

HELP YOUR KIDS HAVE A HEALTHY SCHOOL YEAR

Children and teens are more likely to learn, thrive and develop appropriately when they attend school in-person, alongside their peers. With schools back in session, here are some ways you can help your kids stay healthy and minimize absences.

The basics: sleep, exercise & nutrition

Begin with the basics, ensuring that students get nutritious meals, sufficient sleep and physical activity. All of these are key to academic and social success. Studies show that children who eat a nutritious breakfast function better at school, for example. Many children qualify for free or reduced-price food at school, including breakfast.

Getting enough sleep is also critical to staying healthy and thriving at school. Not getting enough sleep can affect memory, concentration, creativity and learning. In fact, lack of sleep is linked with lower academic performance, school attendance and tardiness.

Stay up to date on immunizations & checkups

Make sure your child is up-to-date on their vaccines and gets a yearly check-up. If your child will be playing a sport, be sure to get a pre-participation (sports) exam. This type of exam also includes screening for mental health conditions. Your pediatrician can help you update any forms your child's school may need in case of a medical emergency.

The single most effective way to protect our children before they return to school is to make sure they are up to date on all of their immunizations. We've seen a decline in vaccination rates nationally and are concerned about potential outbreaks of life-threatening diseases. A recent case of polio reported in New York reminds us that we cannot let down our guard. We also know that people vaccinated against viruses such as COVID and influenza (flu) are much less likely to have a severe illness or be hospitalized if they do get sick, compared with those who are unvaccinated.

Keeping COVID under control

The AAP recommends COVID vaccination for everyone 6 months and older. Children should get fully immunized as soon as they are eligible. Keep children and teens home from school if they are sick or show new symptoms, and continue to emphasize handwashing. Although not required in many school districts, indoor masking is



still a good idea. Use well-fitting masks if your child is currently ineligible for the COVID-19 vaccine; is unvaccinated; immunocompromised; if a family member is at high risk; or you live in a community with "high" COVID-19 transmission.

Stay tuned in to your child's mental health

Many children and teens have experienced mental health struggles over the past few years. It's important to let them know it's OK to talk about how they're feeling. Stay on the lookout for any changes in behavior that worry you or any signs of anxiety, depression or distress. Try to prioritize family meals and exercise breaks, like taking walks together. These can be great opportunities to talk. Ask your pediatrician if you are unsure if your child needs help or how to start a discussion.

If you have a firearm in your home, make sure to lock it up and store the ammunition separately. The increased risk of suicide is higher for children and teens who live in a home where guns are stored loaded or unlocked.

Talk about racism, bullying & kindness

Talk with your child about racism and hate. Encourage children to seek help from a trusted adult if they are discriminated against or witness an act of bullying or discrimination against others. Emphasize the value of treating others with respect and how simple acts of kindness can make a big difference.

Plan for mindful media use

The change in routine is a good time to create or update your family media plan so you can help your child balance screen time with sleep, exercise and other healthy activities. Help your children choose high-quality programs or games and help them recognize sites that promote false information.

Remember children are resilient and can overcome many challenges with the help of trusted adults around them. Talk with your pediatrician if you have any questions or concerns about your child's health as the school year starts.

*Excerpted from:
5 Ways to Help Your Kids
Have a Healthy School Year
By: Sonja O'Leary, MD, FAAP
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From the Director's Desk

Child care providers face challenges from all sides - business costs, work-life balance, staffing, finding time to complete paperwork, and more. One challenge that we tend not to pay due credit is the pull on emotions when discussing business with parents. The reason most child care providers get into the business is because they love children and families. Providing a safe and loving second home to children while their parents are working or in school takes precedent and the business end takes a backseat. When you work with a family for years you almost become part of that family -it can be extremely difficult or uncomfortable to have conversations about tuition, bills, late payments, etc. Your business is essential and you need to survive this increasing expensive world as well. It is important to come to a balance between being kind to families and maintaining a professional relationship

That said, with the rising costs of food, gas, rent, and seemingly everything else- families may be facing financial hardship. Some may be experiencing this for the first time and not be aware of what kinds of services are out there. It may even be something yourself or your staff are also feeling the stress of. One benefit to both parents and providers that will be touched on in other areas of this newsletter is the Child Care Assistance Program. This program is raising their income guidelines to include many more families that may not have been eligible before. The changes in the program also allow for parents to be in school and qualify for the program without having to work an additional 17.5 hours.

Families may also be struggling in other areas of their household finances they may never have before. It will be helpful to know who to refer them to if they need assistance. Utility and energy costs are projected to be extremely high this winter. The Home Energy Assistance Program is helpful to offset heating costs and possibly utilities in certain situations. With food costs still very high, SNAP and WIC are programs that parents may need to resource. When in doubt, feel free to refer families to Catholic Charities where we can assist them or point them to the agency that will assist in those needs. For child care providers, if you are not currently on the Child and Adult Care Food Program, it will help you save money on food costs.

Rebecca Matthews

Important Reminder!

If you are a family day care provider, please notify our office first thing in the morning (*or as soon as you know*) if you are not going to be open at any time during the day. This must happen **every time** you expect to be closed.

If you are a group family day care provider **and you participate in CACFP**, you must also contact our office first thing in the morning (*or as soon as you know*) if you will not be serving any given meal that day.

Visits by your registrar, or your CACFP monitor, can happen at **any** time during your scheduled hours since all visits are unannounced. It is your responsibility to notify us of changes in your daily schedule such as late openings, early closures, or full day closures.

We understand emergencies happen, but we often arrive at a providers' home to find them either leaving for an appointment, or being closed for the day with no children. A phone call the morning of your closure will often save us an unnecessary trip!

Community Resources

Caring Connections – Emergency Assistance

Offered to individuals and families who are struggling to meet their basic needs. Assistance includes a listening ear, referrals to existing services, and when appropriate, material goods and financial assistance.
[Catholic Charities | 607-432-0061](tel:607-432-0061)

Dispute Resolution Center

Offers alternative dispute resolution services to individuals and groups for the peaceful resolution of conflict. Services include mediation, conciliation, facilitation and restorative practices. All services are voluntary, impartial and confidential.
[Catholic Charities | 607-432-0061](tel:607-432-0061)

Nutrition Outreach Education Program

Provides home SNAP application assistance and connects the community with food and nutrition resources.
[Catholic Charities | 607-432-0061](tel:607-432-0061)

WIC | Special Supplemental Nutrition Program for Women, Infants and Children

WIC provides supplemental food, health care referrals, and nutrition education for income-eligible pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five.

[Opportunities for Otsego | 607-433-8071](tel:607-433-8071)

HEAP | Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes.
www.mybenefits.ny.gov



Birdseed Ornaments

Materials

- 2.5 cups Birdseed
- 2 Packages Unflavored Gelatin – 2 Tbsp total
- 2 Tablespoons Corn Syrup
- 1 cup Water
- 12 Cookie Cutters
- 3 Drinking Straws – Cut into 2" long pieces
- Twine

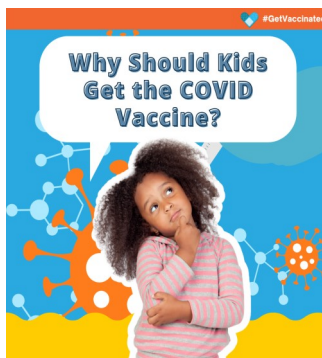
Instructions

1. Add 1/2 cup cold water to a large bowl.
2. Pour the 2 packages of unflavored gelatin on top of the water.
3. Add 1/2 cup boiling water to the gelatin mixture and stir until the gelatin is completely dissolved.
4. Add the corn syrup and stir until combined.
5. Add the birdseed and mix well.
6. Place the bowl in the refrigerator for about 10 minutes until the liquid firms up enough that it won't leak out from under the cookie cutters.
7. Set your cookie cutters onto a parchment lined baking sheet and fill them with spoonfuls of the birdseed mixture. Using the back of the spoon, press down the birdseed mixture firmly to fill in all the gaps. Fill the cookie cutters to the top.
8. Press the drinking straws into each of the shapes leaving at least 1/2" of space between the hole and the edge of the shape.
9. Place the ornaments in the refrigerator overnight.
10. To remove the cookie cutters, gently pull the metal away from the edges on all side then gently push the birdseed ornaments out of the cookie cutters. Gently pull the straws out.
11. Thread a piece of twine through the hole and tie the ends in a knot.
12. Hang the birdseed ornaments from tree branches, leaving room nearby for the birds to perch on while eating.



onelittleproject.com

Fall Into Reading



Some kids can get serious infections from COVID (even if most are milder). COVID-19 is one of the top 10 causes of death among children. A COVID-19 vaccine is the best way to protect your child from being hospitalized or developing long-term symptoms.

Keeping Kids Fed Act

The Keeping Kids Fed Act (KKFA) allows all CACFP participating providers to receive Tier 1 reimbursement between 7/1/22 - 6/30/23 for meals served to day care children in their programs.

Reimbursement Rates for meals Served in Day Care Homes July 1, 2022 - June 30, 2023

	Breakfast	Lunch/Supper	Snacks
Tier 1	\$ 1.66	\$ 3.04	\$ 0.97
Tier 2	\$ 1.66	\$ 3.04	\$ 0.97

KKFA increased CACFP reimbursements by 10 cents for each meal and snack for child care providers. These enhanced reimbursements will make it more affordable to provide the healthy foods required by CACFP to support good health and development.

Professional Development

Upcoming Trainings

Harvest Get-Together

Date: November 9, 2022 - 6:15 - 8:15 pm

Location: TBD

▪ We are inviting you to join your fellow child care providers and members of the CCRR team to kick off the season of thankfulness and harvest. We will come together to share a bite to eat (please bring a dish to pass), and to focus on the good that you are doing within your programs, for your children and families and the whole community.

Call to register: (607) 432-0061

Caring Spaces

Date: October 18, 2022 - 6:15 - 8:15 pm

Location: TBD

▪ Come join us as we discuss the importance of the first three years of life and all that we, as caregivers, can do to support growth and development! Caring Spaces is a three-tiered approach to building and measuring quality in infant and toddler environments. It evaluates the child care provider's ability to provide an open and exploratory environment, responsive caregiving, and age-appropriate materials and experiences. This training and the checklists presented create a clear path to strengthening practice. Caring Spaces can be used as both a self-assessment tool as well as a guided endorsement process in partnership with an Infant and Toddler Specialist.

Call to register: (607) 432-0061



Health and Safety Competencies For Becoming a FDC/GFDC

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. This is required training for becoming a Licensed/Registered Day Care Provider. This training spans multiple days and all days must be attended. You will receive 15 hours of training credit if your day care application is in process at the time of the training. Trainings are available at different times throughout the year at the child care resource and referral agencies listed on this page.

SUNY Training Strategies Group

Funding for Training

(518) 443-5940

- Medication Administration Training Grant Program
tsg.suny.edu/matgrant.shtm
- NYS Educational Incentive Program
tsg.suny.edu/eip.shtm

New York State Credentials

NYAEC - Promoting excellence in early care and education services for New York State children and families, through education, advocacy and the support of the profession (Family Child Care, Infant/Toddler Care, Children's Program Administrator) - nyaec.org

Network for Youth Success - The New York State Network for Youth Success administers the New York State School Age Care (SAC) Credential, which promotes quality services to children and families by providing specific standards, training, and evaluation for afterschool professionals - networkforyouthsuccess.org

Find a Degree Program

[Earlychildhood.org](https://earlychildhood.org) - Find a college near you that offers Early Childhood courses and degrees.

SUNY Learning Network - Find an online degree program - sln.suny.edu

Regulatory Information

Group Family Day Care / Day Care Center

Office of Children and Family Services

155 Washington Ave., Albany, NY 12210

(518) 402-3038 | ocfs.state.ny.us

Family Day Care / School Age Child Care

Child Care Support Services, Catholic Charities

176 Main Street, Oneonta, NY 13820

(607) 432-0061 | charitiesccd.org

Fingerprinting for Child Care Settings

L1 Identity Solutions

IdenToGo.com

(877) 472-6915

CCR&R Agency Training Resources

- **Delaware Opportunities** - Hamden
(607) 746-1620 | delawareopportunities.org
- **Family Enrichment Network** - Johnson City
(607) 723-8313 | familyenrichment.org
- **Brightside Up** - Albany
(518) 426-7181 | brightsideup.org
- **Child Care Solutions** - Syracuse
(315) 446-1220 | childcaresolutionscny.org
- **Cornell Cooperative Extension of Oneida County** - Oriskany
(315) 223-7850 | cceoneida.com/child-care-council

News, Updates and Training Opportunities

Health Care Consultancy & Medication Administration Training

Child Care Support Services has partnered with Otsego County Public Health Nursing to provide Health Care Consultancy Services to child care providers in Otsego County, as well as the Medication Administration Training / MAT Renewal Training.

For more information contact:
Suzanne Smith
smiths@otsegocounty.com
(607) 547-4230

SCR Clearance Fees

All prospective daycare providers (**FDC, GFDC and Legally Exempt Child Care**) and applicants for employment in day care programs will be charged a \$25 fee for any SCR database check. Payment can be made by certified check, postal or bank money order made payable to "New York State Office of Children and Family Services" and submitted with the SCR form DSS-3370.

Questions? Call Jeannette at (607) 432-0061

Child Development Associate

CDA Council - The Child Development Associate (CDA) Credential is the most widely recognized credential in early childhood education (ECE) and is a key stepping stone on the path of career advancement in early childhood education - cdacouncil.org

Accreditation

National Association for the Education of Youth Children - NAEYC's two quality assurance system levels equip programs with the tools to provide the best learning experiences for young children and provide the highest quality professional preparation of educators by meeting national standards of quality - naeyc.org

National Association for Family Child Care - NAFCC sponsors the only nationally recognized accreditation system designed specifically for family child care providers. Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation - nafcc.org

Online Learning

- ecetp.pdp.albany.edu
Select sign up for early childhood e-learning
- tsg.suny.edu/elearn.shtm
Various childcare learning opportunities to choose from
- carecourses.com
Book & Online Training for Early Childhood Professionals
- nyworksforchildren.org
Click on professional growth

REQUIRED TRAINING FOR LEGALLY EXEMPT CHILD CARE PROVIDERS!

All non-relative legally exempt child care providers are required to take **5 hours of training** prior to their enrollment **or** re-enrollment date. Proof of training must be submitted with the enrollment/re-enrollment packet to our office. Training must be in specific areas described in Social Services Law.

For more information on the topics, as well as where to obtain free training, please contact our office at (607) 432-0061.

Zero to Three

The ZERO TO THREE Policy Center promotes good health, strong families, and positive early learning experiences for all infants and toddlers, with special emphasis on those who are the most vulnerable and in need.

Explore their work in Federal Policy, State and Local Policy, and participate in their Advocacy efforts:

zerotothree.org

How do you contact your legislators?

NY State Assembly: nyassembly.gov
 NY State Senate: nysenate.gov
 NY State Congress: house.gov

Enrolled Legally-Exempt Providers...

The New York State Department of Health's **Child and Adult Care Food Program (CACFP)** pays for meals and snacks served to children up to age 13 enrolled in Legally Exempt homes. The major focus of CACFP is to serve nutritious meals and snacks in day care homes which care mainly for children from low income households. However, all Legally Exempt providers meeting eligibility guidelines may take part in CACFP! Please call our office for more information: (607) 432-0061.



With the facts, we can all make informed decisions about our health.

COVID-19 Vaccine

MYTHS VS FACTS

#GetTheVaxFacts



Child and Adult Care Food Program Food for Thought

Cheesy Broccoli Tots

Ingredients:

- 1 1/2 cup frozen broccoli florets, thawed
- 1 1/2 cup mashed potatoes
- 1 1/2 cup shredded cheese
- 1/2 cup whole grain breadcrumbs
- 1 egg
- 1 tsp onion powder
- Cooking oil spray



Directions:

1. Preheat oven to 400°F.
2. Chop the broccoli into small pieces.
3. In a large bowl, add all ingredients together and mix until all is well combined. Scoop 1 tbsp of mixture and form into a tot shape, repeat. Line the tots on a greased baking pan. Using the cooking oil spray, spritz each tot with oil.
4. Bake for 25 minutes or until golden brown. Serve warm.

* Five tots provide 1/4 cup vegetable and 3/4 oz eq meat alternate.



CACFP IS AN INDICATOR OF QUALITY CHILD CARE

One of the most important lessons a child will learn is healthy eating habits. Children learn these habits in a childcare home, center, or afterschool program which recognizes the importance of participating in the Child and Adult Care Food Program as a way to help children grow and develop to their fullest potential. With guidance from the USDA Dietary Guidelines and Meal Patterns, caregivers work to establish and encourage healthy eating habits. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits.

cacfp.org

Top Five Tips

for Picky Eaters

Every kid is a picky eater at some point or another. It's not only a challenge for parents at home but it's also a struggle for child care providers. While we can't promise your kids will be jumping at the chance to try Brussel sprouts or liver and onions, we can offer some strategies that may help.



1. **Try & try again.** Introducing new foods takes a lot of patience with picky eaters. Don't try to force it. Implement the "one bite to be polite" rule. It's ok for children to not like certain foods but they won't know unless they try it first. They just might surprise themselves and find a new favorite.
2. **Get them involved.** Children are more likely to try something they are involved in creating. Have names for classic dishes such as Monster Meatloaf. Then have them help with meal preparation. Give each child a job that is age appropriate such as washing vegetables, cutting fruit with plastic knives or stirring noodles.
3. **Explain the why.** Talk to picky eaters as you offer healthy choices. Ask them, "Why are you eating carrots?" Teaching children about the food they're eating and where it came from, encourages them to try it.
4. **Ask parents for help.** Parents know their children best. Ask them what their children's favorite foods are and what tricks may work at home. Working together, you can conquer the walls of a picky eater. Give parents a copy of your weekly menu to help them avoid serving the same dish at home.
5. **Make it fun.** Mealtime should be a fun and engaging experience. Add color to foods. Who doesn't like to eat green eggs and ham on Dr. Seuss Day? Cut sandwiches into shapes, make up imaginative names for fruits and vegetables, and introduce different ways to eat food, like using chopsticks.

cacfp.org

Mandatory CACFP Training Requirement



We will be offering **ONE** Mandatory CACFP Training date in 2023. That session will be held in September 2023. **ALL** participating providers will be required to attend that session.

The Family Corner

Child Care Assistance

Income Guidelines
Effective 8/1/2022

Day Care Income Standards:

<u>Family Size</u> <u>Standard</u>	<u>300% Standard</u> <u>Income Eligibility</u>
1	\$40,770.00
2	\$54,930.00
3	\$69,090.00
4	\$83,250.00
5	\$97,410.00
6	\$111,570.00
7	\$125,730.00
8	\$139,890.00
+ each extra person	\$14,160.00

To request an application to apply for this program, contact the Otsego County Department of Social Services at (607) 547-1700 or (800) 422-2512. Every effort will be made to arrange a time convenient for you to apply or you can apply by mail.

FALL scavenger hunt

<input type="checkbox"/> spider	<input type="checkbox"/> pumpkin	<input type="checkbox"/> gourd
<input type="checkbox"/> red leaf	<input type="checkbox"/> worm	<input type="checkbox"/> football
<input type="checkbox"/> pine cone	<input type="checkbox"/> acorn	<input type="checkbox"/> red berry
<input type="checkbox"/> scarecrow	<input type="checkbox"/> apple	<input type="checkbox"/> candy corn
<input type="checkbox"/> spider web	<input type="checkbox"/> bark	<input type="checkbox"/> green leaf
<input type="checkbox"/> moss	<input type="checkbox"/> rock	<input type="checkbox"/> mum plant
<input type="checkbox"/> grass	<input type="checkbox"/> orange leaf	<input type="checkbox"/> bird's nest
<input type="checkbox"/> feather	<input type="checkbox"/> corn cob	<input type="checkbox"/> stick



Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth to age five in participating communities within the United States, United Kingdom, Canada, Australia and Republic of Ireland.



Children living in Delaware and Otsego Counties are eligible to participate in this program! For more information and to register, visit:

www.ImaginationLibrary.com

Free Online Child Care Referrals!

Are you a parent searching for child care in Otsego County?

You now have the ability to search for child care any time of the day or night!

Access our online referral packet which includes information to help you make an informed child care decision!

VISIT OUR WEBSITE!
WWW.CHARITIESCCDOS.ORG

Parent Training Resources

Family Service Association

Family Service Association provides information, advocacy, and referral services for individuals and families in need.

277 Chestnut Street, Oneonta | (607) 432-2870

Family Resource Network

The Family Resource Network Inc. (FRN) provides family support services to families who have a child with special needs.

46 Oneida Street, Oneonta | (607) 432-0001

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:
zerotothree.org

RECALL INFORMATION

For information on the latest safety recalls please visit the OCFS website:

ocfs.ny.gov/main/product_recalls.asp





Child Care Support Services
A Program of Catholic Charities
of Delaware, Otsego and Schoharie Counties
176 Main Street
Oneonta, New York 13820

Trick-or-Treat Safety

Costume Safety

- All costumes, wigs and accessories should be fire-resistant
- If children are allowed out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks
- Opt for nontoxic Halloween makeup over masks, which can obscure vision; always test makeup in a small area first to see if any irritation develops

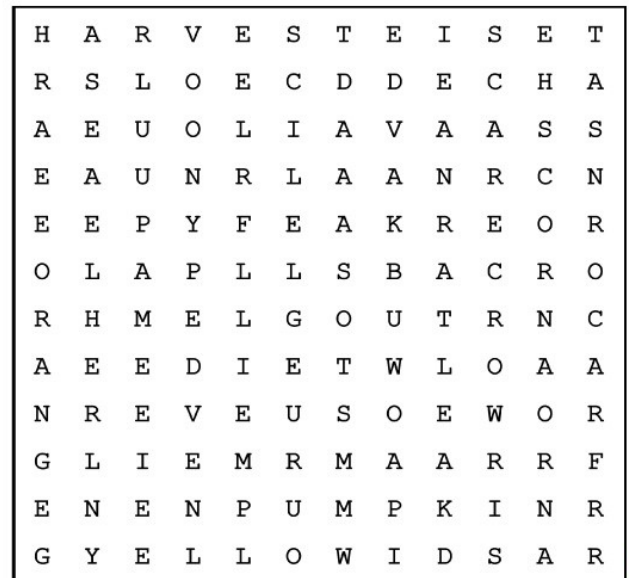
When They're on the Prowl

Here's a scary statistic: Children are more than **twice as likely to be hit by a car and killed** on Halloween than on any other day of the year. Lack of visibility because of low lighting at night also plays a factor in these incidents.

- A responsible adult should accompany young children on the neighborhood rounds
- If your older children are going alone, plan and review a route acceptable to you
- Agree on a specific time children should return home
- Teach your children never to enter a stranger's home or car
- Instruct children to travel only in familiar, well-lit areas and stick with their friends
- Tell your children not to eat any treats until they return home, and take care to avoid any food allergies
- Put electronic devices down, keep heads up and walk, don't run, across the street

FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	

