



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

## Quotes to start the New Year....

**“It’s not how much we give, but how much LOVE we put into our giving” -Mother Theresa**

**“When educating the minds of our youth, we must not forget to educate their hearts” – Dalai Lama**



**Brocton’s Afterschool Program is creating a positive learning atmosphere by looking for the best in each other.**

**Children wrote compliments about their peers on a mitten and created a “Complimitten” chain.**

# Attention Child Care Professionals

## We want to hear from YOU...

Please send in any ideas or activities that you enjoy doing with the children in your program, and we may just publish them in our next CHAT!

Please send pictures and ideas to [bfaulkner@chautopp.org](mailto:bfaulkner@chautopp.org).

See email attachment for Photo Release form for any pictures you send in



## Another way to get involved...

Do you have a passion for promoting quality early child care in Chautauqua County?

**Join the Child Care Council's Advisory Board!**

Contact Susan Marker– Child Care Council Director for more information.  
( 716-661-9430 ext. 2227) or email [smarker@chautopp.org](mailto:smarker@chautopp.org)

Our first meeting of the new year is January 13th, 2020

From 6:00-7:30 pm

At Laughlin Community Action Center–

402 Chandler Street, Jamestown, NY

## **FREE Assessments and Coaching Bundles!**

**Yes, that's right!**

The Child Care Council is offering **FREE** Infant Toddler Pyramid Model Assessments and Coaching to programs serving children 0-3.

### **Bundle Includes:**

Teaching Pyramid Infant-Toddler Observation Scale (TPITO)

***and***

Five hours of Coaching

***The Pyramid Model focuses on promoting social emotional development of children by creating a safe and nurturing environment and teaching practices that foster social emotional development.***

If interested, please fill out the application on the next page and email/send to:

Beth Faulkner (bfaulkner@chautopp.org) or

Alisha Perry (aperry@chautopp.org)

402 Chandler Street, Jamestown NY 14701

Or call 716-661-9430 ext 2295 or ext 2293



# Professional Development

## Child Care Council

### FREE TPITO Assessment and Coaching Bundle Application

**Name:**

**Program:**

**Address:**

**License Number:**

**Group Age:**

**Hours of Operation:**

**Have you had Infant Toddler Pyramid Model Training?**

**Module 1**                      **yes** \_\_\_\_\_                      **no**    \_\_\_\_\_

**Module 2**                      **yes** \_\_\_\_\_                      **no**    \_\_\_\_\_

**Module 3**                      **yes** \_\_\_\_\_                      **no**    \_\_\_\_\_

**Best number to reach you:**

# Parent Connections

## FREE TRAININGS !

Pyramid Model training will give you tools that you can use to support children's healthy social emotional development such as improving friendship skills, emotional literacy, self-regulation, and problem solving.

Children need these skills for future success, and they help to reduce challenging behaviors!

These FREE Pyramid Model Trainings are for Infant and Toddler Programs and Family and Group Family Programs.

### Social-Emotional Foundations for Early Learning (SEFEL) Pyramid Model



### Trainings In Chautauqua County– Connection's North– Dunkirk NY

Please click the link below each training to register for the specific Module

2/15/20, full day Infant/Toddler Module 1

Mod 1: <https://www.surveymonkey.com/r/KFVQFXV>

3/7/20, full day Infant/Toddler Module 2

Mod 2: <https://www.surveymonkey.com/r/KFYQZKV>

5/2/20, full day Infant/Toddler Module 3

Mod 3: <https://www.surveymonkey.com/r/KFSBQWN>



# Attention Child Care Professionals!

## Outdoor Play is GOOD for you ! (Yes, even in the Winter)

Just as it is important for children to experience the outside seasons of spring, summer, and fall, it is important for children to also learn about outside winter activities. You can grow plants in the spring. You can run in the grass and jump into supervised body of waters in the summer. You can pick pumpkins and play with leaves during fall. Therefore, you can also enjoy outdoor winter activities by even doing something as simple as walking.



**If you are a Registered/Licensed Program, remember that regulation states that under:**

### **“417.7 Program requirements**

(a) The program must establish and implement a daily schedule of program activities that offers reasonable regularity in routines, including snack and meal periods, nap and rest periods, indoor activities, outdoor play time and a variety of large muscle activities throughout the day. There must be physical activity, appropriate to the ages of the children in care, every day.

(h) Programs must offer daily supervised outdoor play, except during inclement or extreme weather or unless otherwise prohibited by a health care provider. Parents may request and programs may permit children to remain indoors during outdoor play time so long as such children will be supervised by an approved caregiver.”

**It is a good time of the year to test carbon monoxide and smoke detectors to make sure they are working properly!**

Child Care CHAT is published by the Child Care Council \* (716) 661-9430 \* [www.chautauquaopportunities.com](http://www.chautauquaopportunities.com)

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



# Child Development

## WINTER IS HERE! HIP! HIP! Hooray?

The season is here. As much as we want to stay inside to keep ourselves warm from the winter weather, it is also important for us to enjoy outside activities as well. Many would believe that keeping children indoors will keep them safe from sickness that may be associated with winter months such as the cold or flu, but in fact, it is the opposite. Staying inside will likely increase exposure to these viruses due to poorly ventilated indoor environments where viruses and bacteria live and grow (Montessori Academy, 2019.) Therefore, let's go outside and explore winter.

What can children do outside during the winter? Well...play in the snow! What child wouldn't want that, but if you're looking for more of a quiet activity, simply walk outside and keep your senses open.

Here's an activity you can enjoy from the Project Learning Tree (Sustainable Forestry Initiative, 2019.)

### The Sound of Winter

- 1-Cut paper plates in half and give each half to a child to write on what they observe from hearing. (Sure you can use paper, but it'll get wet, soggy, and probably tear easily, plus it's hard to write on without a proper surface to write on)
- 2-On one side, have them write down "Nature". On the other side, have them write down "Humans".





# Attention Child Care Professionals!

## *The Sound of Winter Continued....*

- 3-Take a walk outside and listen carefully. Have children draw or write down what they observe simply by listening. On nature's side for example, children can draw a bird when they hear the crow or chirp that comes from a bird. On the human's side, children can draw a snow blower when they hear a snow blower or draw cars when they hear the sounds of car engines in the area.
- 4- When everyone is back inside, have the children share their experiences of what they've heard and tally the reports on a chart.



### **Work Cited:**

Montessori Academy, 2019. Retrieved from: <https://montessoriacademy.com.au/outdoor-play-in-winter/>

SUSTAINABLE FORESTRY INITIATIVE, 2019. Retrieved from: <https://www.plt.org/educator-tips/outdoor-winter-activities-preschool>





# Child Development

## Winter Math

\*Cut out mittens on darker colored construction paper. Write a number on one mitten and have the children make “snowflakes” of the same number on the other mitten using white finger paint.



\*Cut out more mittens of various colors and have the children make mitten pairs by matching the colors. Have the children hang the pairs on clothes line of yarn. Make patterns on the clothesline using the colors or have the children draw stripes, polka dots, etc. on the mittens and use the designs to make patterns. Let the children draw patterns freely on the mittens and match them by similarity (i.e. open circles and polka dots are similar, cats on a mitten are similar to dogs on a mitten because they are both animals).



\*Play “hot potato” passing game with snowballs. Bring one inside the house and pass it until it melts and count how many passes until it does.



# Child Development

## Winter Science

\*Go outside and look for animal prints in the snow! Keep a list of how many you can identify! Learn about animals that are out and about in the winter months by looking up information in books about animals that are native to our area.



\*Measuring snow. Bring a yard stick outdoors and measure the snow each day. Discuss why it may be more or less snow. Listen to weather reports and have children create a weather chart. Let them predict how much snow there will be tomorrow!



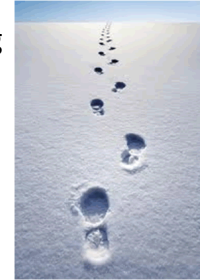


# Child Development

## Winter Gross Motor

### Follow in my footsteps

\*When outside in the snow, make footprints of various sizes of stride and have the children step into them. Make fun patterns, by zig zagging, making circles, etc.



\*Play **FREEZE** Tag for real!

Encourage children to roll around in the snow

Call out FREEZE and ask them to stay still

Take photos of them in funny positions

Put photos in a book or display them to talk about later

### More fun outdoor ideas....

- \* Go sledding! This helps them develop their balance and coordination as well as builds strength.
- \* Catch snowflakes!
- \* Create a snow construction sight. Break out the toy bulldozers and cranes and let the children have fun scooping, shoveling, and building!





# Child Development

## Winter Art

- \* Painting the snow. All you need is water, a spray bottle, and food coloring. They will have so much fun making the snow all different colors!
- \* Create snow art! Make various shapes using your feet and hands!



Snow art compliments of Lizaida and Courtney's Early Head Start Class!

## And if it's just too cold out there, then bring it inside!

- \* Bring bins of snow inside and let the children play in it and build mini snowmen!
- \* In the classroom, you can fill a water table with snow and let children explore it with their hands or with spoons! You can even hide toys in it and have the children find them!
- \* You can even fill a water table or another bin with lots and lots of bubbles and pretend it is snow!
- \* Gather various household items with a winter theme. At the water table or in a large bowl have the children guess if the items will sink or float and ask them why they think that. Make a chart of the results. See <https://www.kcedventures.com/blog/holiday-science-experiment-for-kids> for more ideas!





# Welcome to the Infant Toddler Corner

## Brought to you by the WNY Infant Toddler Resource Network

### The Weather Outside Might Seem Frightful

The winter season is upon us. Soon it will be time to put on our boots, hats, scarves, gloves and get outside to fight the frightful cold weather. But, remember the days as a child, when the cold and snow didn't seem so scary. We would go outside, build snowmen, snow forts, sled down the neighborhood hills, and even lie in the snow to make snow angels! These times in the life of young children seem to be disappearing. Many do not have the opportunity to play outside and enjoy the cold and snow when they are home with their families. This leaves it up to us, as quality child care providers, to get the children we care for bundled up and outside for some great winter fun!

When getting infants ready to go outside in the winter, do it in pairs. Talk to the infants constantly while you are dressing them. Ask for their help. Explain to them about what you are doing. They appreciate being included in the process of getting ready. If staffing allows, take two infants at a time for about 20 minutes. Once outside, take the infants on a walk to see the changes in the scenery around them. Talk to them about the snow on the ground and the bare trees. Allow them to touch the snow. Build a sled out of a flat-bottomed plastic infant bathtub, tucking pillows all around them and pull them around in the snow. This time outdoors will give infants fantastic sensory experiences which is so important to their development.

When getting toddlers dressed to go outside in the winter, make it a social activity/part of your curriculum. Allow them to do as much as possible for themselves, but stay close to provide assistance as needed. This helps to build self-help skills. When one child is able to get ready on their own, allow them to support friends. This is teaching them social skills along with teaching them a lesson on cooperation. Remember, this will take longer than getting children ready to go out in the summer, but be patient, they are practicing many new skills.

Once you are outside with the toddlers, allow them to play, run, jump, climb in the snow. Just about anything you do outside in the summer can be done in the winter—along with making snowmen and snow angels. When toddlers are outside climbing in the snow, they are using many of their large muscles, encouraging large motor development. The more they move around, the more cold air they breathe, the more energy they use, the less active they will be once they get back inside.

Work with parents on providing appropriate clothing for winter outdoor fun. Set up a clothing donation box so parents, teachers and other adults can drop off extra winter clothing to use when some children may not have the proper attire.

When it comes to being outside, most children are warm, happy and excited to be outdoors. It's the teachers who are not prepared. Remember, as the teacher, you also need to be prepared to go outside in the cold winter months ahead. Leave a pair of boots, snow pants, gloves and hat at work, so you are always prepared to get out and have some winter fun with the children in your care.

Resources:

<http://www.claytonearlylearning.org/files/importance-of-taking-infants-toddlers-outdoors.pdf>

Child Care Information Exchange 1/96: *Caring for the Little Ones*. By Karen Miller

# Kids in the Kitchen

## CACFP NEWS

**Grain Ounces Equivalents Delayed Until October 1, 2021**— To allow the Food and Nutrition Service (FNS) more time to develop additional materials and technical assistance, the implementation of Grains Ounces Equivalents in the CACFP has been delayed until 10/1/21.

**2020 Calendars** - The 2020 calendars are in, and if you have not yet received a calendar for your program and would like one, please let Chris Wigren know - 661-9430 x 2269 or [cwigren@chautopp.org](mailto:cwigren@chautopp.org).

### Recipe Fun

**Squish Squash Lasagna** was created by Liberty Elementary School in Powell, Ohio.

According to school staff, they knew the dish was a success when children asked for second helpings! You can find this and many other recipes for your child care program at:

<https://theicn.org/cnrb/recipes-for-child-care/recipes-for-homes/>

#### Ingredients:

¼ tsp Canola oil

¾ cup Fresh onions, peeled, diced

2 tsp Fresh garlic, minced

1 ½ cups Canned low-sodium diced tomatoes

¼ tsp Dried oregano

¼ tsp Dried thyme

¼ tsp Dried basil

8 Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets

1 ¼ cups Fresh spinach, julienne cut "shoestring strips" 1/8"

22 slices Fresh butternut squash, peeled, seeded, sliced ¼" (1 medium)

¾ cup Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz.)

# Kids in the Kitchen

## **Squish Squash Lasagna continued**

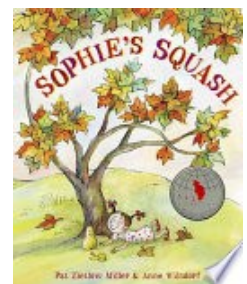
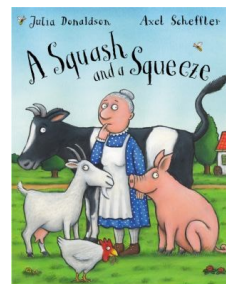
1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add ½ cup water. Mix well.
3. Divide sauce into 3 equal parts (about ¾ cup each) and set aside for step 6.
4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble lasagna.
5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.

To Assemble: Place 4 lasagna sheets overlapping, covering the bottom of the pan.

- ◇ Cover evenly with about ¾ cup tomato sauce .
- ◇ Spread half of the spinach (about ¾ cup) evenly over sauce.
- ◇ Place 11 slices of squash on top of spinach, slightly overlapping.
- ◇ Repeat layering steps.
- ◇ Cover with remaining sauce (about ¾ cup)
- ◇ Cover tightly with aluminum foil and bake at 350°F for 50 minutes or until squash is fork-tender.
- ◇ Be sure to let the children in your care help prepare this dish. They can measure, mix, and layer the cooled ingredients.

Here are some “squash-themed” books to read together and a great way to introduce what might be a new vegetable for some of the children:

***Sophie's Squash, Mrs. McNosh and the Great Big Squash, A Squash and A Squeeze.***



# What's Happening

## Jan. 3 Harry Potter Club



Lakewood

Club activities include Harry Potter trivia, book and film discussions, and themed food, games, and treats. All ages welcome. For more information -call 716-763-6234 or visit [lakewoodlibrary.org](http://lakewoodlibrary.org).

## Jan. 11 Fredonia Farmers' Market



Fredonia

Open every Saturday. Featuring local produce, home baked goods, meats, organic poultry, cheese, eggs, jam, jellies, hand-made soaps and bath products, plants, flowers, herbs, local artisan and crafters. We participate in FMNP, WIC and EBT programs. For more information 716-965-2716 or visit [fredoniafarmersmarket.org](http://fredoniafarmersmarket.org).

## Feb. 8 WinterFest 2020



Bemus Point

WinterFest is an eventful, fun-filled winter day in Bemus Point, New York. The festivities are located right off the trail, at the Bemus Point Golf Club and Tap House, you can ride-in or drive-in. Lots of exciting events, vendor/dealer displays, prizes, music, and much, much more!

## Mar. 28 Grow Jamestown Garden Fair & Home Show



Jamestown

FREE ADMISSION! The GROW Jamestown Garden Fair and Home Show returns with twice as much vendor space! The event will feature educational lectures and workshops, vendors, raffles, kids activities, and more! This is the only TRUE garden fair and home show in the area. Workshops, demonstrations and kid's activities! For more information call 716-489-3497 or visit [jamestownrenaissance.org](http://jamestownrenaissance.org).





Chautauqua  
Child Care Council

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



**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!

**Chautauqua Child Care Council Staff**

**Director:**

Susan Marker .....(716) 661-9430 ext. 2227

**Child Development Coordinator:**

Sandra Sheridan .....(716) 366-8176 ext. 1222

**Child Development Specialist:**

Beth Faulkner.....(716) 661-9430 ext. 2295

**Child Development Specialist:**

Megan Saeli.....(716) 661-9430 ext. 2260

**Child Development Specialist:**

Lorrie Dean.....(716) 661-9430 ext. 2273

**Child Development Specialist:**

Alisha Perry.....(716) 661-9430 -ext 2293

**Legally Exempt Program Specialist:**

Heidi Woodard.....(716) 661-9430 ext. 2300

**Resource and Referral Specialist:**

Erika Hines ..... (716) 661-9430 ext. 2261

**Registrar:**

Chirhoua Churjeng.....(716) 661-9430 ext. 2289

**Registrar:**

Patti Dudenhoefter.....(716) 661-9430 ext. 2290

**CACFP Program Specialist:**

Chris Wigren.....(716) 661-9430 ext. 2269

***Chautauqua  
Child Care Council  
Advisory  
Board Members***

Dr. Jennifer Berke

Dr. Mira Berkley

Bonnie Caldwell

Jessie Hill

Jill Triana

Judy Yarber

Lindsey Ellis

Stephanie Stevens

Marilyn Orlando

Donna Shepard

Sharon Rinehart

Denise Smith

Elizabeth Starks

Patricia Harper

Angela Moran

**If You Are Interested  
In Becoming A  
Council Advisory  
Board Member,  
Please Contact**

**Child Care Council  
716-661-9430  
Ext. 2227**