

PUTTING IT INTO PRACTICE

VOLUME 10, ISSUE 1

Fall 2014

Fall... what a great time to get your kids in the kitchen!



Fall has arrived. As the weather begins to get cooler, you might find yourself spending more time indoors. This is a perfect opportunity to get those kids into the kitchen! Whether at home or in a child care setting, cooking with kids has multiple benefits. Studies show that children who help out with meal preparation are more likely to try the foods they helped to cook. Besides laying a foundation for healthy eating habits, cooking can also foster basic math and language concepts, while building a child's self-confidence and sense of accomplishment.

Kitchen lessons are also a great time to encourage children to use their senses. What do different kitchen gadgets or machines sound like? What does a dish smell like while it is cooking? What do the raw ingredients feel or taste like?



Here are some basic age-appropriate kitchen tasks:

- 2-3 year olds can help tear lettuce and greens and dry them in a salad spinner, knead dough, whisk, stir, mash, or squeeze lemons and limes.
- 4-5 year olds can grate, peel and chop fruits and vegetables (with supervision), break eggs (make sure to wash hands after), or set the table.

Are you ready to start cooking? For some great kid-friendly recipe ideas, check out www.weelicious.com.

BEWARE

We've received information warning us about a person who has been posing as a parent from Mexico and contacting child care providers to enroll their child. This person is then sending in fraudulent checks. If you receive one of these phone calls, please call the Council and report it to Sandra Senior at ext. 21.

REMINDER

The most recent (October 2014) New York State Office of Children and Family Services (OCFS) "Dear Provider" letter is here.

It includes information and resources regarding cold & flu season, head lice, immunizations, healthy eating, online training credit, exit interviews, fire drills, and reminders and updates pertaining to new requirements that became effective May 1, 2014.

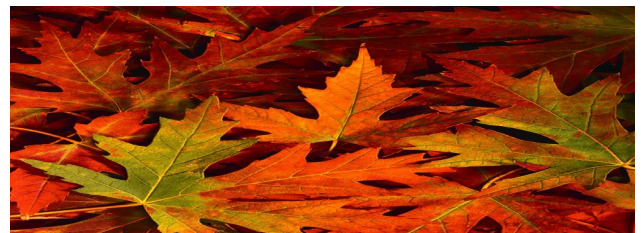
<http://ocfs.ny.gov/main/childcare/letterstoproviders/2014/October%202014%20FINAL%20v3.pdf>

DON'T FORGET!

Do you have an issue regarding your Department of Social Services (DSS) agreement, payments, or other DSS concerns? The web portal is available for you to submit up to three questions or concerns at a time.

<https://apps.nassaucountyny.gov/dss/index.php>

You can also contact Council's Parent Services department at 516-358-9288.



DID YOU KNOW?

Your family or group family program may be eligible to receive reimbursement for some meals and snacks served to children enrolled in your program through CACFP. CACFP is one of the key building blocks for good nutrition and quality family child care. The first step is to call CACFP at Council at ext.24 or email bwagner@childcarenassau.org.



CACFP News

There is a new CACFP regulation that all CACFP providers and frontline staff must complete **Civil Rights Training** annually.

To access the training visit <http://nydontraining.health.state.ny.us/civilrightsfrontline/>.

After completing the online training, print the certificate, make a copy for your records, and mail the original for each staff member that took the training to Child Care Council of Nassau.

Great News for CACFP Participants!!!!

Child Care Council of Nassau is offering **Eat Well Play Hard with Day Care Homes** again! It's a nutrition and physical activity program to help prevent childhood obesity. Our nutritionist Phyllis Trigg is excited to continue to run this outstanding program.

There are many benefits for providers including:

- 10 hours of training in five different categories towards your NYS OCFS 30-hour requirement
- Five hours of in-home follow-up lessons that are fun and educational for you, your staff and your children
- Two Advanced Practice Workshops good for four FREE training hours after completing EWPH
- Resource materials and children's books for your day care home
- There is no cost for this program, training, or the materials!

This program is only offered three or four times every year and is limited to eight providers at a time. All participants must:

- Attend all trainings and complete all necessary paperwork
- Be an active CACFP member that submits menus every month
- Be the on-site provider or a Legally Exempt provider

If you are interested in registering, call Phyllis Trigg at ext.40.



CACFP Week Recipe Contest

Earlier this year, we had our first annual CACFP Week Recipe Contest. Visit the link below to access the winning recipes: **Brivechi from Rosa Suriel of Rosa's Playhouse Inc. in Freeport**, and **Baked Squash from Yvonne Osinga Bisk of Learn and Play in Levittown**.

<http://www.childcarenassau.org/documents/67.pdf>



A big thank you goes out to all providers who submitted recipes. Keep an eye out for information about our **2015 Recipe Contest**. We will be asking for your best healthy, delicious and kid-friendly recipes using locally grown foods.

Tis the Season... for Cold and Flu!

Cold, allergy and flu season has begun! This is not such a great time of year for children who suffer from flu symptoms regularly. If a child exhibits symptoms, how do you know which one it is?

The American Academy of Pediatrics has launched a very informative website, www.healthychildren.org, to provide you with important information regarding children's health. It is geared towards parents and caregivers and is written in very simple terms—no medical jargon! It includes information about cold weather precautions, various illness symptoms, and whether or not to call a physician. There is also important safety information there as well. You can also find the latest product recalls or recommendations for car seat safety. It's an important website to put on your 'favorites' to refer to when you have a question.



You can call Child Care Council of Nassau at any time and leave a message for one of our nurses at ext. 36 if you have a health question or concern.

EDUCATION NEWS

Helping Nassau Thrive after Sandy

In continued support of communities recovering from Superstorm Sandy, Child Care Council of Nassau, Docs for Tots and the Adelphi University Institute for Parenting have partnered to establish NASSAU THRIVES. This endeavor will bring a variety of services to children, child care professionals and families in Nassau County. A coordinator is available to explain programs and supports available to you, at no cost, through the support of the New York State Superstorm Sandy Social Services Block Grant.

Early Childhood Consultation Partnership (ECCP) is one of the NASSAU THRIVES programs available to licensed child care centers seeking support in creating opportunities for healthy social and emotional development, while simultaneously supporting the adults who care for children. ECCP has been highly successful in Connecticut, and the pilot offered through NASSAU THRIVES is the first of its kind in New York.

To learn more about NASSAU THRIVES, ECCP and other supports available for social emotional development, please call ext. 35.

UPCOMING CONFERENCES

Family Child Care Association of NY State Conference

March 20-21, 2015
Callicoon, NY

New York State AEYC Annual Conference

April 9 - 11, 2015
Verona, NY



Tell Your Story

An unprecedented opportunity for exploration and professional development is underway at Child Care Council of Nassau. In partnership with Herstory Writers Workshop, we are offering a series of bilingual (English/Spanish) writers workshops on Monday evenings from November 17th through December 22nd. Child care providers will be guided by a bilingual Herstory Workshop facilitator, and will collectively record both personal and professional stories. When we acknowledge the strong correlation between positive self-care and the capacity to provide high-quality care, we will further elevate the child care profession. Herstory Writers Workshops provide a safe forum for child care providers to delve into self-exploration, identify areas of camaraderie, and develop a framework for professional advocacy.

To learn more about Herstory Writers Workshop, please visit:

<http://www.herstorywriters.org/>

Professional Development Opportunity for Providers of Infants and Toddlers

Wednesday, January 21, 2015 - 7:00pm - 9:00pm

Understanding and Responding to Abuse and Neglect

Examine the impact of child abuse and neglect on the development of young children. We will discuss observing and documenting indicators of child abuse and neglect, including Shaken Baby Syndrome and SIDS.

Thursday, January 29, 2015 - 7:00pm - 9:00pm

How Do You Know? Intentional Teaching: Using Observation and Assessment

How well do you know infant and toddler development? How do you document what you see and hear? Do you reach out to your families to gather further information? How do you partner with your families in caring for their children? Are you intentional in your child care practices? Let's discuss what all of this means, especially for the infants and toddlers.

To register for these workshops, visit www.childcarenassau.org. If you have any questions, please call Dawn Daniello at ext. 29 or Lisa Hilliard at ext. 15

Estamos Aquí Para Apoyarle

Ofrecemos cursos en español para el programa de comida y talleres que cumple las horas que se necesitan para el OCFS. Siéntese libre comunicarse con nosotros con cualquier pregunta. Llame al (516)358-9250 para mas información.



CDA S.O.S.!!

Have you completed 120 hours of CDA coursework? Are you struggling to put the finishing touches on your professional portfolio?

Call Lisa Hilliard at ext.15 for FREE technical assistance.



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www.childcarenassau.org

