

THE FAMILY CONNECTION

SUMMER 2020



CATHOLIC CHARITIES
OF DELAWARE, OTSEGO AND SCHOHARIE COUNTIES
CHILD CARE SERVICES PROGRAM
176 MAIN STREET, ONEONTA NY 13820

(607) 432-0061 FAX: (607) 431-9303
CHILDCARE@CHARITIESCCDO.ORG
WWW.CHARITIESCCDOS.ORG

FREE ONLINE CHILD CARE REFERRALS!

Catholic Charities Child Care Support Services has child care referrals available online. You now have the ability to search for child care any time of the day or night!

You also have access to our online referral packet which includes information to help you make an informed child care decision!

VISIT OUR WEBSITE!
WWW.CHARITIESCCDOS.ORG

CHATting WITH CHILDREN AT MEALTIMES

Creating a Climate for Communication

Almost everyone, from the young toddler to the older adult, enjoys talking and having others listen. Few activities in life are more important than communicating effectively with one another. Effective communication is the basis for developing healthy and mutually rewarding child-to-child relationships and adult-to-child relationships. You can make mealtimes even more special by encouraging a climate that fosters communication. When you pay attention to children and encourage communication, you help children create a positive view of themselves and the world they live in.

Mealtime can be an important time to encourage communication. A nutritious meal is of little value to a child if it is not eaten and enjoyed. Make it one of your goals to serve meals in a relaxed, social atmosphere. Think of mealtime as a communication time, a time when you can converse with, nurture, and obtain feedback from children. Consider removing the distractions of scattered projects or unfinished activities.

Children need adults to eat with them. When adults eat with children they can:

- serve as role models by their food choices,
- protect children from safety hazards such as cross-contamination and choking hazards, and
- encourage conversation at mealtimes.

health.ny.gov

COVID-19 GUIDE: SEVEN TIPS FOR NEXT SCHOOL YEAR

1. **Start reestablishing a routine.** Just being back to a full day schedule will be challenging for some. Set regular bedtimes, wake up at a consistent time and get dressed! I've seen some parents make out daily schedules like we have in class, so students know what their tasks are for the day and how the day will be structured.
2. **Use this time to ingrain good hygiene habits.** Teach kids to wash their hands multiple times a day for 20 seconds (sing "Twinkle, Twinkle, Little Star"). When school resumes, you won't be there at the bathroom door to remind your child to wash his hands. Also, talk to them about the importance of not touching their faces, especially their nose, mouth and eyes.
3. **Talk to your child about their feelings about going back to school.** Are they excited, scared, sad to leave mom and dad, or all of those mixed together? Have strategies for coping with those feelings when they are away. Teach them to take deep breaths when feeling anxious. Give them a picture of you or your pet for when they are missing home.
4. **Since social distancing measures may continue into summer, get creative with ways for your child to socialize with their friends.** Kids can have virtual lunch dates or tea parties with FaceTime or Zoom. For younger kids who have a harder time knowing how to have an online conversation, make it more interactive by having a virtual scavenger hunt, an art lesson or a Lego-building challenge. Kids and family members can read books and play games together, by using apps like *Caribu*.
5. **Re-teach and model active listening skills.** Play Simon Says or the Telephone Game. Listening in a classroom with all of its distractions is harder than one-on-one. When kids are back with a teacher and classmates, they will need to make eye contact, listen to others and not interrupt.
6. **Start weaning your child from her devices.** Many homes have had an increase in television and digital media use while staying at home. Other than for school activities and socialization opportunities, limit the amount of screen time.
7. **And of course, READ, READ, READ!** Read to or with your child every day. Reading builds verbal, listening, and creative skills, which are very important at school at any age.

While there are challenges ahead, the return to school is going to be a wonderful time. Parents may have a new appreciation for the chaotic mornings getting kids ready and off to school!

Excerpted from: www.LittleRockFamily.com

PARENT EDUCATION OPPORTUNITIES

The Family Service Association

277 Chestnut Street, Oneonta, NY 13820
607-432-2870

www.fsaoneontany.org

Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.

Family Resource Network

46 Oneida St. Oneonta, NY 13820
607-432-0001

www.familyrn.org

Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

Cornell University Cooperative Extension of Schoharie and Otsego Counties

Cooperstown Office
123 Lake Street, Cooperstown, NY 13326
(607) 547-2536

otsego@cornell.edu

Nutrition Education programs that assists income eligible families and youth to improve health.

Southern Tier Independence Center

135 East Frederick Street Binghamton, NY 13904
607-724-2111

-Early Childhood Direction Center: ecdc@stic-cil.org

<http://www.stic-cil.org/ecdc.html>

-Parent Technical Assistance Center ptac@stic-cil.org

<http://www.stic-cil.org/ptac.html>

ZERO TO THREE

Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge.

Visit www.zerotothree.org

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:

winningbeginningny.org

RECALL INFORMATION

For information on the latest safety recalls please visit

The OCFS website: <https://ocfs.ny.gov/main/>

RED BEANS AND RICE

1 tablespoon olive oil

1½ cups onions, fresh, peeled, ¼" diced

1½ cups green bell peppers, fresh, ¼" diced

3 cloves garlic, fresh, minced (1 clove is about ½ teaspoon minced)

¾ cup brown rice, instant, uncooked

2 teaspoons cumin, ground

2 teaspoons oregano, leaves, dried

½ teaspoon salt, table

½ teaspoon black pepper, ground

2 cups chicken broth, low-sodium

3 cups kidney beans, dark red, canned, low-sodium, drained and rinsed; or kidney beans, dry, cooked

1. Heat oil on medium-high in a medium skillet.
2. Add onions and peppers, and sauté for about 3 minutes or until onions are soft.
3. Reduce heat to medium.
4. Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
5. When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium-high, and bring to a boil.
6. Stir in kidney beans. Reduce heat to medium, and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve ¾ cup.



<https://teamnutrition.usda.gov>



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