 tablespoons unsweetened cocoa
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1 teaspoon vanilla extract



Instructions:

- Place all ingredients in a blender and blend until smooth.
- Pour the mixture into popsicle molds and freeze for 30 minutes until inserting a popsicle stick.
- Freeze the popsicles until frozen solid, about 4 hours.

A Scoop and a Shovel

Sand is one of the very best nature-made toys. Those tiny grains of weathered rocks and shells supply children with endless play experiences.

Try stocking your sandbox with:

- kitchen tools
- materials to make ramps (small wood boards)
- cars and trucks
- plastic animals
- funnels
- scoops and shovels
- small buckets
- spray bottles
- sifters
- other natural materials like stones, twigs, and shells

