



Child Care Council,
Inc.
Annual Conference

Featuring **Sharron Krull**
April 16, 2011
Diplomat Banquet Center
8:30am—2:30pm

Don't miss the chance to enjoy this event
for less than half the regular rate!
by registering by April 15th
*Receive 5 hours of NYS accepted
training* (.5 CEU) Categories 1 & 3
(\$150.00 Value)



Bivona 3rd Annual Summit on Child Abuse
Thursday-Friday, April 28-29, 2011
Rochester Plaza Hotel & Conference Center
Keynote Speaker:

Sharon Cooper, M.D., FAAP
"Too Sexy, Too Young, Too Fast"
(585) 935-7800 or visit:
www.BivonaSummit.org



Enjoy the artistry of children's films at their finest.
Children are welcome to attend.
For more information contact:
Liza Mortimer 585-654-3706 or
Kate Walker 585-654-4752

Film Schedule:
Rochester—April 20th
Lakeville—April 19th
Newark—April 21st
} All showings are at 10am

2011 Children's Film Festival

For more information about these events please call
585-654-4720 or visit our website www.childcarecouncil.com

RAEYC Spring Seminar
with Keynote Speaker: Gaye Gronlund
April 13, 2011 5:00-8:30pm

Radisson Hotel Riverside, 120 E. Main Street, Rochester, NY 14604
Refer to www.RAEYC.org for more details or call 585-244-3380

Crafting Curriculum: Transforming Teacher Observations into Planning for Each Child

- Registration fee is \$40.00 (by 4/7/11)
- Registration includes a buffet dinner, parking (*identify yourself as a RAEYC attendee when parking at the hotel*) along with the seminar
- Dinner and Discussion to follow keynote speaker
- Certificates for 3 Training Hours granted
- Networking on a professional level
- Whole new topic! Same great speaker!
- Gifts for all!



WE DO THAT!

CARING MATTERS

April 2011 - Vol. 29 Issue 4



April Showers, bring...

The month of the young child!

Child Care Council's
Camera's & Kids Contest
Starts April 1st!

RAEYC MOYC
"Kick off Celebration" Featuring: Gaye Gronlund
April 4th

April 13th
RAEYC Spring Seminar

Annual
Conference
April 16th
Featuring:
Sharron Krull

Children's
Film Festival
April 19th,
20th & 21st

April 28-29th
Bivona Child
Abuse Summit

Additional
Information on
pages 10 & 11
on back



President Amy Fici * CEO Barbara-Ann Mattle * Editor Jennifer Weykman

***** LOCATIONS *****

Main Office
595 Blossom Rd. Suite 120
Rochester, NY 14610-1825
Phone: (585) 654-4720
Fax: (585) 654-4721

Wayne County Branch Office
510 West Union St., Suite 1
Newark, NY 14513-9201
Phone: (315) 331-5443
Fax: (315) 331-5271

Livingston County Branch Office
3513 Thomas Dr. Suite 4
Lakeville, NY 14480-0670
Phone: (585) 346-6050
Fax: (585) 346-6058

CCC Membership Benefits and Application

Individual Membership—\$35.00/yr

- Benefits**
- Loan privileges at the Early Childhood Professional Libraries
 - My First Library for your own children between the ages of 6 weeks thru 5 years
 - Free Notary Public Services
 - Access to group rate Health and Dental Insurance
 - Council Pin, Lanyard, Tote Bag or Cooler Beach Bag

Child Care Center Staff Member, Registered Family Child Care Provider or Legally Exempt Child Care Provider Membership—\$50/yr

- All Benefits Above Plus**
- 50% discount on Business Center Services
 - 10% membership discount every Tuesday on Recycle Shop purchases
 - Substantial member savings on Council offered classes and events

Single Site Group Family Child Care Provider or Non-Child Care Organization Membership—\$75/yr

- All Benefits Above Plus**
- Substantial member discount on in-service training at your location
 - \$5.00 discount on individual staff memberships in the Child Care Council
 - Substantial discount on Council classes and events for provider and assistants

Child Care Center, Nursery School, School-Age, Multi-Site Group Family Child Care Membership

\$100.00/yr (1-10 staff members) \$200.00/yr (21-30 staff members)
 \$150.00/yr (11-20 staff members) \$250.00/yr (31+ staff members)

- All Benefits Above Plus**
- Substantial Discount on Individualized Training Program and In-Service Sessions
 - All staff members eligible for substantial member savings on Council classes and events

CCC Annual Membership Application

- Individual Membership (\$35)
- Center Staff Member Membership (\$50)
- Family Provider Membership (\$50)
- Single Site Group Family Child Care Membership (\$75)
- Non-Child Care Organization Membership (\$75)
- CACFP Family Provider (\$25)
- CACFP Group Provider (\$37.50)
- Center Nursery School School-Age Multiple Site Group Family
 - 1 - 10 Staff Members (\$100) 21-30 Staff members (\$200)
 - 11-20 Staff members (\$150) 31+ Staff members (\$250)

Mail form & payment to:
 Child Care Council Membership
 595 Blossom Road, Suite 120
 Rochester, NY 14610

Membership Fees are non-refundable

Please one

New Membership Memb. # _____

Renewal Membership # _____

Name _____ Home Phone () _____

Home Address _____ City _____ Zip _____

Center Name _____ Center Phone () _____

Center Address _____ City _____ Zip _____

Total \$: _____ MC/Visa# _____ Exp. Date _____ V# _____

(3 digit # on back of credit card)

Amount Enclosed: _____ - Check # _____ Signature: _____

Please check one: Council Pin Lanyard Tote Bag Cooler Beach Bag



News You Can Use

Children's Film Festival News



The Child Care Council, Inc. is proud to be co-facilitating the Children's Film Festival (CFF) held during the Rochester Association for the Education of Young Children's *Month of the Young Child*. For the third year in a row, one of the films, *Bugs, Bugs, Bugs*, is based on a best selling picture book. The children that attend this year's festival will be both viewing this film and hearing this amazing story.

Parents or providers who attend the films and book readings with their children are given brochures with information about children's need for appropriate entertainment. They will also receive a Viewers Guide with all the films detailed and explained, and additional activities that can be done at home to relate to the movies.

This year we are excited to be having a public viewing at the Cinema Theater! Please check our CCC website for dates and times the Film Festival will be visiting you! DVDs of the film will be available throughout the month of April. Child Care Council sites will have the DVDs through sign-up with Kate McArdle at 585-654-4752 or emailing k.mcardle@childcarecouncil.com. Other sites can participate by signing up to reserve a DVD at the RAEYC kick-off April 4th, 2011 at the Cooperative Extension at 6:00 PM.

Since 2006, Child Care Council, Inc.—along with Children's Institute, RAEYC, the Monroe County Library System, Rochester City School District, Early Childhood Education Quality Council, Family Child Care Satellites of Greater Rochester, Hunter Institute on Young Children and several other educational organizations in the early childhood community—have facilitated a Children's Film Festival "to provide an educational forum for accessible, appropriate high quality films and other visual media for children with the goal of linking visual and linguistic literacy". Besides CCC, funders for CFF or providers of books and printed materials, include The Arts and Cultural Council for Greater Rochester, the New York State Council on the Arts and the New York State Legislature. Additional funders are the Early Childhood Education Quality Council, Alstom, Hunter Institute on Young Children, and the Office of Early Childhood of the Rochester City School District.

Cameras and Kids 2011

By Cassie Moyer, Family Child Care Registrar

SMILE! Its time once again for the Child Care Council's annual Cameras and Kids contest! All Registered Providers as well as Legally Exempt Providers who are participating in the Food Program are welcome to join us in this exciting project. The contest will begin on April 1, 2011 and conclude on August 1, 2011 with the winners being honored at the Child Care Council's Annual Dinner in September. The Cameras and Kids Contest offers providers and children a fun way to interact and explore the world of photography.

Children ages 3-12 are eligible for the contest. The child must take the photograph without any adult assistance. The photographs cannot be altered and must be appropriate. If you are in need of a digital camera, contact Child Care Council and we will be happy to make arrangements to visit your program and facilitate your participation.



The contest will be accepting digital photographs only this year. Information regarding how to submit photographs digitally to the Child Care Council will be arriving shortly in eligible providers mailboxes. Any providers with questions regarding how to download or submit photographs to the contest are encouraged to call the Council for assistance. Registered Providers may contact Megan Personale at (585) 654-3701 and Legally Exempt Providers can contact Kristinne Seibel at (585) 654-1225.

Parents as Voices for Their Children

By Renee Scholz, Referral Services Coordinator

Parents advocate or speak on behalf of their children naturally. They are the most in tune with how their children feel, their moods, likes and dislikes, strengths and how they react to different things.

What does Advocating Look Like?

Being aware of your main goals and what you want is a good start. Advocacy does not have to be hard and parents do it all the time.

- **Know what you want:** Make sure you are clear on what it is you need-information, assistance, financial assistance.
 - **Let others know your needs/concerns:** Be able to say or write what you are looking for and what you want.
- Have a positive attitude:** When it comes to getting answers or help for your children, it can be hard for parents. If you approach people openly and seek help knowing that they most likely want to help you, you are likely to get the help you need.

Find Others Who Share Your Goals

- **Parents:** What you want for your child is most likely similar to what other parents want for their children as well. Get to know other parents in your child's school, child care and neighborhood.
 - **Community Groups:** Look into groups in your local area that support children's issues. Some examples include the Parent Teacher Association (PTA), Mom's Clubs, and other parent groups.
- National and State Organizations:** There are several organizations available for parents to join. To learn more about these organizations visit their websites to see if you are interested in joining the group.

- **National Association for the Education of Young Children (NAEYC) www.naeyc.org**
 - **National Association of Child Care Resource and Referral Agencies (NACCRRRA) www.naccrra.org**
 - **Zero to Three www.zerotothree.org**
 - **Child Care Council, Inc. www.childcarecouncil.com**
 - **Winning Beginning, NY www.winningbeginningny.org**
- Looking Out for All Children**

As you speak up for your child, you are speaking for other children as well. Being part of a larger group to bring about positive change for all children is powerful. You may be instrumental in bringing about changes in local, state or even federal policies. This can be done by writing or calling your elected official, becoming involved in organized local, state or national campaigns, asking candidates about their views on children's issues, and voting and getting your friends to vote.

To find out who represents you, contact the League of Women Voters or visit the website at www.lwv.org. As a parent, you can help bring about positive changes.



What is Primary Care?

By Kristen Knight, Infant Toddler Specialist

What is primary care and why is it important? It's a well known fact that primary care giving is the recommended best practice for infant and toddler care, the problem is that many people are unsure of what exactly primary care entails or how to implement it within their program. Primary care involves assigning a small group of children to a primary care teacher for a significant part of each day. The primary caregiver cares for the children during routines such as greetings and departures, feeding, diapering, napping, dressing, and recording keeping. The primary caregiver also works closely and builds a relationship with each child's family by sharing information about the child's day through daily conversation and conferences. For example, in an infant classroom with a group size of 8, each teacher in the classroom would be assigned to 4 children. While the teachers work together and interact with all the children in the classroom throughout the day, the primary care teacher is responsible for meeting the more intimate needs of his/her assigned children.

Some people may be wondering why primary care is considered best practice for infants and toddlers. The main reason is related to the concept of attachment. Primary care is important because it allows infants the time and intimacy to form secure attachment relationships with one specific caregiver. Secure attachment relationships are essential for infants and toddlers to successfully grow and develop. Assigning infants and toddlers to a primary caregiver allows them to develop trust and security with an adult which allows infants and toddlers to explore and develop socially, emotionally, physically and cognitively. Because primary caregivers are assigned to a small number of children, they have the ability to have more one-on-one interactions, to respond appropriately to each individual child needs, and to develop positive trusting relationships with infants and families.

There are a variety of ways to assign primary caregivers to infants and toddlers, and there is not one correct way to complete this task. It is recommended that each program has a thoughtful plan for assigning primary caregivers that best meets the needs of children, families, and staff. The first important step is educating child care professionals on what primary care is and why it is so important for young children.



Master these Simple Cooking Techniques— You Will Never Fry Again!

By Kate McArdle, Food Program Consultant

- 1. Cooking in Parchment**— Steaming food in parchment paper— or *en papillote*, as it's traditionally called— is a low-fat way to cook a full meal in one shot: the juices from each ingredient are sealed inside the pouch to flavor the dish. Plus, it makes for a dramatic presentation! This is a great all-purpose technique for poultry, veggies and delicate fish.
- 2. Roasting**— This could-not-be-simpler method seals ingredients into a caramelized crust. Hearty winter vegetables like fennel and potatoes take particularly well to high-heat roasting while juicy cherry tomatoes or grapes bring a welcome burst of sweetness. Place a single layer of food on a rimmed sheet pan with a little oil and some fresh aromatic herbs. Cook in a very hot oven until slightly charred and cooked through.
- 3. Stir-frying**— Stir-frying relies on intense heat to sear proteins and cook vegetables quickly. Use a little garlic and fresh ginger with a squeeze of citrus and the meal will require hardly any sauce. Make sure to preheat your skillet or wok and get it very hot before adding your oil (use a neutral flavored, healthier oil with a high smoke point, like safflower or grape seed). When the oil is shimmering, in stages, sear meat, add herbs and spices, vegetables and lastly, sauce.
- 4. Steaming**— This technique uses stackable baskets or a strainer over a pot to gently steam vegetables or fish. The stackable basket method is functional and efficient, the food can lie flat and can be cooked in separate containers. Steaming vegetables will retain their essential nutrients; drizzle a rich vinaigrette over the meal before serving.
- 5. Poaching**— The cooking liquid (vegetable or chicken broth) becomes a light broth for ladling. Place all the ingredients (chicken, seafood or vegetables) in one pot cover with broth. Bring to a boil, reduce heat, and simmer until cooked.



INFANT DEATH – BABY MONITOR

By Ed Maier, Legally Exempt Inspector

The child care profession has recently discovered that there is a relationship between infant death through strangulation and either video or audio baby monitors.

The basic problem occurs when the monitor is placed too close to the infant’s crib, causing the electrical cord to become a hazard. The Consumers Product Safety Commission strongly urges that all caregivers and parents to put at least 3 feet between any video and/or audio monitor cords and a crib.

In addition, some batteries in battery powered units have been found to overheat and rupture – causing damage through fire.

As a child care community, not only should we address these hazards in our own program, but share this information with the parents of the children that we care for.



Assisting the “Out of Sorts” Child

By Joanne M. Buell RN, MS, Health Care Specialist

Just as we adults on occasion feel “out of sorts”, so can children. Irritability, withdrawing from activities, whining and tantrums are typical behaviors displayed by children when their world is just not right. Sometimes the reason is clear. The child is tired, hungry, or becoming ill. Other times, the reason is not so obvious. Home or school troubles usually top the list. How can we support the “out of sorts” child?



The key can be in rituals, routines and social skills training according to child psychologist, Dr. Becky Bailey and behavioral psychologist, Dr. Jed Baker. Knowing what to expect, feeling safe, understood and accepted are great comforts to a child when his/her world is upside down. A few suggestions are:

- Address the physical needs of the child such as food, rest and investigate any signs of illness using the Daily Health Check.
- Create welcome rituals that involve eye contact, a quiet voice, a little song using the child’s name and if the child will allow, some type of touch (gentle touch on the forehead, fingertips, knuckles or palms).
- Create a “Me Zone” comfy safe spot where the child can go knowing he/she will not be disturbed. The spot is placed so that the child can rest yet observe the activities (and you can still supervise). Stay close by for reassurance.
- Have a “wish you well” board where you and the other children can place a “thinking of you” drawing (a peace sign, happy face). Very young children can put a flower in a vase for them.
- Start a musical movement activity and encourage the child to join. Laughter and movement are great mood elevators!

Children get out of sorts occasionally. Most children come out of it. For those who consistently seem “off”, come to the May training named “The Beat of a Different Drummer” to explore music techniques to teach children the social skill of properly expressing their feelings.

Sources: www.consciousdiscipline.com-Dr. Bailey; Dr. Baker www.socialskillstrainingproject.com

"The Book Nook" Professional Library Book Review

By Staff Member: Andrea McKenna,
Education Specialist

Movement Plus Rhymes, Songs, & Singing Games

By Phyllis Weikart

Movement Plus Rhymes, Songs, & Singing Games has more than 45 rhymes and action songs designed to introduce young children to an array of enjoyable movement and music experiences. Each activity in this book includes the following; the title of the rhyme or song; the youngest age range that the activity is appropriate for, a list of key High/Scope experiences, the curriculum concepts explored, a brief description of the rhyme or song, the musical score, as well as other useful information for lesson planning. The rhymes and songs in this book can be used throughout the day; at circle time, small-group time, and during transitions.



For more great information on how to make transitions easier come check out Sharron Krull at our Annual Conference Saturday, April 16, 2011.



Wooden eggs 5/\$1

THE RECYCLE SHOP ITEM OF THE MONTH IS:

Bits and Pieces

There are so many small items at the recycle shop that can be used when crafting.

Examples: Tiny bottles and caps, various plastic shapes, peel and stick shapes, various foam shapes and blocks, many wood pieces, ceramic squares, etc.

The list goes on and on ...

These items can be purchased per bag with bags ranging from \$2—\$5 or Our recycle shop specialist will work with you on special pricing for over or under size amounts.

IMPORTANT INFORMATION

2011 EIP Applications

To apply on line, or download an application go to
<http://www.ecetp.pdp.albany.edu/eip.shtm>
Call our office for assistance and signing up for classes!

*A review of classes in Apr & May 2011. New items are in BOLD
Classes are 6:30pm—9:00pm unless otherwise noted*

Rochester Office:
4/4 & 6-Basic First Aid
6:30pm-8:30pm
4/5-Business Operations for
New FDC/GFDC
Providers
4/5 & 7-CPR
4/7-Intro to Family Child
Care, 9:30am-Noon
4/5,7,12,14,19,21-Health
and Safety
4/12-FDC/GFDC-Know
Your Regulations

4/13-FREE-Intensive
Health Technical
Assistance
4/18-CPR Renewal
4/19-Coping With The
Crying
4/14-It's Not Just Routine
4/20-Growing Goodness:
Vegetables
4/25-FDC & GFDC Renewal
Series III Begins
4/26-Parent Handbook

Lakeville Office:
4/2 & 9-MAT 9am-2pm
4/6 & 13-Basic First Aid
6:30-8:30
4/7,12,14,19,21,26-
Health and Safety
4/20-Nutrition
Concepts Explored:
Beyond CACFP
Newark Office:
4/4-Professional
Development Group
Meets-6:30-8:30pm
4/12 & 14-CPR

Rochester Office:
5/2 & 4-Basic First Aid
6:30pm-8:30pm
5/2,4,9,11,16 & 18-Health
And Safety
5/3-Lead Poisoning
5/3 & 5-CPR
5/5-MAT Independent
Study 6pm-9pm
5/7 & 14-MAT 9am-2pm
**5/10-The Beat of a
Different Drummer**
5/11-Business Operations
For new FDC/GFDC
Providers
**5/14-Nutrition Concepts
Explored: Beyond
CACFP 9:30-11:30am**

5/16-CPR Renewal
5/17-Business Planning
For Family Day Care
5/23-Know Your
Regulations (Centers)
5/24-Culture and Child
Abuse
5/25-**Pretend Play**
5/25-Intro to FDC
5/31-Infant Feeding and
Nutrition

Sweden Clarkson
Recreation Center—
5/21-Nutrition
Concepts Explored:
Beyond CACFP 9:30
-11:30am

Lakeville Office:
5/11-Know your
Regulations (Family
Day Care)
**5/23-Make Your Child
Care an Eco-Healthy
Child Care**
Newark Office:
5/3,5,10,12,17 & 19-
Health and Safety
5/24-MAT Independent
Study 6pm-9pm
5/31-Intensive Health
Technical Assistance
6:30pm-8pm

*See the Jan-Jun 2011 Course Calendar for more details and a full list of courses.
Courses are also listed on www.childcarecouncil.com*