



Chautauqua  
Opportunities, Inc.

1-800-424-4532

Helping people  
Changing lives

**Child Care CHAT**

**Winter 2019**

*Giving Providers, Parents and Businesses the Resources to Better Our Children's Future*

# "News Update"

The CHAT is being updated!

We hope you will enjoy this edition of the CHAT! It is chock full of activity ideas and community events.

Please share these ideas and activities with your program families! Let's spread the word

## SNEAK PEEK

See:

Professional Development news

WHEEL-BALL Activities

Quiet activities

Community Events

**ALL DAY SPRING TRAINING EVENT****5/4/19 -8:30 am-4:00 pm****Park United Methodist Church****A light lunch will be served for a working lunch!****May the 4th be with you!****Come and learn how to be a powerful and positive force in a child's life!**

Topics to include all 9 OCFS topics:

Nutrition

Developmentally Appropriate Practices

Social Emotional Development

Make and Take

Child Abuse, SIDS and Shaken Baby Syndrome

**Cost- \$5.00/person-Please Pre-Register by April 30th, 2019**

Name(s): \_\_\_\_\_

Modality (Circle one):

FDC   GFDC   DCC   SACC   Parent

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Primary Language (Circle One):

English   Spanish   Other

Email: \_\_\_\_\_

**Please Send NON-REFUNDABLE payment along with this form to:**Chautauqua Opportunities, Inc., 17 West Courtney St., Dunkirk, NY 14048 **Attention: Tina Thompson****Questions? Please call the Chautauqua Child Care Council at 716-661-9430 ext 2295**

## Easy Indoor Activities to Beat Winter Boredom

### Straw Soccer

With the children make a soccer field out of cardboard, poster board, or a big sheet of paper.

Make a goal at one end: cut in half a fruit container from store, use one from toys or game children already have, small box, etc.

Cotton "soccer" ball. You could also use a small pom pom.

2 or more straws.



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### Javelin Straws

This breathtaking challenge involves launching paper javelins using only puffs of air.

**Set up:** Make a javelin by rolling a 6x by 2-inch strip of paper around a pencil. Tape the seam, then fold over and tape one end. Remove pencil. Make five javelins. Mark a shooting line about five feet from a bucket or wastepaper basket. To launch a javelin, slide it over a straw and blow.

**Play:** Taking turns, players shoot the five javelins, earning a point for each one that lands in the basket. The highest score wins the match.

*Originally published in the February 2014 issue of FamilyFun magazine.*

*Continued on next page...*

# Parent Connections

## Easy Indoor Activities to Beat Winter Boredom (continued)

### Whee Ball (Skee ball at home!)

Inspired by the arcade classic Skee-Ball, this game doesn't dispense prize tickets, but it's just as much fun to play--and no tokens required!

**Set up:** Find a square box (ours is 14 inches on a side) and cut the top at an angle, as shown. Tape a cardboard ramp to the front edge. Paint the box, if you like. Set the bottom of an egg carton in the rear of the box.

**Play:** From a spot several feet away from the box, players take turns rolling 12 Ping-Pong or golf balls up the ramp, trying to land them in the egg carton. After their roll, they count up their score and gather the balls for the next player. Highest score wins the round.

*Originally published in the February 2014 issue of FamilyFun magazine.*



*Continued on next page...*

## Easy Indoor Activities to Beat Winter Boredom (continued)

### Make your own indoor obstacle course

*A fun way for all ages to participate!*

In a larger room, set down a couple or more pillows to jump over, a line of paper or tape to walk across, a chair or small table to crawl under, stop to ring a bell or clap blocks together, shoot a crumpled paper ball into a basket... the possibilities are endless! Set up 4 to 5 different “stations” of activities and have the children go round and round. Think about each activity and what it is developing: balance, fine motor skills (manipulating objects with hands and feet for example), large motor skills (crawling, running, jumping, etc.), focus and aim and so on.



# Celebrate National CACFP Week!

March 17 – 23, 2019

Check out the National CACFP Sponsors Association Facebook page for more information:

<https://www.facebook.com/NationalCACFP/>

Visit their website for more information on ways to celebrate this important week.

Find out more about how to enter the contest

**WIN \$100!!**

## A snowy cold day?

**Cuddle up and read a book with your children!**

**We have also included some ideas for simple activities that can extend the story and promote fun and learning!**

### **Polar Bear, Polar Bear, What Do You Hear?**

**By Bill Martin Jr/Eric Carle**

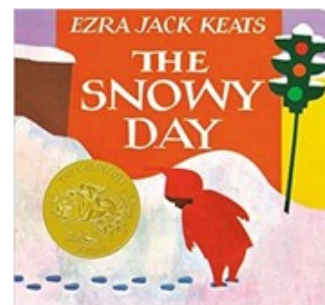
- Name the animals in the story
- Make the sounds each animal makes
- Listen and name sounds you hear in your home
- Act out the movements of the animals
- Copy animal pictures and place on plastic bottles
- Have children use the bottles characters to retell the story



### **The Snowy Day**

**By Ezra Jack Keats**

- Read the story to your child
- Go outside and make footprints in the snow
- Compare the size of your footprints
- Make snow angels together
- Bring snow inside to play in
- Make a snowball and watch it melt





## Fun Process Art Experiences

Art for children should be free of adult-imposed constraints and expectations of a particular product. This is called Process Art . Process Art is a way for children to explore their creativity and make choices about what they want to create and how they want to create it! When we give children the choice to dream, remember and think about their world ,we learn what is important to them!

**Art is a great tool for self expression!**

Adults can enhance the experience by asking children open ended questions about their creations. "Tell me about your picture." "What made you think to use that?"

### Painting with Water



All you need is a cup of water, paintbrushes and construction paper. Let children paint away! Or freeze some colored water into ice cubes and have children use them to paint with. See what art appears as the ice melts!



### Snow Painting

You will need spray bottles and food coloring.

Fill the spray bottles with cold water. (Hot and even warm water could melt the snow too much.)

Add a few drops of food coloring to the bottles so that you have one bottle of red, one of blue, and one of yellow water.

Be sure that the bottles have enough coloring in them to make the color show in the snow.

Take your child outside and have fun!

### Finger Paint Bags:

You will need heavy-duty zip lock bags, finger-paint, and masking tape for this activity. Place two colors in the zip lock bag then tape up the seam. Place paper under bag to keep it from slipping. Depending on your child's age, have your child predict what new color will be created by mixing the two colors in the bag together.

Let your child explore and describe to you what they are doing.







# A Note From the WNY Infant Toddler Resource Network



**Brrrrr.....This is Fun!**  
**Kim Puma, Infant Toddler Specialist**  
**WNY Infant Toddler Resource Network**

With the temperatures hitting the unsafe mark this winter, it can be a challenge to find fresh activities while staying safe and warm inside. It can actually be quite easy to create new experiences with what you already have around the house or classroom. Businesses love giving away free materials, too. So be creative and have fun!

## **Sticky Snowmen**

- ❖ Create “snowmen” with contact paper and cotton balls (this is fun to put on a low window)

## **Indoor Obstacle Course**

- ❖ Use pillows, blankets, couch cushion or other soft items for babies and toddlers to crawl over

## **Touch and Feel Boards**

- ❖ Use various baby/toddler safe materials of different textures and affix to sturdy cardboard

## **Indoor Igloo**

- ❖ A winter version of a blanket fort (or get access to a large box)

## **Ice Cube “Paint Brushes”**

- ❖ Create colorful ice cubes with water color or food coloring, Place a craft stick in the center for a handle. Freeze. Provide paper or a table top for painting.

## **Winter Sensory Bin**

- ❖ Using a dish pan or sensory bin, hide winter animals and various blue and white objects under cotton balls. Older children can use clothes pins to pick the items out of the cotton balls.



More ideas can be found at: [www.handsonaswegrow.com](http://www.handsonaswegrow.com)

Provided by the WNY Infant Toddler Resource Network  
1000 Hertel Avenue Buffalo, NY 14216 \* (716) 877-6666 x3065

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# What's Happening

## Martz Observatory Public Open House

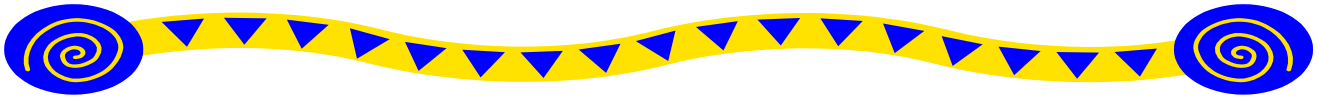


**Wednesday, March 27, 2019 | 7:30 – 9:30pm**

**Location:** [Martz Observatory](#)  
[176 Robbin Hill Rd.](#)

**Public nights are open for all to enjoy and find out what our organization is all about. On public nights, come to the door beside the dome for entry into the observatory where we will be happy to show you what to do and see!**

**NOTE: The 3rd Wednesday of each month begins at 8:00PM.**



### [NY Maple Weekend](#)

Sunday, March 31, 2019 | 10am – 4pm

**Location:** Chautauqua County Maple Producers, Various Locations

Maple Weekends 2019- March 23-24 and March 30-31

Free family oriented event where participating maple syrup farms open their doors to the public. Learn how maple syrup is made, get taste samples, purchase maple products direct from the farm, other activities.

3 locations in Chautauqua County:

- Big Tree Maple - 2040 Holly Lane, Lakewood, NY 14750 [www.bigtreemaple.com](http://www.bigtreemaple.com) – Phone 763.5917
- Fairbanks Maple - 9265 Putman Road, Forestville, NY 14062 Phone 965.4208
- Clear Creek Farm, 5067 Morris Road, Mayville, NY 14757 Phone 269.2079

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**Be In The Now.  
Take An Active Role In Child Care.**

Early care and education policy needs  
your support in order to truly give all  
children a great start in life.

For more information go to:  
[www.naccrra.org/public-policy](http://www.naccrra.org/public-policy)  
or call 716-661-9430 ext. 2300.

Thank you!

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**If You Are Interested  
In Becoming A  
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Please Contact**

**Child Care Council  
716-661-9430  
Ext. 2261.**