

HOW TO TEACH KIDS SCIENCE AND WHY IT'S IMPORTANT

Science has led to the discovery of everything from gravity to medicine. Science is based on curiosity—and when children aim to learn more about the world around them, it is science that often holds the clues they need for a better understanding.

Why Science Matters in Daily Life

Science, directly and indirectly, influences all aspects of everyday life. From the food we eat to the way we get around, science is everywhere. Once you begin to see all the opportunities to learn, the relationship between science and critical-thinking skills become apparent.

Beginning when children are very young, science helps shape their development. As they learn to ask questions, make predictions, observe, test, and then communicate their findings, they are developing critical science skills.

Kids should learn science because:

- Science helps children develop key life skills, including an ability to communicate, remain organized and focused, and even form their own opinions based on observation. Science also helps children develop their senses and overall awareness.
- Children are hands-on learners, and the world around them provides so many natural opportunities. That is why you should never underestimate the power of learning through play. Interacting with their environment will support their intellectual development.
- Children are primed for learning, and what they learn while they're young can impact their interests later in life. Studies have shown that students begin to develop an interest in science, technology, engineering, and mathematics (STEM) during the elementary years. Having an interest and knowledge in these subject areas provides future career opportunities.

Parents Want to Help Their Children Learn Science

A recent study, conducted by the Education Development Center and SRI International, found that while 9 out of 10 parents help their young children complete learning activities daily, only around half say that these activities are science-based.

Although parents are eager to teach their children science-related topics, many admit that they lack the tools and confidence to do so. Unfortunately, this is a missed opportunity—and for the most part, the concept of “science” is being overthought.



Science can be simple, and it can be fun. Whether you head out into the backyard to observe a colony of ants or watch a storm roll in, these everyday scenarios are learning opportunities parents can take advantage of.

Tips to Help Children Learn Science

- **Explore, explore, explore! Science is everywhere, which is why a visit to the park or an afternoon in the yard provide so many opportunities to learn.** Always encourage your child to question their surroundings, and then discuss. If there is something you're unsure of, research and learn the answer together. You don't need to know all the answers—in fact, as a parent, it is beneficial when YOU ask questions and model curiosity as well.

- **Remember, science is cumulative.** This means that children will build knowledge from what they already know. Start celebrating science in your home as early as possible, discuss science-based topics daily, and make it fun! Whether that means you head out for a special family constellation night or bake a cake, these are everyday opportunities that allow you to discuss science.

- **Always consider your child's individual personality, interests, and social habits.** This will allow you to come up with engaging activities that make them feel excited yet comfortable. Also, be mindful of what your child *wants* to do, as this will heighten their ability to learn.

- **Invest in a few pieces of equipment** if your child is interested in learning more. An inexpensive microscope, for instance, could turn a trip to your local pond into an afternoon of wonder and learning. There are so many fun toys that will also get kids involved, including ant farms, astronomy kits, and kitchen science experiments, so have fun with science! In addition to exploring and communicating as a family, it is important to invest in your child's willingness to learn. There are many programs available that are fun and interactive, helping them build a solid foundation in science.

From life sciences to environmental science, physical science to earth science, when children express interests in these subjects, encourage them and learn with them. After all, author, Mahtab Narsimhan, said it best, “A good education is the greatest gift you can give yourself or anyone else.”

by Learning Liftoff
www.learningliftoff.com

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From the Director's Desk

Happy spring! Yes, though it is still cool and it was snowing yesterday, I do think winter has begun its slow transition into spring. There have been robins sighted, the sun is out, and there have been a few days where we did not have to wear our winter parkas but a lighter jacket. April holds a place for several things near and dear to our hearts including child abuse awareness, Week of the Young Child, and volunteer appreciation and then in May we have provider appreciation; we celebrate moms. June brings celebrations of dad and graduation milestones, along with the end of the school year.

The past year has been so full of "I don't know" or "it depends" along with fear and trepidation and weariness related to the COVID-19 pandemic. Now that there is a vaccine and people are accessing it better, it feels like we are also making a slow transition out of the darkness. I am hopeful for all that the coming spring will bring us.

I am also hopeful that child care will come out of its period of darkness and see new life. The number of child care providers and programs in Otsego County is at a very low point. This fact is going to be particularly difficult as we see more businesses open and people going back to work outside of their homes. The lack of child care in our area actually keeps me awake thinking about what can be done to help develop new providers. For our part, we cannot open our own child care program. Believe me, I have asked. We will recruit, answer questions, and offer as much assistance and guidance as a person feels that they need to get through that initial process. Currently, it is a very difficult time to do recruitment. However, once we come through this, we plan to spend a lot of time on those efforts. **We would like to be able to get a couple of testimonials from providers who have been through the process and in the business for a long time to put up on our website and social media.** If you feel that you can tell your story in a brief video and would like to help us bring new people into this field locally, please give us a call.

We are still looking to have a group of providers who would like to help us in planning training that they would like to see on a continuum from the basic to advanced levels and to offer different ways of delivery to suit the

different needs out there. This was something we wanted to do pre-COVID but everything that we were trying to develop has been on hold for over a year. We are looking to get started, perhaps first via an online method like Zoom and move to in person meetings. For people who have issues getting service where they live, and we know who you are, if you would be comfortable being on-site, we could make arrangements for you to still participate—don't let that stop you! If you have other ideas for things that you would like to see offered, please let us know. I believe that the annual surveys have gone out. We do want your feedback. The CCR&R is here to serve you but we can only do and offer the things you want if you let us know you want them. Last, if you would like to contribute something to the newsletter, we would be glad to have a designated space filled by providers. I will donate half of my space!

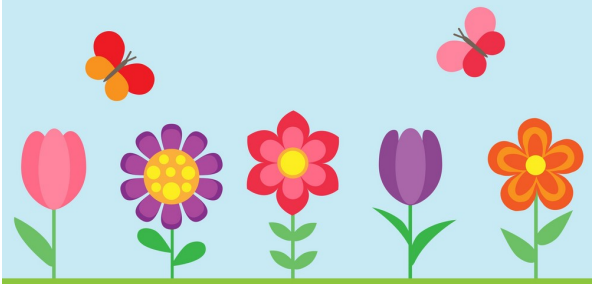
Christy Houck

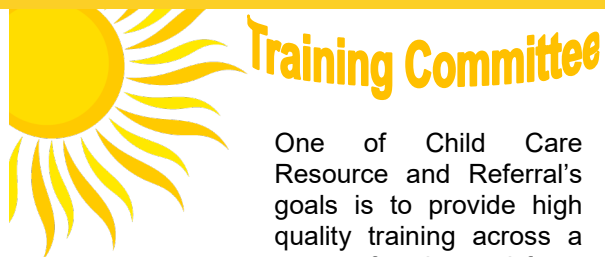
What changes have you implemented that help you operate during the Covid-19 Pandemic?



Melinda, from Mountaintop Family Childcare says:

"We put in a new hand washing station in the playroom to help make hand washing go quicker!"



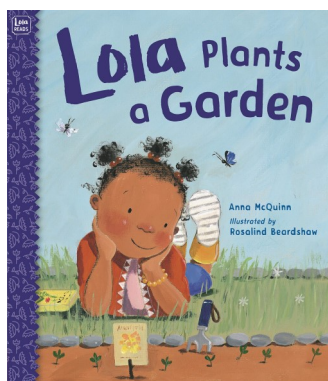


Training Committee

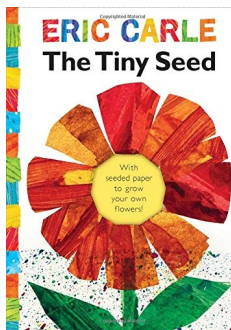
One of Child Care Resource and Referral's goals is to provide high quality training across a range of topics and for a variety of skill and knowledge levels. In order to meet the needs of the greatest amount of providers we are looking to create a Training Committee to determine training needs and brainstorm topics for future trainings. We are looking for volunteers from all modalities and all experience levels. Please reach out to Kim (kahearn@charitiesccdo.org) if you are interested.



Spring Reading



Planting a Rainbow by Lois Ehlert



Get Crafty!



NYAEYC
2021 VIRTUAL ANNUAL
CONFERENCE
APRIL 15-18, 2021
REGISTER ON-LINE:
WWW.NYAEYC.ORG



ACES

Adverse Childhood Experiences

Early life experiences are the foundational building blocks for development, learning, and health throughout a person's lifetime. Trauma can have a long-term effect on well-being and functioning for children, adults, families, and our community.

ACEs in Early Childhood

Knowledge about ACEs can help early learning professionals better understand parent's and children's behaviors. This is especially important because interventions are the most impactful with young children.

See our training page for an upcoming training that will address the NEW ACEs training requirement for registered and licensed child care programs.

Professional Development

Upcoming Trainings

Adverse Childhood Experiences Institute

Date: April 24th **OR** May 15th - 9:30 am - 12:30 pm
Location: Virtual Platform

▪ This three hour training aims to broaden the state's understanding of ACE's and their impact on young children, their families, and the field of early childhood education. The 101-Level ACE Institute Training for Child Care Providers and Educators is the first training in a series designed to broaden the awareness of the effects of ACE's on children. This is the foundational training in which providers will learn the basic brain science surrounding the ACE's research. In later trainings, providers will apply this knowledge and gain practical strategies for trauma informed practice in early childhood education and care. **This training was developed by the Early Care and Learning Council and is presented by Kathleen Harland of Brightside Up.*

Call to register: (607) 432-0061

Family and Group Family Provider Forum

Date: April 14, 2021 - 6:30 - 7:30 pm
Location: Virtual Platform

Call to register: (607) 432-0061

Center Director Forum

Date: April 20, 2021 - 2:30 - 3:30 pm
Location: Virtual Platform

Call to register: (607) 432-0061

Mandatory Annual CACFP Training

Date: May 13, 2021 - 6:30 - 7:30 pm
Location: Virtual Platform

▪ 1st of 2 trainings that will be scheduled in 2021 for CACFP participating providers. All participating providers must attend one of the scheduled trainings to meet the annual training requirement.

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

NYAEYC - 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) - nyaeyc.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
- Capital District Child Care Coordinating Council - Albany
(800) 521-5437 | cdcccc.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 at this time contact
Kim Ahearn
kahearn@charitiesccdo.org
 (607) 432-0061

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 Emily 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/learn.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 RE-ENROLLING LEGALLY EXEMPT CHILD CARE PROVIDERS!

All non-relative legally exempt child care providers are required to take **5 hours of training** prior to their re-enrollment date. Proof of training must be submitted with the 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.

Winning Beginning New York

Winning Beginning NY is a statewide coalition working toward the goal of high-quality, affordable and accessible early care and learning for all New York families. Its' members include parents, employers, children's advocates, service providers, labor unions, educators, pediatricians, law enforcement, research and community groups.

View the Winning Beginning New York State's Executive Agenda:
zerotothree.org

How do you contact your legislators?

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



Child Care Support Services has **Start-Up Reimbursement Grants** available for newly Registered or Licensed providers in Otsego County!

Reimbursement grants can total \$500 and are meant to help defer the cost of starting your child care business.

For more information, Contact Kim:
 (607) 432-0061
kahearn@charitiesccdo.org

Child and Adult Care Food Program

Food for Thought

CACFP BEST PRACTICE

- Avoid serving non-creditable foods that are sources of added sugars, such as honey, jam and syrup.
- Provide at least two servings of whole grain -rich grains per day.
- Limit serving processed meats to no more than one serving per week.

MEAL PATTERN NOTES

- Breakfast cereals must contain no more than six grams of sugar per dry ounce.
- Frying is not allowed as a way of preparing foods on site.
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains.

Mealtime Conversation Starters

Meal and snack time are prime opportunities to engage children in conversations which is critical to their social, emotional, language and communication development. Conversations also make for an enjoyable mealtime. Adults should take this opportunity to model language skills using a wide variety of descriptive words and simple sentences, asking open-ended questions, and allowing time for children to respond. Adults must be careful not to dominate the conversation and not interrupt children when they are having conversations. It is important to encourage conversation among peers by inviting them to share their ideas and ask them to respond to their peer's comments.

- Talk about favorites such as colors, foods, & animals.
- Talk about pets, what they eat, what they like to play with.
- Talk about the textures, flavors and temperatures of the foods on the table.
- Use descriptive words: chilled, diced, juicy, tart.

"These peas are good. They grow in a garden like ours. What vegetables could we grow in our garden?"

"What is your favorite book? What part of that story is your favorite?"

"What did you see while you were out on your walk today?"

"I saw you building with blocks, what structure did you build?"

Vegetable Frittata

Vegetable Frittata showcases all the main ingredients! Eggs, mushrooms, onions, bell pepper, spinach, and cheese, all in one delicious frittata muffin.



Ingredients

- 1 ½ cup or 4 oz Fresh mushrooms, coarsely chopped
- 1 cup or 4 oz Fresh onions, diced
- 1 cup or 4 oz or Fresh red bell peppers, diced
- ½ tsp Salt
- ¼ tsp Ground black pepper
- 2 cups or 4 oz Fresh spinach, coarsely chopped
- ½ cup or 1 oz Low-fat cheddar cheese, shredded
- ¼ cup Skim milk
- 3 eggs or 6 oz Liquid eggs
- ½ cup or 2 oz Whole-wheat flour

Directions

- 1 Preheat oven: 350 °F.
- 2 In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered over medium-high heat for 2 minutes.
- 3 Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.
- 4 Pour vegetable mixture into a roasting pan (9" x 13" x 2 ½").
- 5 Cover and refrigerate at 40 °F for 30 minutes.
- 6 After cooled, sprinkle ½ cup cheese evenly over vegetable mixture. Stir well.
- 7 Lightly coat a muffin pan with pan release spray. Portion 2 Tbsp vegetable mixture into 6 muffin cups. Set aside for step 9.
- 8 Combine milk, eggs, and flour in a large bowl. Stir well.
- 9 Portion ¼ cup egg mixture on top of vegetable mixture in each muffin cup.
- 10 Bake until golden brown and eggs are slightly firm: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
- 11 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 12 Critical Control Point: Hold at 140 °F or higher until served.

Source: CACFP Home Childcare 6-Serving Recipe Project. **Preparation Time:** 20 minutes **Cooking Time:** 30 minutes

The Family Corner

STEM Activities

Young children love to explore the world around them-and STEM activities are a great way to help them do it. STEM stands for science, technology, engineering, and math. There are lots of STEM activities available online for families and children to do at home, but some are better than others! With so many STEM ideas to choose from, how do you find what is best for your child? Here are some questions you can ask yourself:

1. Will this activity interest my child?
2. What is there for my child to DO?
3. What is there for my child to FIGURE OUT?
4. What is there for my child to TALK about?
5. What is there for my child to DRAW or WRITE about so they can share their discoveries?



**From NYAEEYC
Message in a
Backpack Choose
the Best STEM
Activities for Your
Child, Geiken
&Chilton.*

*Are you a
Stay-At-Home Parent?*

*Do you work but wish you could be
home when your kids are?*

BECOME A FAMILY CHILD CARE PROVIDER!

We are seeking registered and licensed child care providers for traditional and weekend child care in Otsego County.

For more details contact **Kim** at Catholic Charities: (607) 432-0061 or see our website: CharitiesCCDOS.org



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

HEAD START

From Pregnancy to Preschool - Head Start offers education, health, nutrition, and family support services throughout Otsego County. With many families having lost wages due to COVID-19, those who would not be eligible for Head Start before may now qualify. Learn how we can help you adjust and support your family.

(607) 433-8055 | ofoinc.org





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

April is National Child Abuse Prevention Month



Ten things to do instead of yelling or hitting

It's hard to raise a kid!

You don't have to lift a hand to hurt your child. Words hit just as hard. The next time pressures build up to the point that you might lash out, stop! Try any of these ways to stop yourself from yelling or hitting:

1. Put your hands over your mouth. Count to 10. Or better yet, 20.
2. Stop in your tracks. Press your lips together and breathe deeply.
3. Phone a friend or phone the weather.
4. Say the alphabet out loud.
5. If someone can watch the children, go out and take a walk.
6. Take a hot bath or splash cold water on your face.
7. Pick up a pencil and write down your thoughts.
8. Put your self in a "time-out" for a few minutes.
9. Turn on the radio or TV.
10. Hug a pillow.

Children's Behavior:
Why won't my child behave?

Questions to ask yourself:

- Am I expecting too much for my child's age?
- Do I always say no?
- Do I tend to scream?
- Am I too strict?
- Have there been major changes in our home or lives?
- Am I under a lot of stress?

What you can do:

- Praise behavior you want to encourage
- Make sure your child understands your rules
- Limit "No's"
- Look for the reason for the behavior
- Listen to your child
- Try to understand your child's feelings
- Find out about stages children go through
- Give your child individual attention every day
- Take care of your own needs, too
- Help children use their words
- Use a firm but soft voice
- Be consistent and calm with rules

There are several organizations to call for parenting advice or help. Look for Children and Family Services in your area or dial 411 to reach United Way First Call for Help. You can also contact your local Health Department and ask for community services. If you are afraid you might hurt your child, call the national Abuse Hotline at 1-800-4A-CHILD (1-800-422-4453).