

Play Activities to Encourage Motor Development in Child Care

Play is crucial to the development of children's gross and fine motor skills. Through play, children practice and perfect control and coordination of large body movements, as well as small movements of hands and fingers. Child care providers can support young children's motor development by planning play activities that provide children with regular opportunities to move their bodies.

Activities to Support Gross Motor Development

Gross motor skills involve control of the arms, legs, head, and trunk. Child care providers can help children develop gross motor skills by building in opportunities for children to:

- run
- jump
- hop
- throw and catch
- climb up, down, over, under and through things
- pedal tricycles or other ride-on toys
- push and pull
- dump and fill

Specific activities that support gross motor development include running at different speeds, jumping rope, playing hopscotch, tossing and catching balls of different sizes, pitching bean bags, climbing in many different directions, pedaling riding toys, pulling wagons or toys, pushing toy strollers or brooms, and filling and emptying buckets and other containers.

Remember that gross motor development happens inside as well as outside. A crawling tunnel, ride-on car, or pull toy can help children practice large movements of their arms and legs.



Activities to Support Fine Motor Development

Fine motor skills involve the careful control of small muscles in the hands, feet, fingers, and toes. Controlling the muscles of the tongue and lips in order to speak or sing is also a fine motor skill. Child care providers can plan activities that encourage children's developing fine motor skills. Try some of the following activities that practice hand and finger coordination:

- play dough or clay with plastic tools such as scissors or cookie cutters to form into various shapes
- blocks of various sizes to stack and arrange
- beads, macaroni, rigatoni or wheel-shaped cereal to string on yarn or shoelaces
- puzzles with varying size handles or knobs
- scissors, paints, brushes, markers, crayons, and large chalk that are all child-safe

Shared reading is also a great time to encourage fine motor skills. Encourage children to turn the pages of a book. Remember that board books are best for very young children, because the pages are sturdier and easier to manipulate.

Gross and fine motor skills are an essential tool that children use in the classroom, at home and on the playground. Play is one of the best ways to strengthen motor skills. When given ample opportunities to play with a variety of interesting materials, young children will grow many new and exciting ways.

Source:
www.extension.org

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From the Director's Desk

I have often heard news stories or read articles about gender bias with regard to women not getting promotions or salary inequity between men and women. In all of those stories, women are on the losing end. In the United States, when you focus on careers in Early Childhood Education like child care staff or preschool teachers, women hold 95% of the positions with only 5% being men. Other countries are looking at this inequality and recruiting for a change but making slow progress with only between 2% and 9% of Early Childhood Education jobs being held by men.

In researching why this is, the answer that is obvious is that child care is a traditional role for women to be in. However, the other reasons included that people, parents, administrators, and staff alike, are uncomfortable with seeing a male in the role of a caregiver of young children. To see men nurturing infants and toddlers seems unnatural to many people, to the point where they have made accusations and innuendo regarding pedophilia simply because they cannot believe a man could choose to work with very young children.

Continuing to reinforce these negative stereotypes on men keeps biases against women in place as well. The two go hand in hand in a circle that continues to be reinforced and leads to women feeling unworthy of better pay and leadership roles in companies traditionally run by men. It also keeps men from being able to publicly be nurturing caregivers or face scorn and ruin stemming from ignorance and fear.

Children need positive male influences in their lives to model appropriate behavior, to offer diversity and challenge gender biases, to play with them, and to nurture them. A positive male role model is as important to children's social and emotional development as strong female models. There are differences in the way the males and females interact with the

role models. There are differences in the way the males and females interact with the children, play, and react that can help children to understand gender differences.

We see men taking a more active role with respect to caring for their children and spending more time with their children and there are more men deciding to be stay-at-home dads. Though this idea still brings critics, keeping gender stereotyping alive and well, the criticisms that are hurled are not related to being uncomfortable around the men or speculation of pedophilia and people do not think it is weird to see a father changing his baby's diapers. Why then do those ideas get brought up when the child care worker is a male and how do we get past that type of thinking?

Many children spend 10-12 hours per day in child care. Additionally, many children are growing up without a strong male role model. The experiences that they have while in child care have a huge impact on their development. Having a gender balanced child care setting, with both men and women can go a long way toward ending the gender biases and redefining gender roles for the next generations.

Christy Houck



What's in the Regs? Intensive Technical Assistance (ITA)

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.

Daily outdoor play is essential to children. It's fun and gives them a chance to stretch all of their large muscles, breathe fresh air and feel the warmth of the sun. All of those behavior issues fall away to intrigue and exploration when they have a chance to move around in nature. According to [The Creative Curriculum](#) here are some of the advantages of learning and experiencing the outside:

- #“When your child crawls through grass, they learn to explore with all senses.”#
- #When they climb over a tree stump, they use gross motor muscles.”#
- #Picking up pine cones to put in a bucket, fine motor skills come into play as well as eye hand coordination.
- #When they witness an animal climb up a tree they learn to appreciate nature.”#
- # Rolling a ball with another child helps to strengthen social skills.”#
- #Consider taking your ‘indoor’ toys outside. Set up an easel outside. Bury treasure in the sand box for them to discover.

I have reviewed all of my FDC program's daily schedules and I am looking forward to when I come to your site during the next quarter to observe and verify your outdoor play time. By working together, we can be sure each child has fun and broadens their horizons in the great outdoors!

We have a great outdoor curriculum in the lending library that you can borrow called [“Growing Up Wild: Exploring Nature with Young Children.”](#) Feel free to talk with Kim about getting some great, new ideas about how to maximize your time outside with the kids in your care.

Cindy

ITA is designed to help you enhance your child care program. You decide on an area you would like to focus on and a Child Care Specialist will provide assistance in your child care program. Visits can range from 1-4 one-hour sessions in your program. There is no cost and you earn training credits at each visit!

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



QUALITYstarsNY is New York State's voluntary 5-Star early childhood Quality Rating and Improvement System. Since its inception, QUALITYstarsNY has focused its evidence-based practices to ensure young children in participating programs have access to excellence and their families can trust the level of quality in the programs they choose.

QUALITYstarsNY has 75 Standards of excellence that fall into four categories: Children's Learning Environment, Family Engagement, Leadership & Management, and Staff Qualifications & Experience. Assessment, coaching, professional development, and a wide range of resources are made available to each site, to earn higher star ratings.

Currently QUALITYstarsNY operates in all 10 economic regions across the state and serves approximately 800 sites serving low income families in high-need communities. All regulated sites are eligible to apply for participation including child care, family child care, Pre-k in both centers and schools, and Head Start/Early Head Start. QUALITYstarsNY operates an extensive and comprehensive data system that tracks every investment in money, time, and effort to ensure accountability and to provide a greater understanding of what it takes to generate and sustain high-quality early education for young children.

Visit QUALITYstarsNY.org to read about how the project began, how it operates and how it continues to grow.



Professional Development

Upcoming Trainings

→ **Mandatory CACFP**

2nd of 2 trainings offered in 2019 for CACFP participating providers.

Location: Catholic Charities, Oneonta

September 12, 2019 - 6:00 - 8:00 pm

Call to register: Catholic Charities (607) 432-0061

→ **Science With Babies**

Focuses on natural science exploration found in play. Explore simple, gathered materials that encourage scientific exploration and play.

Location: Catholic Charities, Oneonta

August 13, 2019 - 6:00 - 8:30 pm

Call to register: Catholic Charities (607) 432-0061

Upcoming ECETP Webcasts

Safety throughout the Year

→ July 16, 2019 - 6:45 pm - Catholic Charities Oneonta

Town Hall Meeting: Child Abuse and Maltreatment

→ November 6, 2019 - 6:45 pm - Catholic Charities Oneonta

Register for
Early Childhood Education Training Program
Webcasts:

ecetp.pdp.albany.edu

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 below.

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

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

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

Regulatory Information

Group Family Day Care / Day Care Center

Office of Children and Family Services

155 Washington Ave., Albany, NY 12210

(518) 402-3038 | Fax: (518) 473-0492

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

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 - Find a college near you that offers Early Childhood courses and degrees.

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

News, Updates and Training Opportunities

**Fingerprinting for
Child Care Settings**
L1 Identity Solutions
IdenToGo.com
(877) 472-6915

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.

To contact the HCC/MAT Trainer:
Matt Johnson, RN, CHN
johnsonm@otsegocounty.com
(607) 547-7518

Regional Infant/Toddler

Technical Assistance Center

Serving:

- Child Care Resource and Referral Agencies
- Family Child Care Homes
- Group Family Child Care Homes
- Child Care Centers
- Legally Exempt Programs
- Families
- Agencies serving families and children

Contact an infant/toddler specialist:
518-426-7181
cdcccc.org

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



Catholic Charities
of Delaware, Otsego and Schoharie Counties
Summer Food Service Program

is looking for
volunteers in Oneonta!
July 8th - August 23rd
Meal prep and/or meal service needed
Hours between 9 - 1:30
Contact: Christy Houck (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.

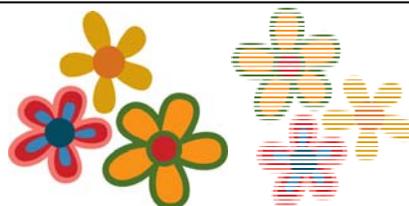
View the Winning Beginning New York State's
Executive Agenda for 2018-2019:
winningbeginningny.org

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 and Adult Care Food Program

Food for Thought

Easy Veggies to Grow With Kids

All you need is a little patch of dirt or a sunny place to put some pots and a bit of time to get dirty!

When you are choosing plants to grow with kids, look for things that go from seed to food fairly quickly, things that are easy to plant (think big seeds for little hands), and things that are not too fussy about where they are planted. It's also a great idea to think about growing some veggies that kids like to eat, as well as a few new things that they might try.

Radishes - Radishes are not fussy, it doesn't matter where you plant them, and they grow fast. You'll see the first sprouts in just a few days and they will be ready to harvest within 30 days, or earlier if you eat them small. They'll grow right through summer and autumn and they have an interesting flavor for kids to try.

Carrots - Carrots grow really well in a deep pot, in fact they probably do better in a pot than in the ground. Grow them in spring or autumn and you should be pulling baby carrots within a few weeks. There are lots of interesting types of carrots too, you might like to grow some purple ones!

Zucchini - There are two great things about growing zucchinis 1) it's easy to grow a lot of them and 2) you can use them in so many ways.

Beans - Beans are nice and big and easy for little fingers to plant directly into a garden bed or pot. If you choose climbing beans you'll need to provide some kind of support for them to grow on, so build a teepee out of garden stakes and grow yourself a cubby house. There is nothing better than munching on fresh green beans while sitting in your bean teepee!

Peas - You can grow peas into a teepee also. You plant peas a little earlier than beans so grow them up your teepee support in early spring, then plant some beans a few weeks later to grow over summer. Kids love picking peas and eating them fresh from the garden, and it's easy to dry the peas and save them as seeds to plant next year.

Lettuce - Picking your own salad is great fun! Lettuce comes in all different colors and varieties, is quick to grow and doesn't need full sun. It is easiest to grow lettuce from seedlings rather than seed, and you should be able to buy a tray that has few different varieties.

For more information and how-tos:
picklebums.com

Asian Chicken Wraps

Ingredients:

- 1 cup shredded lettuce
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 2 cooked boneless chicken breasts, cubed (12 oz)
- 2 Tbsp. mayonnaise
- 1/4 cup Asian toasted sesame dressing
- 4 - 100% whole wheat flour tortillas, small

Directions:

Mix mayonnaise and dressing together in a large bowl until well blended. Stir in chicken, lettuce, cabbage, and carrots. Spread mixture evenly on four tortillas. Roll, cut in half and serve.

8 servings ages 3-5

Jollof Rice

Ingredients:

- 1 cup enriched rice
- 2 cups crushed tomatoes
- 1 cup diced sweet onion
- 1/2 cup mixed vegetables, frozen
- 1 vegetable or chicken bullion cube for seasoning (optional)
- 1 Tbsp. vegetable oil.
- 1 cup water

Directions:

Dice onions and sauté in vegetable oil for five minutes. Add in tomatoes and bullion and bring to light boil and simmer for ten minutes until the tomatoes reduce to thick sauce. Stir in the vegetables, rice and water. Cover and cook for about 20 minutes, until rice has cooked and absorbed all the liquids.

13 servings for ages 3-5



The **second of two** opportunities to attend the mandatory CACFP training in 2019 is coming up on **September 12th!** See the information on page 4 and call to register.

The Parent Corner

At Home With Dad

It should come as no surprise that the idea of what a 'traditional family' looks like is changing. A trend in families that seems to be cropping up more is that of the stay-at-home dad. There are many reasons why the dad in a family stay home - the rising cost of childcare being one big reason. Below you will find a snippet of a discussion we had with Brian, a current stay-at-home dad to a preschooler, to learn a bit more about his experience.

Q: What was your family's reasoning for you to be a stay-at-home dad?

A: Before our son was born, I had been working from home full time as a freelance 3D graphic designer. With my flexible work situation and the high cost of childcare, it was a practical choice to care for our son at home until my wife and I established a set routine. Currently I am home with him 2-3 days during the week. We're fortunate to also have the help of my parents, who watch him the remainder of week days.

Q: Did you ever consider daycare?

A: Yes, at age 1 we enrolled our son in daycare for part of the week. I still had him home the remaining weekdays. Then when my mom retired she offered to care for him part of the week, which has been a huge help. I know my families situation is unique. Not every grandchild is fortunate enough to have such great grandparents that can be actively involved in his/her life.

Q: Do you have any advice for other fathers who are in families that are considering this option?

A: If you have the opportunity to be a stay-at-home dad, or if it makes the most financial sense to do so, then embrace it. The most important part is just being there. There's a steep learning curve at first, but the rest comes more naturally and the changes after are slow and gradual.

Q: Do you belong to any 'stay-at-home dad' groups?

A: No, I haven't looked into them, but I definitely think being around other parents of similarly aged children is important. I often find that the things my wife and I have been worrying about are the same exact things that have been on the minds of other parents as well, so it's nice to know that we aren't just going crazy. I try to bring my son to community activities on the days I have him at home. There's usually a mix of both moms and dads present, and we've all made some good friendships through them. I'm really glad our community offers these opportunities.

For more information about stay at home dads check out athomedad.org a website that describes itself as a one which works toward providing advocacy, community, education and support for families where fathers are the primary caregivers of their children.



Upcoming Parent and Child-Friendly Events

Noahs' World Summer Camp

July 9 - August 15

For more information: 607-432-PLAY

Worcester-Schenevus

Library Story Time

Wednesdays 10 - 11 am

11th Annual Susquehanna Balloon Festival

Neahwa Park, Oneonta

Labor Day Weekend

Schenevus Fireman's Carnival

July 18 - 20

Richfield Springs Library

Stories Come Alive

Fridays 11 am

Yager Museum at Hartwick College

Crafternoons

Wednesdays 12-3 pm

June 26 - July 31

CANO'S Summer Art Program

Monday - Friday 9am - 1pm

July 1 - Aug 3

For information: 607-432-2070

Are you a parent searching for child care in

Free Online Child Care Referrals!

Otsego County?

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

Access to 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.

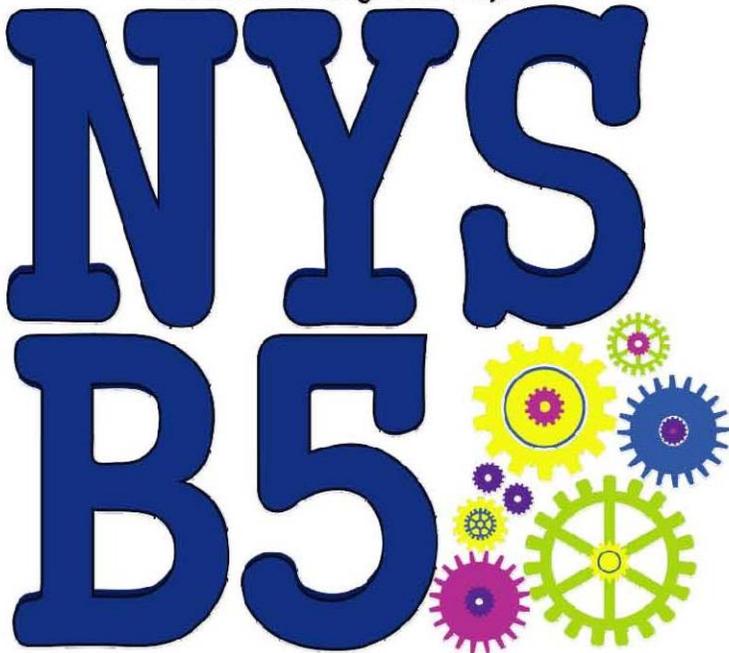
46 Oneida Street, Oneonta | (607) 432-0001



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

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NYS Birth through Five Project



Promoting equity and access to quality early childhood programs for all young children and families in NYS

The NYS Birth through Five Project is conducting a needs assessment survey. What do you think about early child care and education in New York State?

They WANT TO HEAR FROM YOU!

Are you one of the following?

- Administrators of an early childhood program
- Direct care staff, teachers, and direct instruction staff
- Parent, grandparent, foster parent, guardian or caregiver of at least one child age birth through 5 years old who lives with you at least part of the time and who participates in the early childhood system (i.e., child care, Head Start, Pre-K, nursery school, family child care)

If so, please take a few minutes and complete the survey at:

<https://tinyurl.com/yyl9rw78>

Complete the survey and you'll be entered into a chance to win a \$100 gift card!