

# THE CHILD CARE CONNECTION

## CHILD CARE SUPPORT SERVICES

### » WINTER 2025 «

#### WINTER IS HERE!

It seems as if winter has started earlier than in years past, with many schools in our area having at least one snow day already! We know how tempting it can be to keep children inside during the winter months and continue to play inside a warm and cozy program space, rather than bundle up and head outside. The benefits of going outside to play, even when we do not want to, are plentiful.

We know how daunting it can be to get a group of children, and yourself, dressed and ready for outside winter play. This is why we encourage you to have children dress themselves as much as possible. Even your toddlers can work on getting themselves dressed. There are many ways to help children develop these important self-help skills.

Children feel pride in themselves when they successfully complete a task independently. You can encourage this by setting children up for success. Take pictures as children are putting on each piece of clothing and use them to create a visual reminder. Sing a song or recite a poem to a familiar tune that lists the steps and sing it while getting dressed. If possible, include winter clothes in your dramatic play area for practicing during other times of the day.

It is no surprise that moving around with extra layers can provide challenges to children, and this is a great thing! The extra resistance of clothes and snow allows children to strengthen their gross motor skills and sense of balance as they walk, run, jump, sled, shovel, and roll snow.

Playing outside also gives children a chance to work on their social-emotional well-being. Children can put their problem solving and teamwork to the test when they work together to build a snowman, create a snow maze, or create snow 'food'. They build resiliency skills by adjusting to play and movement in colder temperature to keep warm.



Snow and ice lead to science and sensory exploration, as well as creative art.

You play a very important role in how children feel about going outside. Dress warmly so that you can join in the play rather than watch from the sidelines. Children are more likely to want to spend more time playing outside when the adults join in and show joy.

Allowing enough time to get dressed is also very important. It needs to be a balance of providing enough time so children aren't being rushed, but also not sitting around in warm clothes getting frustrated, or worse starting to undress. Also be aware of each child's individual ability so that you can step in as needed to provide help and guidance for those trickier tasks like zippers and buttons.

Please reach out to a member of the Child Care Team for more getting winter ready activities and resources.

~ Kim Ahearn  
Child Care Specialist



#### FROM THE DIRECTOR'S DESK

Just as the weather is finally cooling down, our Child Care Team is heating up. We are so excited to be implementing a few new initiatives in 2025. Catholic Charities will be contracting with lead agency, Brightside Up, to bring an Infant/Toddler Specialist to serve Otsego and Schoharie Counties. This staff member will be able to work with infant or toddler classrooms and staff, parents, and groups outside of the child care setting to build skills and relationships. The Infant/Toddler Specialist will go through extensive training to administer assessments such as the Infant Toddler Environmental Rating Scale and the Ages and Stages Questionnaire. Additionally, the Specialist will become a credentialed trainer through NYAEYC. Our current Child Care Specialist, Kim Ahearn, is a TTAP credentialed trainer so this will double our training fun and enable us to offer more training.

Additionally, our Child Care Team was recently awarded funds for two special projects. Stay tuned for more information on those as we begin to roll them out in the new year!

- Rebecca Matthews

# TRAINING

## The Growing Brain Training Series

**Time: 5:30 - 8:30 PM**

**Location: TBD**

This training series is only open to participants who attended the first training in December. *If you were unable to attend that training but wish to attend any other in the series, please reach out to me.* If others are interested we may be able to offer the first session again.

- **January 9:** *The Factors Affecting Brain Growth and Development*
- **February 6:** *Communication and Language Development*
- **March 6:** *Cognition and Executive Function*
- **April 3:** *Social and Emotional Development*
- **May 1:** *Understanding Behavior*
- **June 5:** *Everyday Play*

## Art and Literacy for Infants and Toddlers: ITERS

### Informed Make & Take Workshop

**Date: January 23, 2025**

**Time: 6:00 - 8:00 PM**

**Location: FoxCare Center, Oneonta**

This two-hour training will incorporate an art make and take portion and a literacy make and take portion. Art is a foundational experience allowing even the youngest of children to explore, experiment, and express creativity. In the first part of this training, you will reflect on and discuss various types of materials to use, ways to set up your art area, and how to make sure your art activities are full of fun, learning and connection.

The second part of this training will focus on the relationship and language skills that are built during social games, read-alouds, and lap reads and how they can be the start of a life-long long of literature. Using ITERS, we will take a closer look at how to choose books for your library, and how make the reading experiences as rewarding as possible for both and your children.

OCFS: 1,3 CBK: 1,4 ELG: D1 CDA: 6

## Updated Mandated Reporter Training

**REMINDER!**

*Training must be completed by April 1, 2025*

The Mandated Reporter Training updates include education on implicit bias so that providers can check themselves when deciding whether to report or support a family, information on adverse childhood experiences to help prevent unintended additional traumatization of a child or family, and recommendations on spotting child abuse or maltreatment in online settings.

The course is self-directed and is 2 hours in length. Once you begin you can proceed at whatever pace you choose, but you must finish in the same calendar year. **Mandated reporters must complete this updated training by April 1, 2025.** Please ensure that everyone on staff for your program completes this new training. Here is the link with instructions on how to register:

## Does your center staff need ACES Training?

<http://www.nysmandatedreporter.org/>

If you are a Child Care Center Director and need to schedule an ACES 101, 201 or 301 training for your staff, please reach out to Kim Ahearn to discuss scheduling an onsite training.  
(607) 432-0061

Follow Us On Social Media



## NYS AEYC

### 2025 Annual Conference

**Wednesday, April 2nd - Friday, April 4th**

For more information and registration:

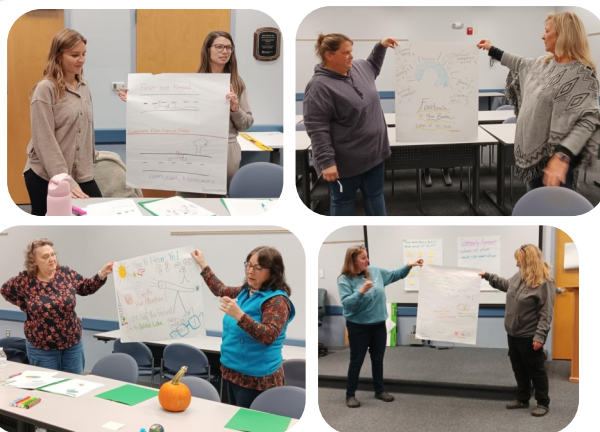
<https://nyaeyc.org/>

## The Growing Brain Training Series

### Scenes from Session 1:

### The Growing Brain: The Basics

On December 5th, eight child care providers representing family and center-based child care participated in the first session of Zero to Three's *The Growing Brain* training series. Through lecture, group discussions, and numerous activities, participants were immersed in learning about brain functions and connections and how the brain grows and creates connections through healthy environments and stable relationships with their caregivers.



## Sweater Weather Social

The Child Care Team hosted child care providers for a night out. Directors and owners from all modalities met at Council Rock in Cooperstown to take a night off, talk with peers, and laugh! There was lots of laughing!



## WINTER REGULATION ROUND-UP!

Regulation 417.4(h)(4) states "All paths of egress on the interior and exterior of the home, including corridors, aisles, and approaches must be kept free of obstructions, impediments, and debris at all times." ***This regulation includes ice/snow. You must have a clear path of egress in case of emergency.***

Regulation 417.7(a) states "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." ***You must be taking your children outdoors to play, even in the winter months.***



CACFP  
FOOD FOR THOUGHT

## Roasted Zesty Chickpeas

### Ingredients:

- 1 (15 oz) cans chickpeas, drained and rinsed
- 1 tbsp oil
- 1/2 tbsp lemon pepper seasoning



1. Preheat the oven to 425° F. Line a medium baking sheet with parchment paper.
2. Place the chickpeas on kitchen towels and lightly rub to remove excess moisture. Then remove loose skin.
3. Add the chickpeas to a medium bowl and drizzle the oil on top. Toss the chickpeas until all are coated with oil.
4. Spread out the chickpeas on the pan. You want enough space between them to crisp up!
5. Place in the oven and bake for 30-45 minutes or until golden brown.
6. Remove from oven and transfer roasted chickpeas to a medium bowl where you will add the seasoning. Toss contents in bowl until seasoning covers each chickpea.
7. For children under the age of 4, smash the chickpeas with a fork to reduce the risk of choking.  
*1/8 cup provides 1/2 oz eq meat alternate*

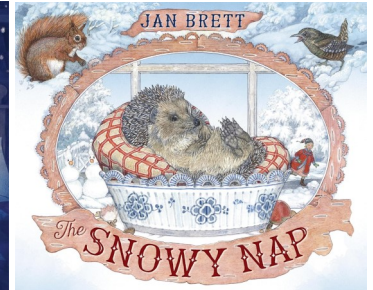
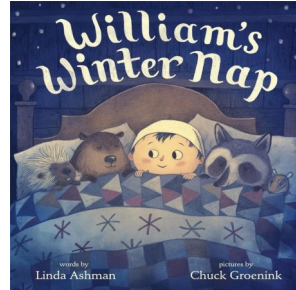


## Applesauce Pancakes

### Ingredients:

- 1 cup applesauce, unsweetened
  - 1/4 cup dry milk powder, non-fat instant
  - 1 cup water
  - 2 eggs
  - 1 tablespoon canola oil (or cooking oil of choice)
  - 2 cups all-purpose flour
  - 2 tablespoons sugar
  - 1/2 teaspoon cinnamon
  - 2 teaspoons baking powder
1. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
  2. Add flour, sugar, cinnamon, and baking powder.
  3. Stir until mixture has only small lumps.
  4. Place large skillet on medium-high heat.
  5. Spray skillet with non-stick cooking spray.
  6. Pour 1/2 cup batter onto skillet.
  7. Turn pancake when bubbles form on top of batter.
  8. Cook the other side for about 1 minute or until golden brown.

# Winter Reading



## LET IT SNOW!

Here a couple of ways to make fake snow with inexpensive household ingredients:

1. Flour and Oil. Mix 4 cups of flour and 1/2 cup of oil until it becomes light and fluffy
2. Baking soda and White Hair Conditioner. Mix 2 1/2 cups baking soda and a 1/2 cup conditioner, mix until combined and cold.
3. Corn Starch and Shaving Cream. Mix equal parts cornstarch and shaving cream until combined.



## FLUID MILK SUBSTITUTIONS

Fluid milk substitutes must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Requiring fluid milk substitutes to be nutritionally equivalent to cow's milk ensures participants receive vital nutrients needed for growth and development.

Nutrition Requirements for Fluid Milk Substitutes*	
Nutrient	Per Cup (8 fl oz)
Calcium	276 mg
Protein	8g
Vitamin A	150 mcg retinol activity equivalents (RAE)
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorous	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

\* Fluid milk substitutes served to children 1 through 5 years old must be unflavored.



Catholic Charities  
of Delaware, Otsego and Schoharie Counties  
176 Main Street  
Oneonta, NY 13820

## Family Child Care Providers NEEDED!

Start your own business today!

Catholic Charities is seeking qualified individuals in **Otsego County** looking to give back to our community!



Benefits of becoming a Family Child Care Provider:

- Self-Employment – Be your own boss!
- Stay at home with your child while boosting your family's income!
- \$500 grant per year from CSEA!
- Health, Dental and Vision Insurance through CSEA!



Catholic Charities is the Family Child Care Registrar in Otsego County, and our Child Care Specialists are here to help you through every step of the registration process – and beyond!

Please call (607) 432-0061 or visit [www.charitiesccdos.org](http://www.charitiesccdos.org) for more information



We provide CACFP Meal Reimbursement and free child care referrals to families to get your business going!



## WINTER Word SEARCH

A	Y	G	X	D	V	Q	O	S	O	O	L	H	R	R	S	C	A	R	F
Q	L	J	A	N	U	A	R	Y	X	J	O	Y	R	M	R	T	G	D	T
X	D	X	J	Q	X	G	M	S	S	N	O	W	F	L	A	K	E	U	Q
E	I	W	T	G	Q	I	N	B	T	G	J	C	Y	C	G	T	T	I	M
G	N	I	D	D	E	L	S	I	T	O	R	L	H	Y	K	A	W	S	W
V	F	E	B	R	U	A	R	Y	I	Z	O	F	R	E	E	Z	I	N	G
N	P	A	Q	Q	H	S	T	L	P	K	I	B	L	U	D	Q	Z	C	B
T	C	J	K	S	K	N	Y	V	T	A	S	H	O	V	E	L	T	V	E
J	L	S	K	G	D	O	J	P	Q	A	N	R	F	D	G	O	A	Q	N
D	M	N	B	D	M	W	V	R	X	A	O	R	W	R	Y	T	Y	F	W
J	C	O	L	D	S	M	U	N	P	Y	W	C	E	Q	O	Z	C	V	M
W	G	W	O	E	R	A	B	V	S	M	B	X	M	B	B	S	Q	W	A
B	I	A	G	V	L	N	M	S	E	W	A	K	F	F	M	O	T	F	A
I	M	N	D	V	U	C	V	T	M	A	L	G	L	O	V	E	S	W	I
E	I	G	T	C	V	P	Q	J	S	I	L	X	B	M	B	G	C	Y	B
U	G	E	N	E	N	S	F	K	U	I	S	H	L	G	V	P	P	E	X
I	O	L	B	B	R	U	C	U	G	R	R	T	N	W	L	Z	T	O	D
K	Q	N	C	V	P	E	I	U	N	C	O	H	G	X	F	D	A	U	I
M	Q	K	T	Y	I	W	O	K	U	U	N	Z	C	S	V	V	H	Q	Z
A	F	R	H	X	X	X	J	A	U	R	K	W	F	Q	L	P	S	V	C

BOOTS  
COLD  
FREEZING  
HAT  
SCARF  
SLEDDING  
SNOWFLAKE

CHRISTMAS  
DECEMBER  
FROST  
ICE  
SHOVEL  
SNOWANGEL  
SNOWMAN

COAT  
FEBRUARY  
GLOVES  
JANUARY  
SKIING  
SNOWBALLS  
WINTER

