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Winter NEWSLETTER 2011

***** Quality Initiative in Niagara County *****

Many providers have benefited from grant funding available through the Community Child Care Clearinghouse of Niagara, improving the quality of care for their children and are able to better participate in the QualitystarsNY Program once implemented in this area. Please call our office for more information on how *your* family or group family child care program can benefit from the grant.

"How Are You Not Exhausted?": Understanding Our Non-Sleepers

Babies need sleep in order to grow and develop. However, when an infant or toddler changes his or her napping patterns, it should not be immediately looked upon as a signal to a problem. Babies sometimes sleep for longer or shorter periods when they are teething, ill, growing, or when their activity level during the day has increased or decreased. Be sure to talk with parents about changes at home and their opinion of how much sleep their baby requires before making any changes to your naptime routine. Consider the following common situations: "She takes 3 hour naps at home. Why does she only



sleep for 45 minutes here?" What **COULD** be going on: The new environment is more stimulating than home. While this may tire infants and toddlers more quickly, it can cause them to be over stimulated and restless. The baby may sleep well at home but wakes frequently without making much or any noise. She likely wakes to find the comfortable surroundings of home and puts herself back to sleep. What you can do to help: Keep the baby out of her crib or off of her cot until it is naptime. This will reinforce that this is a place for rest and sleep. Talk to her parents about their naptime routine. Where does she sleep? Do Mom and Dad put her down the same way? Is she rocked to sleep, held, or laid down awake? Try duplicating her home routine and surroundings as closely as possible at first and if it doesn't work,

try something different. Sometimes an environment that reminds an infant or toddler of home can cause more anxiety than something new. Give her time. If she is simply waking and realizing she is in a new environment, she may eventually become so familiar with her new surroundings that she is able to put herself right back to sleep. "Good luck, he'll only sleep 35 minutes." What COULD be going on: Some infants and toddlers sleep well at night and just don't require as much sleep as most. If he is cranky or appears tired upon or after waking, something may be causing him to wake before he is ready. It may be



possible to settle him back to sleep if you get to him soon enough. What

you can do to help: Provide him with plenty of restful time and quiet toys before and after he naps. Some infants find being swaddled very comforting and even tucking a blanket into the mattress can prevent infants from startling themselves awake.

Attention Informal Home Day Care Providers!! The Child and Adult Care Food Program (CACFP) would like to pay you to serve balanced and nutritious meals to children in your care. For more information, call the Niagara Community Action Program at 285-9681.



A Note from the CACFP:

Providers, please be sure to place the proper amount of postage on monthly documentation when sending it in. This will avoid your paperwork from arriving late and your payment being held until the following month. Thank you!



Safe & Healthy Nutrition Activities

Nutrition activities can introduce a variety of health and developmental skills and the February-March issue of *Healthy Childcare* has an article on this topic along with articles on toy safety, teaching healthy habits, head lice, and more including a reproducible parent letter and mini poster on toy safety. If you're not a subscriber, please consider doing so.



Don't forget to get a supply of the *My Healthy Child 2011 Growth Calendar* to send some to parents! Visit the following website for more information and how to order: <http://www.healthychild.net>
Kathryn Breighner, Publisher
877-258-1678

Child Guidance & Discipline Techniques

As a parent or other adult who cares for a child or children, it is your responsibility to guide children toward correct behaviors. Here are several ways to help young children deal with anger:

- **Determine why the tantrum is occurring** - Remember that 23 to 83 percent of all 2-to-4 year-olds have occasional outbursts of anger associated with temper tantrums. They are a natural part of a child's development, arising from *inner conflict between his wants and his inability to fulfill them*. Usually, children display anger as a reaction to unmet needs in the form of kicking, screaming, lying on the floor, biting or aggression towards other children.



- **Manage your anger** - Young children are like sponges, absorbing the world around them. They learn how to interact based on the actions of others and repeating what they have seen. *If you have difficulty controlling your own anger or if you demonstrate aggressive outbursts in the presence of a child, there is a good chance the child is simply modeling your reactions. In this case, the first thing you should do is learn to control your anger by finding a positive means of expressing it.* Caregivers can model appropriate displays of anger by expressing their own unhappiness at certain situations without screaming. The ability for a caregiver to express anger but still offer love and acceptance to the child is a powerful tool that can enable a child to learn that anger doesn't mean removal of love. Children don't know how to express their feelings in positive ways unless they are first taught how. You should also redirect the child's attention to avert a tantrum. If your child is upset because you won't let him bang on the furniture, offer a substitute item such as a pan or a drum. Whenever you take something bad away, give back something good in return. When you do, your child's frustration will subside.
- **Discipline should be prompt and brief** - Time-outs are useful for calming emotions and are most effective when they are no longer than 2-5 minutes, depending on the child's age. Be compassionate and use a "small voice" when explaining to the child that his or her actions affect others. Children who have been taught a sense of right and wrong will naturally feel remorse upon realizing their behavior has hurt someone else. Firmly insist that kicking and screaming to get attention is not acceptable. Finally, demonstrate your expectations of courtesy by saying "Please" and "Thank you." Give compliments often, surround your child with love and patiently point out the rewards of positive behaviors. With time and practice, a child will have no need to get your attention or cope with frustration by showing anger.



A Note from the Registrars

The cold weather is upon us.



Be sure to measure non-tempered

window heights from any standing platform (floor, table, couch, chairs, etc.) and barrier the window if it measures below 32". It is also necessary to do this when moving furniture. Indoor temperatures must remain at least 68 degrees at all times when children are in care. If there is a need to heat a room being used for child care, please do so before the children begin arriving and remember that no space heaters can be in use in areas accessible to children. It may also be necessary to access the areas where children nap to make sure the area is draft free. Areas near doors and windows are not suitable napping areas. Windy days not only bring cool drafts, but also debris, so be diligent in removing branches, trash and other dangers from the outside areas of the home. All egresses must be kept clear and accessible at all times.

This includes any snow or ice on pathways, including those to emergency assembly areas. Gates out of yards and driveways must be able to open easily as well. Be sure to review files for enrolled children and check immunization records and keep up with due dates according to the immunization schedule in your Health Care Plan. Items in first aid kits and emergency bags should be checked for expiration dates and replaced as



necessary. Emergency information should be checked for accuracy and updated as necessary. Be sure all procedures outlined in your approved Health Care Plan are being followed by all persons caring for children and that all forms listed on the plan are up to date. This includes any forms that the Health Care Plan states you will be using in the program. Before enrolling any new children, all required documentation and permissions must be

received. Thoroughly check the forms to make sure they include all required signatures and information. Daily self-inspections of your child care site for regulatory requirements will assure that you are providing quality care. It is the responsibility of the Registrars and Licensors to regulate the minimum standards of child care. Violations found at inspections are cited and recorded to protect the health and safety of children in your care. Citations of regulatory standards only help to strengthen provider awareness of the importance of the child care profession and the responsibility you have to the parent/guardian and children in your care.



As always, thank you for your cooperation and dedication to providing quality child care. May you all reap the rewards of your chosen career this winter season.

20 Manners Every Kid Needs by Age 9

By David Lowry, Ph.D.



1. When asking for something, say "Please."
2. When receiving something, say "Thank you".
3. Do not interrupt grown-ups who are speaking with each other unless there is an emergency. They will notice you and respond when they are finished talking.
4. If you do not need to get somebody's attention right away, the phrase "excuse me" is the most polite way for you to enter the conversation.
5. When you have any doubt about doing something, ask permission first. It can save you from many hours of grief later.
6. The world is not interested in what you dislike. Keep negative opinions to yourself, or between you and your friends, so that adults do not hear them.
7. Do not comment on other people's physical characteristics unless, of course, it's to compliment them, which is always welcome.
8. When people ask you how you are, tell them and then ask them how they are.
9. Never use foul language.
10. Knock on closed doors - and wait to see if there's a response - before entering.
11. When you make a phone call, introduce yourself first and then ask if you can speak with the person you are calling.
12. Be appreciative and say "Thank you" for any gift you receive. In the age of e-mail, a handwritten thank-you note can have a powerful effect.
13. Don't call people mean names.
14. Do not make fun of anyone for any reason. Teasing shows others you are weak, and ganging up on someone else is cruel.
15. If you bump into somebody, immediately say "Excuse me."
16. Cover your mouth when you cough or sneeze, and don't pick your nose in public.
17. As you walk through a door, look to see if you can hold it open for someone else.
18. When an adult asks you for a favor, do it without grumbling and with a smile.
19. When someone helps you, say "Thank you." That person will likely want to help you again. This is especially true with teachers.
20. Don't reach for things at the table; ask to have them passed to you.

Helping your children master these simple rules of etiquette will get them noticed - for all the right reasons.

From the New York State Office of Children & Family Services (OCFS):



Family day care and group family day care regulations state: *Outdoor equipment such as swings, slides and climbing apparatus must be installed and used in accordance with the manufacturer's specifications and instructions, be in good repair, and be placed in a safe location. Such equipment and apparatus may be used only by the children for whom it is developmentally appropriate. Manufacturer's specifications and instructions for swing sets, slides, climbing apparatus and other such equipment always include directions for protective surfacing. Protective surfacing is needed because a fall onto a hard surface can result in serious injury to a child. How can a provider stay in compliance with regulation on this topic? Visit www.ocfs.state.ny.us/main/childcare/default.asp. and review the following: *Protective Surfacing under Playground Equipment used at Family-Based Child Care Programs.**

News & Notes from the Community Child Care Clearinghouse of Niagara:

Effective December 11, 2010, the Laws of New York, Chapter 334, and Section 390-a of the social services law were amended by adding a new subdivision 5 to read as follows:

The site provider of a family day care home or group family day care home shall provide that at least one employee who holds a valid certification in a course of study in first aid knowledge and skills and cardiopulmonary resuscitation (CPR), with an emphasis on providing that aid to children as approved by the commissioner of the OCFS, be on the premises during operating hours of such family day care home or group family day care home. This act shall take effect on the one hundred twentieth day after it shall have become a law.



CPR and First Aid Trainings have been scheduled to be held at Niagara Falls Memorial Hospital. Please visit our website at www.childcareofniagara.com for more information or call Joanne Sandonato at 285-8572 ext. 104. All providers **must** complete these trainings by March 1, 2011 or a regulatory violation may be written against your program by your licenser or registrar.

Winter Training Calendar

Please note the location and time of training when registering.

Jan 24

2011

CPR & First Aid

Participants completing this training will receive a two-year certificate in infant, child and adult CPR and pediatric first-aid.

The training will include:

- Simulated rescue breathing techniques
- Directions on what to do in a choking situation
- Instruction in basic first aid



Location: Niagara Falls Memorial Hospital
621 Tenth Street, Niagara Falls 14301

Time: 5:30 PM – 9:30 PM

Cost: \$65.00

OCFS Training Topics: 4 & 7

Feb 24

2011

Overview of Technical Assistance

This training will inform child care providers of four technical assistance projects offered by the Community Child Care Clearinghouse of Niagara. Beverly McArthur, our new Resource and Technical Assistance Counselor, will facilitate this class.



Location: Niagara Community Action Program, Inc.
Community Child Care Clearinghouse of
Niagara

1521 Main Street, Niagara Falls 14305

Time: 6:00 – 7:30 PM

Cost: \$15.00

OCFS Training Topics: 5

Feb 28

2011

CPR & First Aid

Participants completing this training will receive a two-year certificate in infant, child and adult CPR and pediatric first-aid.

The training will include:

- Simulated rescue breathing techniques
- Directions on what to do in a choking situation
- Instruction in basic first aid



Location: Niagara Falls Memorial Hospital
621 Tenth Street, Niagara Falls 14301

Time: 5:30 PM – 9:30 PM

Cost: \$65.00

OCFS Training Topics: 4 & 7

Feb 28

2011

Child and Adult Care Food Program (CACFP)

This training is offered for family child care and group family child care providers enrolled in the Child and Adult Care Food Program. CACFP regulations will be reviewed.



Location: Niagara Community Action Program, Inc.
Community Child Care Clearinghouse of Niagara
1521 Main Street, Niagara Falls 14305

Time: 6:30 PM – 8:30 PM

Cost: None

OCFS Training Topics: 2 & 5

Visit the Community Child Care Clearinghouse of Niagara website at:
www.childcareofniagara.com for more child care information.

Mar 12

2011

Medication Administration Training

Child care providers who choose to administer medication to children must have a medication administration training (MAT) certificate, a current CPR and first-aid certificate, and a health care consultant. Providers successfully completing this competency-based training will fulfill the requirement for the MAT certificate.



Location: Niagara Falls High School – Science Lab 111
4455 Porter Road, Niagara Falls 14305

Cost: \$100.00

Time: 8:00 AM – 4:00 PM

OCFS Training Topics: 2, 4 & 7

Mar 15

2011

Baby Steps: Discoveries of Infancy and Toddlerhood

Providers attending this training will explore the importance of play in the infant/toddler curriculum. The Western New York Infant/Toddler Resource Network staff will present this training.



Location: Niagara County Community College
(Room location to be announced)
3111 Saunders Settlement Road, Sanborn 14132

Cost: \$30.00

Time: 6:30 PM – 8:30 PM

OCFS Training Topics: 1, 3 & 5

Mar 16

2011

Baby Steps: Infant and Toddler Language Development

Providers will focus on language development and communication through each stage of infancy and toddlerhood. Providers will gain an awareness of the specific language accomplishments they should be looking for as they work with infants and toddlers. The Western New York Infant/Toddler Resource Network staff will present this training.



Location: Niagara County Community College
(Room location to be announced)
3111 Saunders Settlement Road, Sanborn 14132

Cost: \$30.00

Time: 6:30 PM – 8:30 PM

OCFS Training Topics: 1 & 3

REGISTRATION FORM Winter 2011

Name: _____ Phone: _____

Address: _____

Number of Staff Attending: Family/Group Family Day Care Provider: _____

Day Care Center Staff: _____

School Age Child Care (SACC) Staff: _____

Child Care Program: _____

For the training fee enclose a check or money order **payable to:**

Niagara Community Action Program, Inc.

Training fees are non-refundable.

There is a \$37.00 fee for returned checks.

DATE	LOCATION	TITLE	COST	AMOUNT PAID
1/24/11	Niagara Falls Memorial Hospital	CPR & First Aid	\$65.00	
2/24/11	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara	Overview of Technical Assistance	\$15.00	
2/28/11	Niagara Falls Memorial Hospital	CPR & First Aid	\$65.00	
2/28/11	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara	Child and Adult Care Food Program (CACFP)	None	
3/12/11	Niagara Falls High School – Science Lab 111	Medication Administration Training	\$100.00	
3/15/11	Niagara County Community College	Baby Steps: Discoveries of Infancy & Toddlerhood	\$30.00	
3/16/11	Niagara County Community College	Baby Steps: Infant & Toddler Language Development	\$30.00	

PLEASE RETURN COMPLETED REGISTRATION FORM AND CHECK PAYABLE TO:

NIAGARA COMMUNITY ACTION PROGRAM, INC.

TO: Community Child Care Clearinghouse of Niagara

1521 Main Street

Niagara Falls, NY 14305

Telephone: 716-285-8572 or 1-800-701-4KID