



1-800-424-4532



JANUARY-MARCH 2021

NEWS

CONGRATULATIONS TO THE
HEALTH & SAFETY AND DIVERSITY
GRANT RECIPIENTS! WATCH THE
BULLETIN BOARD ON THE COUNCIL
WEBSITE FOR PICTURES!

VISIT STRONG START
CHAUTAUQUA

[HTTPS://STRONGSTARTCHAUT.COM](https://strongstartchaut.com)

VISION
ALL CHILDREN AGED BIRTH
THROUGH 5 IN CHAUTAUQUA
COUNTY ARE HEALTHY
AND THEIR FAMILIES ARE
INFORMED, ENGAGED AND
SUPPORTED THROUGH PRENATAL
EDUCATION AS WELL AS
UNIVERSAL AND UNIFORM
MATERNAL AND CHILD SCREENING
AND LINKAGE TO NEEDED
RESOURCES.



RESILIENCE ISSUE

Perhaps you have heard the phrases, "when the going gets tough, the tough get going" or "you'll bounce back." These sayings acknowledge the ability of people to deal with adversity in a way that allows them to learn what the stumbling blocks are in their way and gain the skills to get over them.

Resilience. It is a word you are likely to hear more often in 2021 as communities are developing plans and services to make people aware of the power of resilience to lead more happy and productive lives.

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With March bringing a week to celebrate CACFP and this quarter's CHAT theme of resilience, it seems like an appropriate time to thank all of you providers who participate in the CACFP and to recognize you for your hard work and resilience. Participation in the CACFP shows your dedication to children's health and wellbeing as you serve nutritious meals and snacks that meet federal and state requirements. Each day, you must also carefully track daily attendance and record the meals and snacks you serve to children in your programs and comply with annual training requirements.

During the pandemic, you have showed your resilience by continuing to provide nutritionally balanced meals for the children in your care despite sometimes having lower enrollment and not always being able to find foods you prefer to serve. You have coped with having children enrolled in different schools with different schedules of operation, with remote learning and with parents' work schedules changing as well. Your already heavy workload has been added to with additional cleaning and sanitizing of your home or center and encouraging the children in your care to practice even more careful hygiene.

In addition, you have supported children in their fears and concerns and helped them to cope with all the changes and disruptions that COVID19 has brought. Child care providers, you have proved that you are the very definition of resilience in being able to persevere and recover during challenging times. You have lead by example in helping children to learn to be resilient as well. **Thank you for your awesomeness!**

Children Need to Play Outside – Even in the Winter

One way to enjoy some outdoor winter fun is to let them “cook” with snow, twigs, crumbled pine cones, leaves, tree bark, seed pods, etc. Bring out play dishes and cookware and utensils. If you don't have an outdoor play kitchen, use cardboard boxes or plastic totes for “stoves” and tables. Another way to enjoy the outdoors is to have a winter picnic lunch. Use an inexpensive vinyl tablecloth or tarp for a picnic blanket. Serve sandwiches and soup, chili, stew - whatever sounds good!



Speaking of winter, Fall through Winter is the time of year that acorn, butternut, turban, and many other varieties of squash are in season. Buying fruits and vegetables while they are in season usually means a cost savings and a better quality item.

Celebrate National CACFP Week! March 14-20, 2021! Watch for more information...

RECIPE



Baked Squash

Here is a grand prize recipe from a contest held by the Child Care Council of Nassau, Inc.:

Baked Squash Submitted by Yvonne Bisk, from Learn and Play Levittown, Group Family Care Provider from Levittown, New York.

This is Yvonne's children version of baked squash dish. When she saw a recipe for butternut squash with onions, apples and a parmesan crust, she thought of a way to make it more 'kid friendly' and instead of the onions she used raisins, and baked it in the oven. The whole center smelled delicious and it was like eating a different kind of apple pie without the crust. Sweet, delicious and healthy :-)

CACFP: Makes 12 vegetable/fruit servings for ages 3-5. Serve as a snack with a glass of water or milk or as the vegetable and fruit component at lunch or dinner!!!

Ingredients:

- 3 tablespoons butter
- 1 ½ pounds of cubed butternut or acorn squash
- 6 apples, peeled and sliced
- ½ cup parmesan cheese
- ½ cup plain bread crumbs
- 1 Tablespoon of brown sugar

Instructions: 1. Grease a large oven dish 2. Cut the squash in little pieces, cut the apples and mix both with the raisins. 3. Sprinkle the brown sugar over the mixture 4. Mix the parmesan cheese and bread crumbs and sprinkle over the top. 5. Bake in the oven at 350F for 45 minutes or until the squash is tender enough to your liking. seasoning (optional)1

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

This year has been the year of resilience. For us, for the community, and for the nation. Our children have also overcome so many challenges and obstacles this year that we could never have imagined. They have endured stress at levels that adults deal with every single day.

Throughout the last ten months, we have learned a lot about ourselves, our families, and our community. We have also learned a lot from our children. Children are resilient, and they have shown that to us this year in so many ways. To keep resilience alive, we as parents and caregivers can help our children understand what resilience is and how to show them that it matters. In the article, "Six Ways to Raise a Resilient Child," Dr Rangan Chatterjee explains different ways that we can help our children with resilience. He says that one-on-one time with children is important without distractions. "One-on-one time doesn't have to be time carved out of an already hectic schedule. Make bath time, car journeys, meals, queues (waiting lines) count. Chat, listen, talk about your feelings, encourage them to express theirs."

Another helpful activity for children, especially younger children, is "Breathe, Think, Do!" This activity can be found on sesame street in communities.org. This is a step by step activity that helps children to work out their frustrations and feelings, and it also teaches them that it's okay to show us how they are feeling.

Breathe

- Help the children calm down.
- Show them how to take deep breaths in the nose and out of the mouth. It may help to have them put their hands on their bellies so they can feel the motion.
- They can also whisper to themselves, "calm down" or any other phrase that they are familiar with.

Think

- Encourage little ones to tell you how they are feeling and why. You can help them find the words by telling them what you notice.
- Help them come up with a few different plans for solving the problem.

Do

- Encourage kids to choose a plan and try it out.
- Ask, "which plan is best? Let's try it!"
- Remind kids that learning new things takes practice.



Children love to watch and observe what we do. They also love to mimic the things we do, I know this from personal experience. In times like these, it is hard to remember how to be resilient and continue the daily routines that help us reduce stress. There are many local resources available to families in our community to help cope with stress. The Chautauqua Health Action Team, Chautauqua Mental Hygiene are two excellent local resources that can help. Also, there is the 2-1-1 number. This is a hotline service that is available to anyone 24 hours a day, 7 days a week. They will help with anything from food, to mental health, to shelter and clothing.

<https://chqgov.com/mental-hygiene>

<http://www.cchn.net/new-page>

Ways to encourage Children's Resilience through COVID-19.

Dear Providers,

Since the pandemic has begun, there have been major changes to a child's normal every day routine. Changes may include social distancing, physical distancing, home confinement, and different family dynamics.

Disasters tend to raise rates of poverty, unemployment, substance abuse, mental health problems and/or child abuse and neglect according to Jessica Dym Bartlett and Rebecca Vivrette, the Authors of [Ways to Promote Children's Resilience to the COVID-19 Pandemic](#). Thus, families may struggle to meet their basic emotional and physical needs. Children may lack or not receive the critical support they need when community resources are limited, and direct contact with children decreases with fewer adults having less direct contact with children. Studies show that protective factors can buffer children from emotional and physical stress and increases the chance for children to adapt to adversities such as COVID-19.

Here are some steps you can take as a Child Care Provider:

Protective Factor 1: Responsive and Sensitive Caregiving

Be a sensitive and caring adult. Spend quality time with children such as reading, playing, and simply talking to children which can help them feel safe and secure during these times.

Protective factor 2: Meet Basic Needs

Meet the basic needs of children. Basic necessities such as food, water, shelter, clothing, and mental health are crucial in protecting children's well-being. When talking with children, ask them if everything at home is going okay. Families could be experiencing health and mental needs, economic instability, or job loss. Consider directing families to community services to assist vulnerable families. Let them know that it's okay to ask for help.

Protective factor 3: Emotional Support for Children

New routines can cause emotional distress. Children may show more behaviors associated with emotional distress such as clinginess, anxiety, anger, and sadness. Promote strong emotional support for children.

Use the 3 R's: Reassurance, Routines, and Regulation. Reassure children about their safety and the safety of loved ones. Keep a predictable routine schedule when eating, napping/sleeping, playing. Encourage children's regulation skill by helping them express and manage uneasy feelings. Have children take deep breaths when they are feeling stressed.

Protective factor 4: Support Caregiver Well-Being.

Take care of your well-being. Self-care is crucial. Prioritize time and energy to the things that are most important to you. Spend time with family, connect with friends, and seek help to manage your own emotional and mental health.

Protective factor 5: Social Connectedness

Positive social connections are essential protective factors for both children and adults. Social distancing should not be the outcome of physical distancing. With all of the Covid-19 mandates and practices, children may come into less contact with mandated reporters who could recognize signs of trouble in a family. Children's safety is especially important during the pandemic. Spend virtual time together with others outside of your household, when possible, to stay socially connected.

Work Cited:

https://www.childtrends.org/wp-content/uploads/2020/04/COVIDProtectiveFactors_ChildTrends_April2020.pdf

As an essential business, many daycare programs have remained open to continue to provide child care services to workers of other essential businesses. The challenges in doing that have been many, and additional cost of care has been one of those challenges. Some relief from federal funding legislation has been made available, but applying and getting approved for that funding has presented a challenge all its own.

It is understandable to be frustrated with the rules of the application and payment processes. However, not letting go of that frustration will not change the process. Learning from it won't change the process either, but could ease your frustration with it. There are things out of the control of the providers, as well as those processing the claims for the funding. Resilient businesses do not sit still and wish for days of old or that the rules would be different. Resilient businesses get busy, look at where things went wrong, and find ways to make what they can control work better for them.

Here are some tips that might be helpful from recent experiences with grants:

- Buy things for your business separate from personal purchases if you are able to. It might also be useful to have a credit card solely for business transactions.
- Make copies of receipts and keep them organized, perhaps month to month. Stuffing all of them into an envelope for the year or a folder is convenient in the moment but will lead to frustration when looking for purchases within a specific timeframe.
- Avoid highlighting items on receipts. Highlighting helps to identify specific items on the original receipt, however, when scanned electronically, the highlighting makes it difficult or impossible to read in the scanned image. Instead, place an x or checkmark next to the items.
- When ordering online, you will typically need to submit a record of the purchases. The record must show that you paid for them AND that the items were delivered in order to receive reimbursement for those purchases.
- Payment of services from government funding can be slow or even delayed for various reasons. If you find it a financial struggle for your business to wait for payment from these sources, then you might have to take some steps to ease this difficulty. Consider setting up an arrangement for the parents to pay for the care when due and then reimburse them when you receive payment. Establish a business line of credit for times when payment may be delayed. You can contact Chautauqua Opportunities CODI (Chautauqua Opportunities for Development, Inc.) for services to assist you if you are having trouble managing income and expenses for your business. The Small Business Development Center at JCC is another good resource, offering free business counseling and training.
- Most importantly, read the terms of any funding opportunity. It can be tedious and boring, and often times confusing, but necessary. Have other people read it, preferably a person who has some business experience, and compare what you read with them. It is also important to read carefully about whom to contact for what purposes to save time and aggravation.

SCAM ALERT: OCFS has reported that Child Care Providers are being contacted by a so called third party entity working with local CCR&R/ Child Care Council on the CARES grants. This is NOT ACCURATE. Please DO NOT share information with anyone other than your CCR&R or OCFS in regards to Grant Awards. This third party entity does have information about your site, but recall that your program information is also listed on the OCFS website. Do not give out your social security number and bank information, or any personal information to this "third party entity" Contact the agency working with your claims for assistance.

Report Fraud: 1-800-HHS-TIPS

Funding for Day Care Providers has been released through CARES Grants to support reopening and restructuring Programs to accommodate for COVID-19 guidance and changes as of November 17, 2020. Please see the official OCFS website for more information.

Interim Guidance on COVID-19 for schools located in areas designated as "Red or Orange Micro-Cluster Zones:" Red and Orange zones must close for at least two weeks and are mandated to do daily mass testing before schools can reopen for in person instruction. Testing would include symptoms and exposure screening as well as surveillance testing of 25% of the in-person student and faculty/staff weekly. New York State Office of Children and Family Services released guidance for Child Care Programs located in school districts in these designated zones; Red is severe risk, orange is a moderate risk, and yellow is a precautionary risk. Department of Health (DOH) determines the areas of the State that require enhanced public health restrictions due to clusters of COVID-19 Cases. DOH will then categorize the designated colored zones. Each zone will have mandatory restrictions on gatherings of people and non-essential businesses. Orange and Red zones prohibit in person instruction for schools.

Child care programs are to continue to follow the direction and guidance of NYS DOH and their local Department of Health while school age child care programs may remain open during school closures. Legally Exempt Group programs operating in school buildings in designated Red and Orange zones must cease operation. Any child care program closures must work with their local Child Care Resource and Referral agency to accommodate families in need of child care to make use of existing child care programs and slots available.

Please find more information on the official OCFS website under the Child Care Tab. New updates can be found under Contents selecting "Updates and Important Announcements".

<https://ocfs.ny.gov/programs/childcare/>

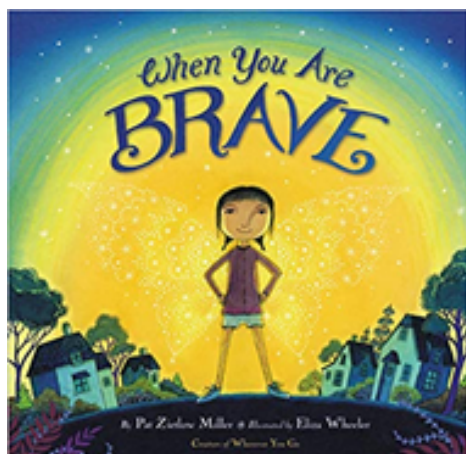
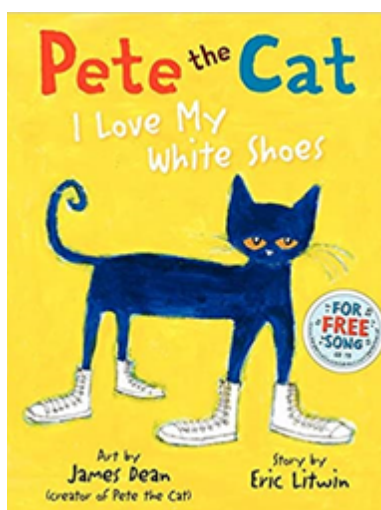
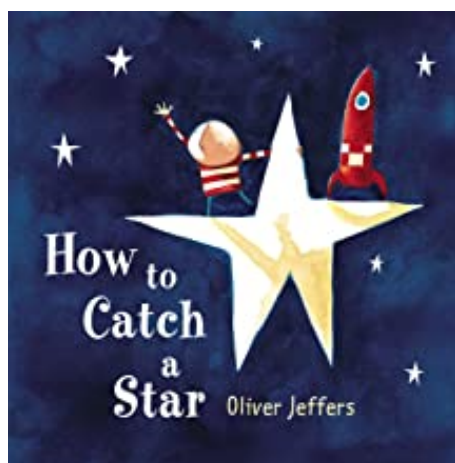
TRAINING

Don't wait and be late for training! If you have a group of 5 or more child care providers who want a more personal experience than watching videos on a computer screen, give our professional development team a call! Training will be done virtually which allows for an opportunity to interact with the trainers and your classmates.

Call (716) 661-9430 ext. 2295



Books About Resilience for Young Children



Sometimes life can be hard and full of challenges. It's inevitable really. But what matters is how we deal with those hard times and what we learn about ourselves through the experience.

Resilience is just that: the ability to handle difficult situations and experiences, make appropriate adjustments and move forward with new found knowledge. Reading about characters that have faced challenges and how they come through those experiences can help promote resilience in young children.

Visit this website to view 30 books to promote resilience:

https://biglifejournal.com/blogs/blog/top-childrens-books-resilience?gclid=CjwKCAiAt9z-BRBCEiwA_bWv-JsHDGtMO1Wkn80TwJj-Mbs0iyBGFexUGAiJd5YEL4pL-HYkvij9WBoCdtEQAvD_BwE

Family Friendly Community Events

JAN

02

Fenton History Center Annual Holiday Exhibit

Jamestown

November 21- January 4th: Annual Holiday Exhibit " The Enchanted World of The Nutcracker"

716-664-6256

<https://www.fentonhistorycenter.org>

JAN

16

Annual Doors Open Jamestown

Jamestown

Jamestown's museums invite you to treat yourself, your family and your friends to the Annual Doors Open Jamestown, a FREE day at your local museums and attractions. History, art, nature and comedy - all are open for you. Local restaurants and retail shops will also be offering discounts - spend the day discovering

Jamestown!

716-489-3496

<https://jamestownupclose.com>

FEB

06

Audubon Snowflake Local Living Festival

Jamestown

"Winter is wonderful — for hiking, making, and exploring. You can do all three and more at ACNC's Snowflake Festival. Meet live animals, take a guided winter hike, or make some items indoors while you learn about what you're making. Admission includes many of the activities including guided hikes, snowshoe trials, many of the make-and-take items, winter scavenger hunt, and taste-testing maple syrup.

716-569-2345

<https://auduboncnc.org>

FEB

12

Presidents Day Weekend Winter Festival

Mayville

Save the Date! February 12-14, 2021. The 2020 festival was a big success! We are looking forward to next year and sincerely thank our sponsors for their support. Many thanks to our 2020 sponsors!

<https://www.chautauquachamber.org>

org

**Be sure to check with each event organizer regarding the most recent information about event status

HELPFUL LINKS

<https://chqgov.com/mental-hygiene>

<https://ocfs.ny.gov/programs/childcare/>

<https://www.sbdcjcc.org/>

<http://tomcopelandblog.com/>

<https://www.irs.gov/>

<https://chqgov.com/public-health/public-health>

<https://chautauquaopportunities.com>

<https://strongstartchaut.com>



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Denise Smith

Elizabeth Starks

Patricia Harper

Angela Moran

If You Are Interested In Becoming A Council Advisory Board Member, Please Contact the Child Care Council:

716-661-9430 Ext. 2227



The Chautauqua Child Care Council works to foster collaborative relationships in order to build a strong responsive child care support system meeting the needs of all Chautauqua County families, child care providers, businesses and communities.

Mission Statement – Chautauqua Child Care Council

Be In The Know.

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
or call 716-661-9430

Thank you!