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Fall

NEWSLETTER

2020

Newsletter for Niagara County Child Care Providers, Parents & Child Advocates



The last newsletter was a struggle but nothing compared to this one. Where do I begin? I didn't have a clue, but thanks to a couple of unexpected sources. The Buffalo News and Consumer Reports, it helped me to get unstuck, at least a little bit.

Again, thank you for all you are doing through this season of life. Thank you for your care and compassion that you give to each child and their family.

Since we now know that COVID-19 is not temporary or short term, be sure you're taking time to care for yourself. It's too easy for life to get in the way. We set priorities and quite often our needs are what we let go of first. We justify our actions because it's only for a short time and we'll be okay. When this passes, I'll get back on track.

We may need to find new ways to cope with stress and anxiety which seems to come from every direction. It isn't just our health but the health of our family. It's the uncertainty, financial stress, unexpected bill(s), not being able to purchase basic supplies, not being able to go places and do what we enjoy, or it's the stress of figuring out how to do these things in a new way.

So, be sure to take time to soothe and comfort your soul:

Eat, Sleep, Exercise

Keep up key connections

Be in the moment

Plan for a positive future

Spend time in nature

Do good to feel good

Breathe deeply

Know when to get help

Young children and teens may have a hard time with what's happening. Why is everybody wearing a mask? Why do I have to wear one? I don't like it. Why can't I go to my friend's house? Why can't my friends sleep over? Why can't I go to the playground, etc.? Are we going to be able to go back to school? Why can't I...?

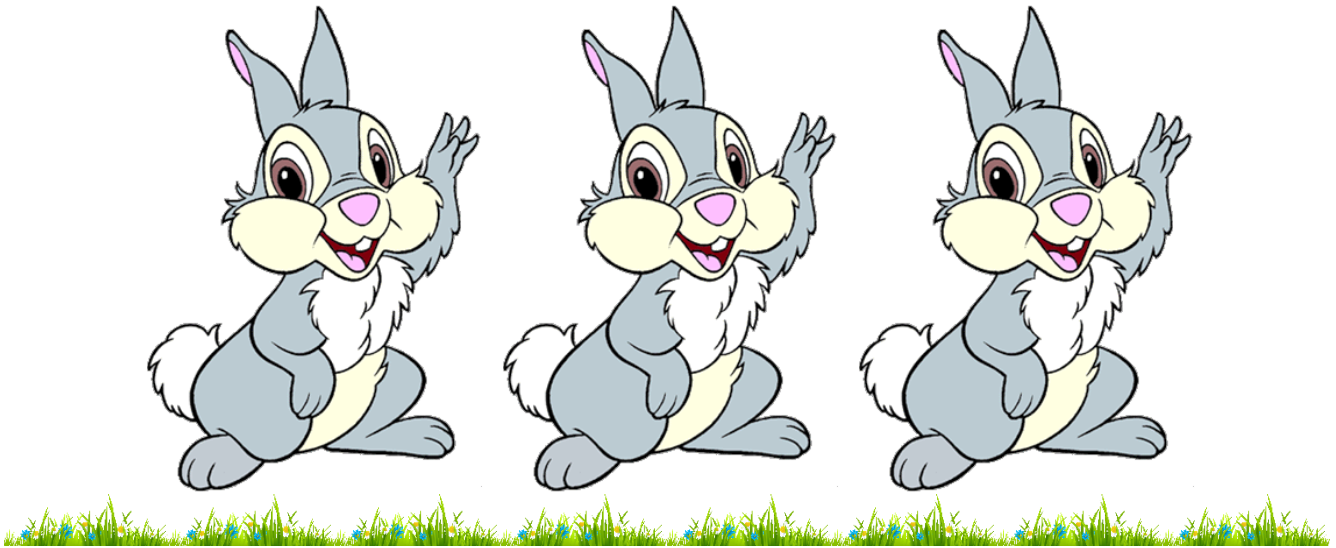
Just a reminder, a child's ability to understand and communicate is not fully developed. They may not use the right words or express their frustration and/or fear. Teens may be experiencing similar feelings so be sure to check in with them, take notice of any behaviors and symptoms.

If you need some help coping, contact your family doctor or health care professional.

Again, thank you – Carolyn

Berry Bunny

Learns About COVID-19



<https://www.berrybunny19.com/>

Authors: Natalie Tjota
Sara Xu
Third-year students at the UB Jacobs School of Medicine & Biomedical Sciences

Berry Bunny was created by medical students at the Jacobs School of Medicine and Biomedical Sciences. It includes a story and activities which are designed to help children learn about Coronavirus. The story may be read online or, if you prefer to download, you can do that as well. **Berry Bunny** is available in English, Spanish, and Chinese.

NOTE: It's recommended that parents, caregivers and/or child care providers preview the story and activities to be sure it is age appropriate.

Information obtained about the website from The Buffalo News, Refresh section, July 4, 2020.



Apple slices, red grapes, carrot strips, apricot, cucumber wedge



Halloween Snack Creation

Oranges
Celery
Banana

Black Raspberry
Celery Leaves
Raisins

Weather Watching

(Sung to "Row, Row, Row Your Boat")



Bright Sun

Bright sun shining down,
Shining on the ground,
What a lovely face you have,
Yellow, big and round.









Rain

Rain on the rooftops,
Rain on the trees,
Rain on the green grass,
But not on me!

The following are highlights taken from an article in the Buffalo News, Refresh section, July 4, 2020. The article was written by Kristen Chase of the Washington Post.

Several professionals have contributed to the information in this article:

-  Abigail Gewirtz Author of “When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents and Worried Kids”
-  Ken Ginsburg Pediatrician specializing in adolescent medicine at Children’s Hospital of Philadelphia
-  Alison Buttenheim Professor of Nursing; a public health researcher at the University of Pennsylvania
-  Chrysan Cronin Director of Public Health program at Muhlenberg College
-  Sheryl Ziegler Psychologist and author of “Mommy Burnout”
-  Justin Coulson Psychologist and author of “9 Ways to a Resilient Child”



Easing kids back into group activities

Consider whether your children will be able to see their friends.

If there is one thing children have missed, it’s actual face time (vs. FaceTime) with others. There’s a developmental reason for this longing especially for teens. “Their brains are telling them to be with their peers”, said Ken Ginsburg, pediatrician specializing in adolescent medicine at Children’s Hospital of Philadelphia.

But is socializing safe now?

Consider how your children will be able to see their friends.

Outdoors is better than indoors, even if everyone agrees to wear a mask. The probability that indoor surfaces are contaminated, even if someone in the household is asymptomatic (presenting no symptoms) are too high. It can be difficult to keep the physical distance from others in a smaller spaces. In addition, if a mask is worn incorrectly or needs adjusting, touching the face becomes an issue.

Outdoor meet ups depend on a child’s age and maturity level.

Finally, consider the cost-benefit ratio of your choices.

Anytime when we leave our homes for groceries, a drugstore visit, laundry or any place, there is a risk of contamination. Also, there are mental health concerns to consider like the Fear of Missing Out. Our children might be experiencing stress from the lack of social interaction with their peers.

It’s crucial for parents/caregivers to weigh the risks to their child’s physical and mental well-being.

Some alternative ways that a parent can pursue their autonomy agenda.

Parents are encouraged to focus on their own families rather than what other people may or may not be doing. A helpful approach is to create a simply “pros or cons” list or use the “if, then” rule to weigh potential consequences.

Ask yourself, ‘If I do this, then what could happen?’ It’s a helpful way to evaluate the risk of a potential meet up or activity. It’s good that older children learn this as well. When your child is with their friend(s), it becomes their decision to make.

Which outdoor activities would be the best? Ones that can be done individually and at a safe physical distance. Touching the same object is not advisable, nor are sports where kids are in close contact, like football even with masks on.



Think bicycle races instead of basketball.



Bring-your-own food outdoor picnic with a friend vs. a party with a group.



Maybe your child and one friend can pick up a new outdoor hobby like rollerblading or skateboarding.

If you decide to continue a strict quarantine, parents should be prepared to offer their children alternatives for the sense of connection they need. It may mean adjusting other strict guidelines you may have in your home. Consider relaxing screen time rules so your kids get the much needed friend time.

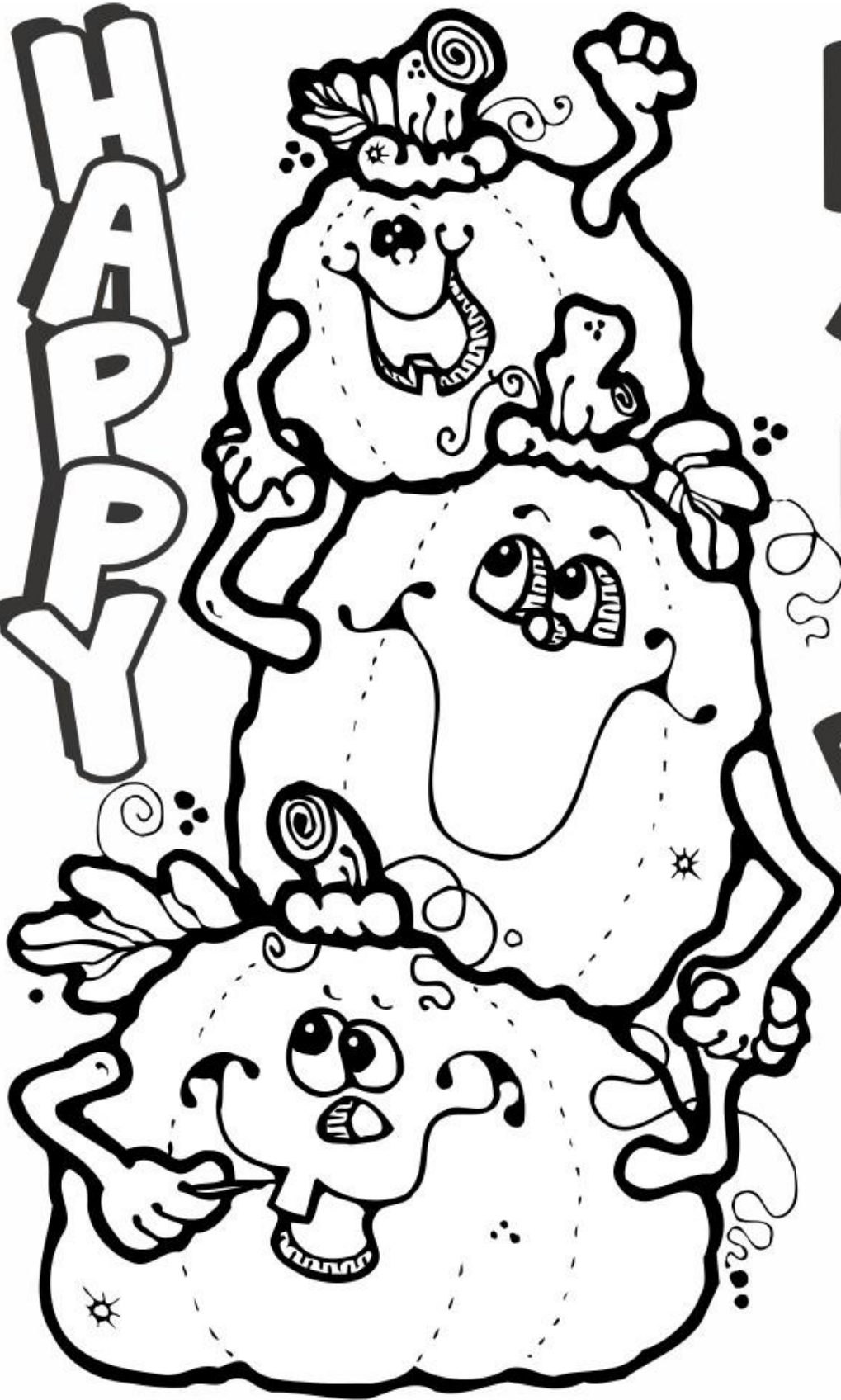
Whatever you choose, involve your kids in the discussion and over-communicate. Focus on safety and protecting other people which makes children feel cared about.

If parents make it about control, it could backfire. Adolescents will think that these are efforts to stifle their independence or control them which can trigger them to rebel. When we remind them that their actions protect other people, they feel important and recognize that their sacrifice has value.

***We need to remember that while we are all in the same storm,
we are not all in the same boat and we don't all have the same equipment.***

With the right information and an understanding of our families’ needs, we can make decisions to keep everyone safe and take steps to provide opportunities to the connections we all desperately want.

HAPPY



HALLOWEEN



A team of little animals and a team of big animals decided to play football. During the first half of the game, the big animals were winning. But during the second half, a centipede scored so many touchdowns that the little animals won the game. When the game was over, the chipmunk asked the centipede, "Where were you during the first half?" He replied "Putting on my shoes!"



A duck, a skunk and a deer went out for dinner at a restaurant one night. When it came time to pay, the skunk didn't have a scent, the deer didn't have a buck so they put the meal on the duck's bill.



Q: What did the banana do when the monkey chased it?

A: The banana split!



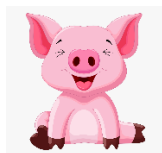
Q: Why did the cat go to Minnesota?

A: To get a mini soda!



Q: Where do you put barking dogs?

A: In a barking lot.



Q: What do you call a pig who knows karate?

A: Porkchop!



Q: What did the carrot say to the rabbit?

A: Do you want to grab a bite?



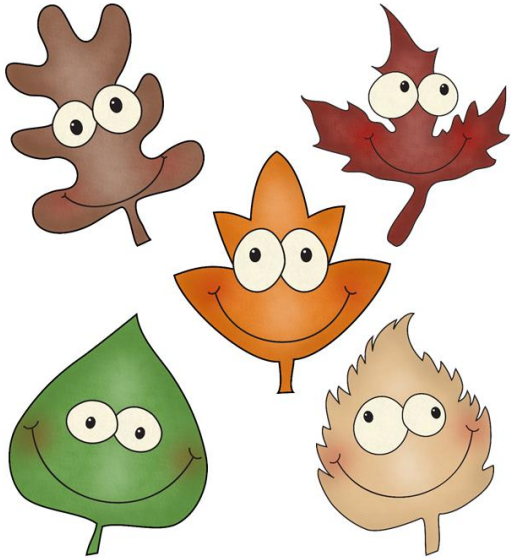
Q: What's black and white, black and white, black and white and green?

A: Three skunks fighting over a pickle!



Five Fall Leaves

Five fall leaves, hanging from a tree
The first one said, "Very soon we will be free."
The second one said, "I'm falling to the ground."
The third one said, "I'm floating to town."
The fourth one said, "Let's not wait."
The fifth one said, "Fall sure is great!"



Autumn leaves are
falling down,
falling down,
falling down.

Autumn leaves
are falling down,
Red, yellow, orange
and brown.



Fall Leaves

One is orange,
Two are brown,
Three look yellow
On the ground.

Three are green,
Two bright red,
One just fell
Upon my head!





Dolphins have actual names

Early in life, a dolphin creates a unique vocal whistle that allows it to be identified by other dolphins in its pod. A team of researchers at the University of St. Andrews in Scotland found that the animals responded when their specific call was played back to them.



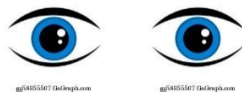
Did you know that New York City has its own indigenous species of ant?
It's called naturally, the ManhattAnt.



Did you know that history's most successful pirate wasn't a bearded, eyepatch-wearing man but a woman?



You can smell rain! Weather patterns produce distinct smells. One of these is a lightly pungent scent of ozone that springs from fertilizers. This scent can be carried in a thunderstorm's downdrafts from higher altitudes, alerting those with sensitive noses that rain is about to fall.



Research shows that all blue-eyed people may be related. At least, they may share the same distant ancestor. After studying the DNA of blue-eyed individuals from Scandinavia, Turkey, Jordan, and India, Danish researchers found they all had identical gene sequences for eye color. Researchers believe this trait comes from a single individual whose genes mutated between 6,000 to 10,000 years ago. Before then, everyone had varying shades of brown eyes.



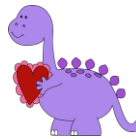
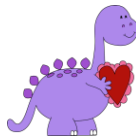
Monster Marinara Meal

-  28 oz. can Crushed Tomatoes
-  1 lb. Ground Beef (90% lean)
-  ¼ lb. Thin Spaghetti

- ♥ Brown beef in a large saucepan breaking into small chunks and add desired seasoning.
- ♥ Stir in can of tomatoes and let simmer.
- ♥ Boil water and cook pasta.
- ♥ When done, cut pasta up into bits and pieces.
- ♥ Serve ½ cup beef marinara sauce over ¼ cup spaghetti.
- ♥ For a complete lunch or supper, serve with ¾ cup milk and ¼ cup grapes.

Lunch/Supper Crediting:

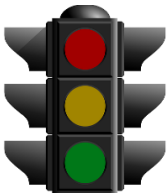
- ♥ Grain | Meat | Vegetable
- ♥ 8 Servings for ages 3-5



A rooster's call can reach 140 decibels or louder. So, how do roosters keep from going deaf when that noise is coming right out of its beak? It turns out, the farm fowl have built-in earplugs!



Water bottle expiration dates are for the bottle, not the water. After a while, the plastic will start leaching into the liquid.



The average person spends six months of their life waiting for red lights to turn green.



pop can painting

EASY ART PROJECT FOR KIDS



Using tools other than paint brushes isn't just fun, it's a lesson in creativity.

In the case of these cans, it's also a way to re-use a recyclable and extend its usefulness.



Gather your materials:

- ✚ Empty pop cans
- ✚ Paint
- ✚ Dishes or paper plates
- ✚ Paper
- ✚ Foam or duct tape – see below

Concern — little hands getting cut:

Use sticky back foam to cover the opening. Cut a circle large enough to cover the opening. Duct tape will work as well.

Unopened cans may be used but set them aside after the project to give the carbonation time to settle. You may want to use paper plates as a full can could scratch or break a plate if it's dropped or slammed down by an eager little artist.



Spread the paint on plates.
Place pop cans on the plates!

Start Painting!!!



Have lots and lots of fun!!



Gratitude Scavenger Hunt



Find things you are grateful for and snap a pic, then check it off the list!

- | | |
|--|---|
| <input type="checkbox"/> Find something that you are grateful for in nature. | <input type="checkbox"/> Find something that makes you laugh. |
| <input type="checkbox"/> Find something that makes you feel at home. | <input type="checkbox"/> Find something that you look forward to every day. |
| <input type="checkbox"/> Find something that you have fun with in the yard. | <input type="checkbox"/> Find something you enjoy doing in the morning. |
| <input type="checkbox"/> Find something you love playing with. | <input type="checkbox"/> Find something that makes a beautiful sound. |
| <input type="checkbox"/> Find something that you eat that tastes good. | <input type="checkbox"/> Find something that comes in your favorite color. |
| <input type="checkbox"/> Find something that has an enjoyable smell. | |
| <input type="checkbox"/> Find something that reminds you that you are loved. | |
| <input type="checkbox"/> Find something that is soft and snuggly. | |





HALLOWEEN WORD SEARCH

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

COSTUME
 CANDY
 PUMPKIN
 PARTY
 MOON
 BOO

TRICK OR TREAT
 SPOOKY
 JACK-O-LANTERN
 HAUNTED
 BLACK CAT
 SPIDER
 BAT

GHOST
 MUMMY
 VAMPIRE
 FRANKENSTEIN
 WITCH
 ZOMBIE

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHAT DID THE LITTLE VAMPIRE SAY IN THE HAUNTED HOUSE?

-----! ☺





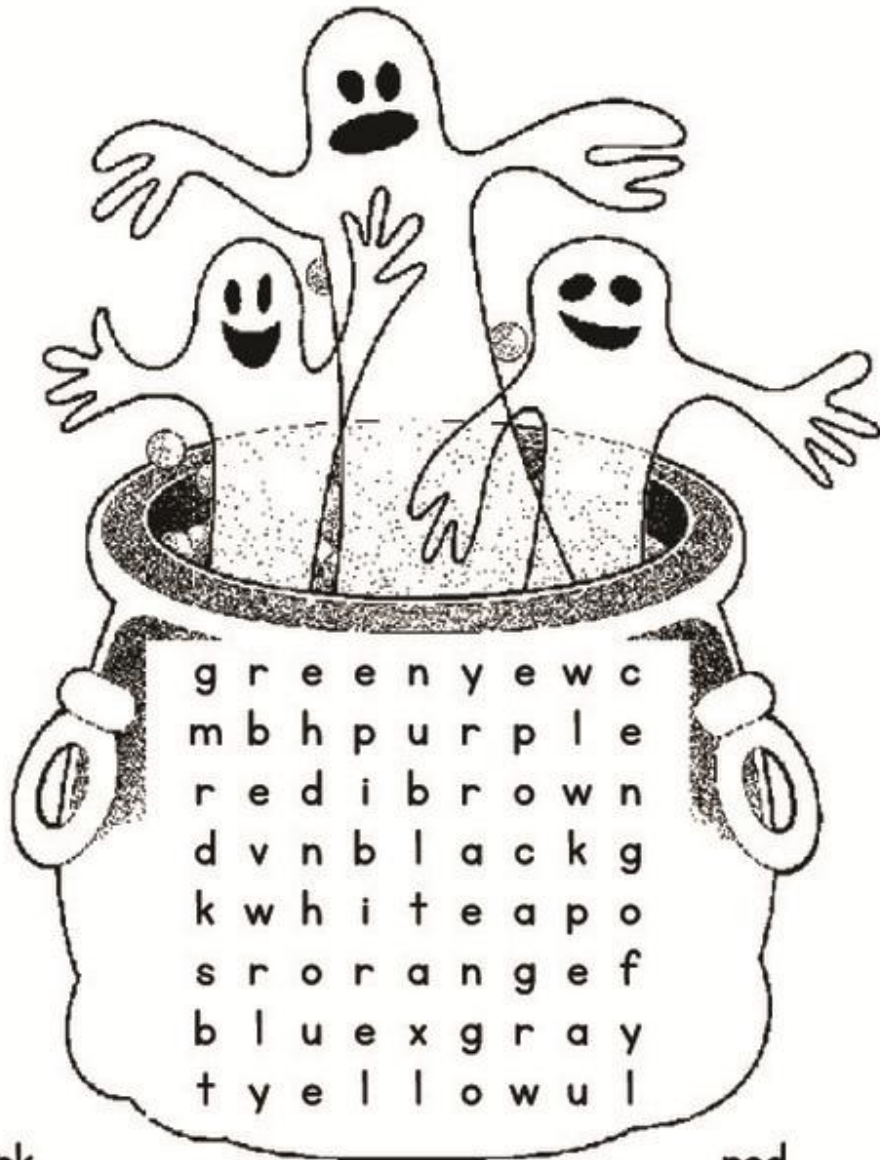
This fall when the leaves are at or close to peak, take a few moments to be outside.

Absorb every ray of sunshine and each wisp of the wind.

Enjoy the beautiful colors of each leaf as it falls to the ground.

Hear how the sound rustling of leaves change with each step you take.

* Spooky Color Word Search *



black

red

blue

gray

orange

white

brown

green

purple

yellow



Cheesy Parmesan Popcorn

REMINDER:

CHECK FOR ALLERGIES OR SPECIAL DIET.

Prep Time:

10 Min(s) Prep

Servings:

20 – ½ cup servings

What You Need:

8 cups popped popcorn
1/4 cup Grated Parmesan Cheese
1 cup Dry Roasted Peanuts

1/4 cup butter, melted
2 cups miniature pretzel twists

Let's Make It:

- 1) Toss popcorn with butter and cheese in large bowl.
- 2) Add pretzels and nuts, mix lightly.



I'M a little Pumpkin
Short and round.
I grow on a vine,
AND I sit on **the** ground.

Trick or Treat





Provider Trainings

For more information, check your September – December 2020 Training Calendar

JUST A REMINDER: All child care providers are required to take 30 hours of training every 2 years.
A minimum of 5 hours of Office Approved training must be obtained EACH YEAR.

NOTE:

The Fall-Winter 2020 training calendar has been published and distributed to child care providers in Niagara County. Training classes will be conducted using social distancing safety protocols along with using face coverings to comply with the current public mandate. Class registration is limited to a maximum of 8 participants and 1 trainer. The Community Child Care Clearinghouse of Niagara is taking every precaution to maintain safe social distancing and sanitation procedures to ensure all child care programs have the opportunity to maintain regulatory compliance and to offer on-site trainings as an alternative to virtual classes. Virtual training classes will also be offered in the near future.

DATE	TITLE	LOCATION
09/01/2020	Child Abuse/Maltreatment and Abusive Head Trauma	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
09/10/2020	Overview of Technical Assistance	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
09/12/2020	CPR/FA & AED Training	Mount St. Mary's Child Care Center
09/14/2020	Safety, Supervision and Security	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
09/19/2020	Medications Administration Training (MAT)	Mount St. Mary's Child Care Center
09/28/2020	Behavior Management Strategies – Part I	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
10/03/2020	CPR/FA & AED Training	Mount St. Mary's Child Care Center
10/06/2020	Child Abuse/Maltreatment and Abusive Head Trauma	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
10/15/2020	Safety Supervision and Security	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
10/17/2020	Medications Administration Training (MAT)	Mount St. Mary's Child Care Center
10/19/2020	Behavior Management Strategies – Part II	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
10/28/2020	Child and Adult Care Food Program (CACFP)	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
11/03/2020	Child Abuse/Maltreatment and Abusive Head Trauma	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
11/09/2020	Safety Supervision and Security	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
11/14/2020	CPR/FA & AED Training	Mount St. Mary's Child Care Center
11/21/2020	Medications Administration Training (MAT)	Mount St. Mary's Child Care Center
11/23/2020	Behavior Management Strategies – Part I	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
11/24/2020	Child and Adult Care Food Program (CACFP)	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
12/05/2020	CPR/FA & AED Training	Mount St. Mary's Child Care Center
12/07/2020	Safety Supervision and Security	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
12/14/2020	Behavior Management Strategies – Part II	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
12/19/2020	Medications Administration Training (MAT)	Mount St. Mary's Child Care Center

Free On-Line Trainings

Revised January 2019

<http://www.ecetp.pdp.albany.edu/elearncatalog.shtm>

Prevention and Identification of Brain Injuries, including Abusive Head Trauma (AHT) ****NEW****
OCFS Training Topics 7, 4, 1, 6, 8, & 9 (2.0 training hours)

Foundations in Health & Safety
OCFS Training Topics 2, 3, 4, 7, 8 & 9 (5 training hours)

Expulsion & Suspension Prevention Strategies
OCFS Training Topics 1, 3, & 4 (1.5 training hours)

Infant Brain Development
OCFS Training Topics 1 & 3 (1 training Hour)

School Age Child Care
OCFS Training Topics 1, 3 & 4 (1.5 training hours)

Supervision of Children
OCFS Training Topic 4 (1.5 training hours)

Obesity Prevention
OCFS Training Topic 2 (2.0 training hours)

Emergency Preparedness
OCFS Training Topics 4 & 7 (1.5 training hours)

Family Engagement
OCFS Training Topics 3 & 4 (1.0 training hours)

Early Intervention
OCFS Training Topics 1 & 4 (1.5 training hours)

Transportation
OCFS Training Topics 3, 4 & 7 (2.0 training hours)

Managing Challenging Behavior: Birth to 18 Months
OCFS Training Topic 1 (1.5 training hours)

Managing Challenging Behavior: 18 Months to 36 Months
OCFS Training Topic 1 (1.5 Training hours)

Keeping Children Safe: Prevention of Lead Poisoning and Other Dangers to Children
OCFS Training Topics 1, 3, 4 & 7 (1.5 training hours)

Preventing Sudden Infant Death Syndrome and Promoting Safe Sleeping
OCFS Training Topics 1, 3, 4 & 7 (1.0 training hours)

Mandated Reporter On-Line Training
OCFS Training Topics 5, 6, & 8 (2.0 training hours)

Implicit Bias in Early Childhood
OCFS Training Topics 1 & 3 (1.5 training hours)

Niagara Community Action

Board of Directors:

Tim Beach	Thomas Beachy
Andrea Haseley	Andrew Kirsch
John Lombardi III	Kimberlyann Meal
Robert Pecoraro	Ann Printup
James Pyra	Joyce Scott
Danny Sklarski	Dennis Stachera
Owen Steed	Pamela Stevenson
Charles Walker	

CCR&R Staff:

Supervisor:	Angela Burns
Registrar Unit:	Kimmarie Brown Elizabeth Nowakowski Patrick Carr
Technical Assistant Specialist:	Beverly McArthur
Infant & Toddler Technical Specialist:	Kelly Janese
Legally Exempt:	Debbie Perricelli Donna Striffler
CC Referrals:	Carolyn Jacobs
CACFP:	Linda Newman Betty McCarthy

Mission Statement:

Niagara Community Action Program, Inc. is a countywide agency dedicated to reducing poverty in a collaborative effort by initiating and conducting programs of self-sufficiency. Our ultimate goal is to empower individuals and families to reach their fullest potential.

Office Closings:

September 7	October 12
November 11	November 26—27

Contact Information:

Community Child Care
Clearinghouse of Niagara
1521 Main Street
Niagara Falls, NY 14305

Phone: 716-285-8572
Toll Free: 1-800-701-4KID (4543)
Fax: 716-286-9243
E-mail: crrniagara@niagaracap.org
Web: www.childcareofniagara.com

Facebook:
<https://www.facebook.com/CCRandR/>

Pumpkin Song

Have you ever seen
a pumpkin, a pumpkin,
a pumpkin?
Have you ever seen
a pumpkin, that grows on a vine?
A round one, a tall one,
a bumpy one, a squashed one.
Have you ever seen
a pumpkin that grows on a vine?



Child & Adult Care Food Program (CACFP)

CACFP is a nutrition education and meal reimbursement program to help providers serve nutritious and safely prepared meals and snacks to children in day care settings. The income from this program is tax free.

For more information call: Betty McCarthy
716-285-9681 ext. 111

This institution is an Equal Opportunity Provider (EOE).



Do you have a screaming child, a disgruntled parent, or a curriculum which isn't working for you?

This is just a sample of the problems you may face as a child care provider. If you would like help with these issues in your day care, contact either Beverly McArthur (children aged 3-12 years) or Kelly Janese (children aged 6 weeks up to 3 years).

This may include: Observations Assessments Trainings
Quality Improvement Plan Technical support

To make an appointment with:

Beverly	716-285-8572 ext. 115
Kelly	716-285-8572 ext. 104



If you haven't returned your provider update form, please send it as soon as possible. If another update form is needed, let me (Carolyn) know.

I may be reached by:

Phone: 716-285-8572 ext. 109 (a voice message is sufficient)
E-mail: crrniagara@niagaracap.org

