



1-800-424-4532

OCTOBER-DECEMBER 2021



**When Winter's Here**

**I think the months of winter are  
the finest of the year.**

**Snowy days, blowy days-  
Aren't you glad they're here?  
Sleds go coasting down the hills.**

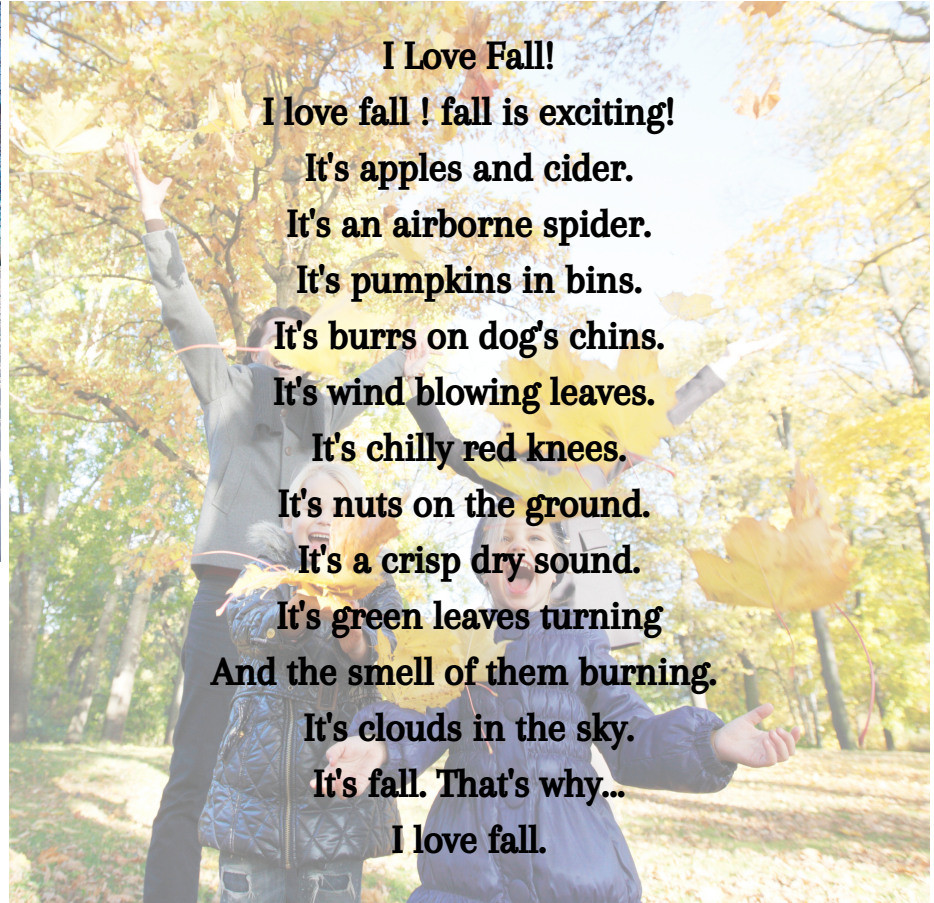
**Snowmen stand and stare.**

**The pond is fine for skating,  
And snow is everywhere.**

**Snowy days, snowy days,  
Come when winter's here.**

**Whitest days are brightest days,  
Of the whole long year.**

**Elanor Hammond**



**I Love Fall!**

**I love fall ! fall is exciting!**

**It's apples and cider.**

**It's an airborne spider.**

**It's pumpkins in bins.**

**It's burrs on dog's chins.**

**It's wind blowing leaves.**

**It's chilly red knees.**

**It's nuts on the ground.**

**It's a crisp dry sound.**

**It's green leaves turning  
And the smell of them burning.**

**It's clouds in the sky.**

**It's fall. That's why...**

**I love fall.**



***Fall  
Back***

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**Reminder: November 7th, turn your  
clocks back an hour!**

# CACFP

## Picky Eaters

This is one question we hear over and over again – How do I get picky eaters to eat?! Yes, it can be frustrating. No, we cannot force children to eat what they won't. However, we should still try to get them to eat a variety of foods.

Don't despair! Did you know that there is a real-life restaurant in Brooklyn, New York, called "Picky Eaters?" So those little ones who won't eat anything actually have a restaurant just for them! Maybe it would be helpful to providers and parents to check out their online menu at [places.singleplatform.com](http://places.singleplatform.com). The menu includes shrimp and fries, jerk chicken, bad habit burgers, and veggie salad.

The purpose of sharing the information in the previous paragraph was mostly to encourage child care providers and parents everywhere to try and keep a sense of humor about picky eating habits. Almost all providers and parents struggle with this issue because they only want what is best for children – and that is a noble quality. The good news is that most children who experience occasional picky eating habits at one time or another go on to change their eating habits for the better as they get older. Still though, many will be picky eaters even when they become adults so it is important that healthy eating habits start early.

So what to do? You have probably heard that reading books about new or different foods, planting vegetables with children, and allowing children to help prepare the foods they are about to eat are tried and true methods for getting children to eat healthy and they can be! However, it is important to understand some reasons for picky eating habits which might not have anything to do with the food itself.

The following is an excerpt from an online article: "What makes kids picky eaters — and what may help them get over it - Tips you can use to help raise kids who aren't afraid of food" written by Sarah DiGiulio. "Not every meal is going to turn out perfect — and even the healthiest eater is going to have a day of eating that's not as balanced as it could be", Sampson says. (Sally Sampson is the co-author of The Picky Eater Project and founder of ChopChop, a non-profit that teaches families about cooking together) 'Part of that is relaxing and [as parents] (or child care providers) stopping trying to control kids so much.'

Making mealtimes a struggle or battleground sets up both the parent (and child care provider) and kids for failure when it comes to trying new foods and eating well. In general, kids want to eat what's in front of them and eat what everyone else is eating, Rose says (Dina Rose, PhD, is a sociologist and author of *It's Not About the Broccoli*) 'Nobody chooses to be a picky eater.'

'For a lot of kids, becoming a picky eater is a mechanism that solves some sort of unrelated problem for them — it eliminates pressure or gives them control,' Rose says. It's not about what's actually on the plate.

'It's important to remember that healthy eating is about happiness, too,' Rose says. 'Happiness at home (and in child care programs) matters,' she says. 'And when children enjoy meals, they tend to eat better.'"<sup>1</sup>

<https://www.nbcnews.com/better/health/what-makes-kids-picky-eaters-what-helps-them-get-over-ncna846386#anchor-8Relaxenjoyitandmakemealtimesthepositiveexperiencetheyshouldbe>



# RECIPE

## Easy Shrimp Poke (pronounced POH-keh) Bowl from [getonmyplate.com](https://getonmyplate.com)

### INGREDIENTS

For the bowls

- 1 lb shrimp, peeled and deveined
- 1 cup cucumber, chopped or sliced
  - 1 cup carrots, shredded
  - 1 cup cabbage or slaw mix
  - 1/2 cup edamame
  - 1 avocado, diced
  - 2 roma tomatoes, diced
  - 4 scallions, chopped
  - 4 cups cooked rice

For the sriracha mayo

- 1/2 cup mayo
- 1 tbsp sriracha more or less to taste!
- 1 tbsp rice wine vinegar
  - 2 tsp sugar

### INSTRUCTIONS

1. To make the sauce, whisk together all ingredients and refrigerate until ready to use. Adjust spiciness as needed by adding more sriracha.
  2. Season shrimp with salt and pepper. Cook in a skillet over medium heat until no longer pink (about 2 minutes). Toss shrimp with about a tablespoon of the sauce; set aside.
  3. Divide rice between 4 bowls.
  4. Top with shrimp, edamame, cucumber, tomatoes, cabbage/slaw, carrots, avocado and scallions. Drizzle with a generous spoonful of the sauce! Serve immediately.<sup>2</sup>
- (Note that you can substitute the shrimp for other proteins such as chicken, tofu, etc., as well as the vegetables.)

<sup>1</sup><https://www.nbcnews.com/better/health/what-makes-kids-picky-eaters-what-helps-them-get-over-ncna846386#anchor-8Relaxenjoyitandmakemealtimesthepositiveexperientheyshouldbe>

<sup>2</sup>[https://getonmyplate.com/shrimp-poke-bowl/#Vegetarian\\_Poke\\_Bowl](https://getonmyplate.com/shrimp-poke-bowl/#Vegetarian_Poke_Bowl)





## **Infant & Toddler Mental Health (ITMH)**

Chautauqua County Child Care Council Infant and Toddler Mental Health Consultation connects a mental health professional from the Child Care Council with child care providers and families. An intentional focus on relationships with and among infants and toddler through mental health consultation will:

- **Improve overall education outcomes**
- **Improve social-emotional health**
- **Build Resilience**

**“Change occurs within the content of the relationship” \***

### **ITMH Service Delivery Models:**

- **In Person: Childcare Providers and ITMH Consultants will work together onsite/in person**
- **Hybrid: Childcare providers and ITMH Consultants will work together in person and remotely**
- **Virtual: Childcare Providers and ITMH Consultants will work together virtually.**

**For more information regarding Infant & Toddler Mental Health Consultant services, please contact:**

**Rebecca Reed; MS Ed. Infant & Toddler Mental Health Consultant (716) 366-8176 x3216 or  
rreed@chautopp.org**

### **References:**

**\*Hunter, A., Davis, Al, Perry, D.F., Jones, W. (2016)**

## Child Care Stabilization Grants: Child Care Providers

The American Rescue Plan Act (ARPA) (Pub. Law 117-2), signed on March 11, 2021, aims to address the pandemic crisis by including \$23.975 billion for child care. Stabilization grants have or soon will be allocated to States, Territories, and Tribes.

Child care stabilization grants provide much needed financial relief to child care providers to help defray unexpected business costs associated with the pandemic and to help stabilize their operations so that they may continue to provide care. Family child care, child care centers, after school programs and other types of child care programs may use this grant to cover a range of expenses such as:

- personnel costs,
- rent or mortgage payments,
- insurance,
- facility maintenance and improvements,
- personal protective equipment (PPE) and COVID-related supplies,
- training and professional development related to health and safety practices,
- goods and services needed to resume providing care,
- mental health supports for children and early educators, and
- reimbursement of costs associated with the current public health emergency.

We here at the Child Care Council are here to help you with the process and any questions that you may have or that may come up. Please contact Lori Steward with any questions that you have at 716-661-9430 ext. 2261 or email [lsteward@chautopp.org](mailto:lsteward@chautopp.org).

Child Care Stabilization Grants: Child Care Providers | Early Childhood Training and Technical Assistance System ([hhs.gov](https://hhs.gov))



## RECALL

The US Consumer Product Safety Commission has issued a **recall** on the following products below. This announcement has been made due to 8 infant deaths related to the following products and suffocation risk. Please be made aware of the following items below:

Name of Product:

**Boppy Original Newborn Loungers, Boppy Preferred Newborn Loungers and Pottery Barn Kids Boppy Newborn Loungers**

<https://www.cpsc.gov/Recalls>

### Update Your HCP

Please update your health care plans to include additions to section 2 and section 9 as it relates to the new Legislation called "Elijah's Law." This Law was passed after 3 year old Elijah Silvera ate a grilled cheese sandwich at a daycare despite having a known severe dairy allergy. After consuming the sandwich, Elijah went into anaphylaxis, 911 was not called, and his family was not told what Elijah had eaten. Elijah died in 2017 after consuming the grilled cheese sandwich. Implementation of Elijah's Law requires changes to your child care program, valuable, potentially life-saving changes, that are intended to prevent further tragedy.

As always, please follow any Dear Provider letters provided by the Office of Children and Family Services. A new letter was distributed to Providers and contains information on the new emergency regulation regarding mandatory masking in child care settings. Directly from OCFS's Dear Provider letter:

*"Child care programs serve children under the age of 12 who are not yet eligible for vaccination. Thus, COVID-19 prevention strategies remain critical to protect children and staff. Therefore, effective September 16, 2021 OCFS has implemented an emergency regulation mandating all people in a child care setting to wear a mask indoors. The mandate applies to all people age 2 and older who are able to medically tolerate a face covering, regardless of vaccination status. The requirement applies to OCFS licensed and registered child care and enrolled legally exempt group programs."*

For more information for the following above, please reference the official OCFS website:

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

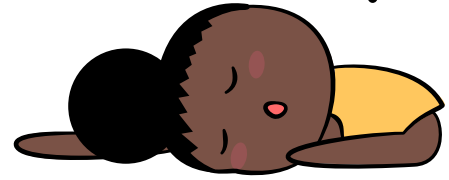
With this new mandate, OCFS has provided helpful tips on helping children wear a face mask. Helpful tips can be found under Updates and Important Announcements from the OCFS website called Making Masks Fun: Helping Your Child Wear a Face Mask.

<https://ocfs.ny.gov/programs/childcare/#t1-Updates-and-Important-Announcements>

As always we appreciate all of you for what you do to keep children safe!



I'm tired...



# Avoiding Educator Burnout

What is burnout??? Burnout can look like fatigue or sadness, or listlessness, depleted, worn out, uninspired.... Often as educators, we experience “burn out”. The reason this happens first is because we are HUMAN. As human beings caring for others, we give all of ourselves. We work hard, physically, emotionally, socially, and mentally. Doing this day to day depletes our emotional and physical energy.

What can we do to prevent burnout? The answer may sound cliché, but as human beings taking care of little human beings, we need to take care of ourselves... first! The answer truly is self-care. A self-care routine includes things that make you feel good every day. When we don't feel “good” ourselves, it is hard to take care and educate children because we are trying to “draw from an empty well”.

Self-care is literally taking care of yourself. So, what are some of the things that you need? Physically, we need to eat a nourishing diet, we need to exercise and sleep. Socially, we need to connect with family and friends. Emotionally, we need to check in with ourselves on how we are feeling. If we are having a rough day, we may need to talk it out with a friend or family member or even reach out to a counselor. Mentally, we need to practice mental wellness activities.

Mental wellness is currently a ‘buzz word’. Commercialism aside, it is so important to be aware of our mental wellness. Promoting your own mental wellness is critical to avoiding “burnout”. Mental wellness is fueled by your own interests and taking part in your interest activities on a regular basis. Some things that are beneficial are taking part in hobbies, exercise routines, journaling, reading, watching movies/tv, traveling, and other interests.

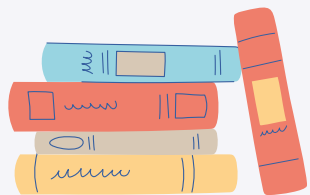
One practice that is very helpful is practicing MINDFULNESS. Mindfulness is a way of becoming present in the moment and filtering away thoughts so that your mind can rest. Breathing exercises and meditation can be a valuable way to calm the body, mind and spirit so that stress levels can be reduced which will help us as humans avoid burnout. There are many books on mindfulness and self-care as well as many guided meditations online.

Self-care is truly the anecdote to Educator Burnout. It is important to identify your needs, set up a self-care plan and most importantly, follow through on your self-care plan.

**For more information on Self-Care to avoid Educator Burnout, please contact Rebecca Reed; MS Ed. Infant & Toddler Mental Health Consultant at Chautauqua Opportunities, Inc Child Care Council at**

**(716) 366-8176 x 3216 or rreed@chautopp.org**





## Technology and Books!



We all know the importance of reading with young children. But sometimes we can't find a particular book we want to share. Using technology to increase your library can be a wonderful resource. Find videos that are not animated or moving pictures- simply someone reading the story and turning the pages. This way you will be using technology in an appropriate way!

Remember to follow the OCFS Regulations on using technology in your programs: (The following regulations are for Family Day Care programs- but the regulations apply to all modalities of care)

### 417.7 Program requirements

(u) If television or other electronic visual media is used, it must be part of a planned developmentally appropriate program with an educational, social, physical or other learning objective that includes identified goals and objectives. Television and other electronic visual media must not be used solely to occupy time.

(v) Television and other electronic visual media must be turned off when not part of a planned developmentally appropriate program activity.

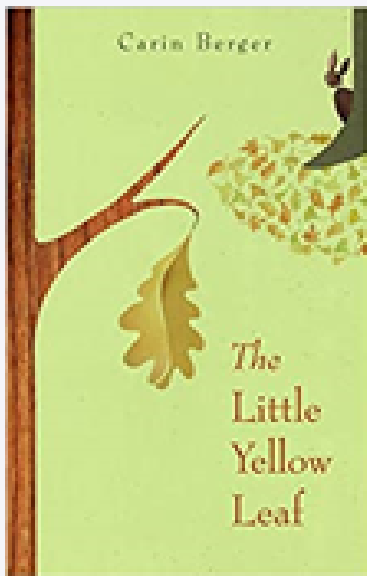
(w) Children must not watch television or other electronic visual media during meals.

(x) Television and other electronic visual media must be turned off while children are sleeping, and during established nap times. This is not to prohibit a program from using electronic visual media for business purposes during sleep or nap time if its use does not interfere with the supervision of children.

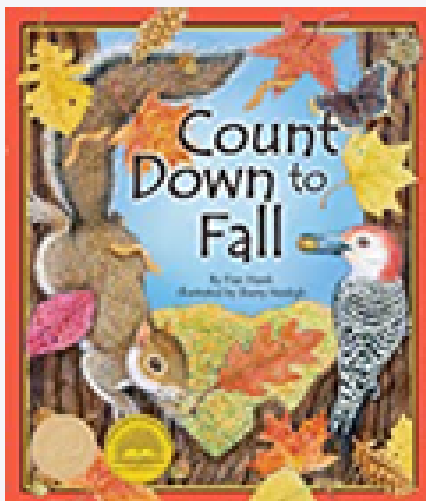
Please explore the Fall books we have chosen and the link to the story being read online! (cont'd on pg.10 and 11)



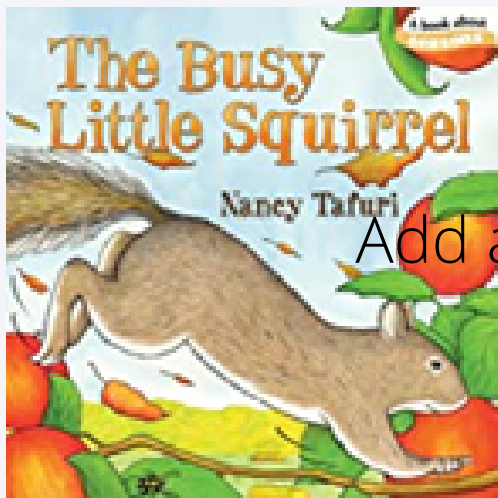
<https://youtu.be/rXPYwbAr4k0>



<https://youtu.be/LfKfc8BMIBk>



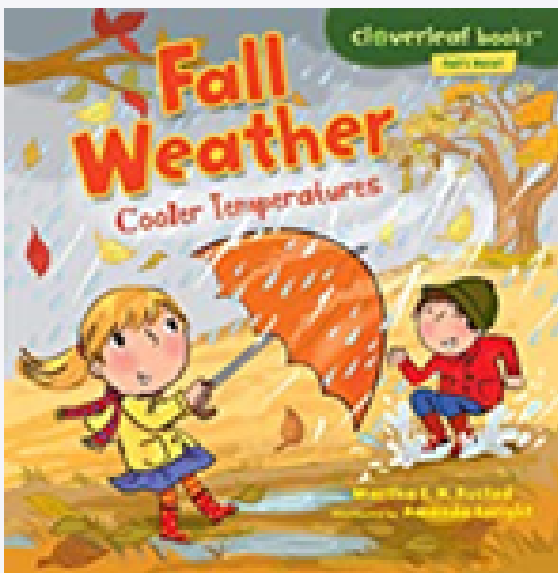
<https://youtu.be/LweEZrm-cEk>



Add a little bit of body text



<https://youtu.be/IJHwL3cTG-g>



<https://youtu.be/IHZySkY5U34>

# Family Friendly Community Events

## OCTOBER-DECEMBER

### Harry Potter Wizarding Wednesdays

Every Wednesday get the chance to experience Harry Potter trivia, live readings from the books, and wizarding themed crafts.

At 4:30pm at 12West Summit St. Lakewood

Last event is December 29,2021

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

### Apple Orchards

Enjoy some sweet and delicious apples, previously picked or pick your own options available

Meadow Farms, open daily from 9am-5pm:

10459 Prospect Road Forestville

Whittier Apple Farm, open daily 10am-5pm:

1507 Blockville-Watts Flats Rd, Ashville

Stonehill Orchard, open daily 9a-6pm: 2356 Shirley Rd, North Collins

### Fall Family Fun At Harvest View

Outside and inside activities available for all ages. With animals, games, and food available everyone is sure to have a good time.

General admission is \$5, under 2 years of age are free.

Open daily from 10am-6pm

~ 4936 West Main Road, Fredonia ~ 716-672-4822

~<https://www.tourchautauqua.com/events/fall-fun-at-harvest-view-greenhouses>

### Story Time

The Lakewood Memorial Library is hosting a guest reader to provide story time

Every Friday at 10am until December 31st, 2021

*These events and more at:<https://www.tourchautauqua.com/>*



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

Information for providers, parents, and the general public regarding child care.

**<https://strongstartschaut.com/>**

Resources for parents, caregivers, and educators working with children age 0-5

**<https://chautauquaopportunities.com>**

A community action agency. Visit COI's homepage, services tab, for a variety of services offered.

**<http://tomcopelandblog.com/>**

Information and resources for home based child care business owners

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

Covid-19 and general health information

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

Small Business Development Center

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

Tax information and forms



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- Bonnie Caldwell
- Jessie Hill
- Jill Triana
- Judy Yarber
- Lindsey Ellis
- Stephanie Stevens
- Marilyn Orlando
- Donna Shepard
- Sharon Rinehart
- Elizabeth Starks
- 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](http://www.naccrra.org/public-policy)  
or call 716-661-9430

Thank you!