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Fall

NEWSLETTER

2023

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

RECALLS

Philips Avent Digital Video Baby Monitors

Hazard: The rechargeable lithium-ion batteries in the Parent Unit monitors can overheat during charging, posing a risk of burns and property damage.

Remedy: Replace

Recall Date: August 03, 2023



Boon Flair & Flair Elite highchairs

Hazard: The bolts used to secure the seat of the recalled highchair to the pedestal base can become loose and allow the seat to detach, posing a fall hazard.

Remedy: Repair

Recall Date: August 31, 2023



Simplay3 Toddler Towers

Hazard: The towers can tip over while in use posing fall and injury hazards to young children.

Remedy: Repair

Recall Date: August 17, 2023



Zipadee Kids Convertible House Bed Frames and Montessori Floor Beds

Hazard: The spindles used are spaced at a distance that creates a serious entrapment hazard that can lead to strangulation and/or death to children. The design of the bed allows a child's torso to slip through the rail opening but will not allow their head to pass, posing entrapment and strangulation hazards that could result in death.

Remedy: Dispose

Recall Date: August 17, 2023



Quarterly Quotes...

Children are not giving you a hard time; they are having a hard time.

— Tamae Memole

NYS Prevent Child Abuse

The more that you read, the more things that you'll know. The more that you learn, the more places you'll go!

—Kristina Clark

Niagara County Registrar

Never try to rationalize with a child that is emotional. They don't want advice, they want love.

— Sarah Boyd

The way kids learn to make good decisions is by making good decisions, not by following directions.

— Alfie Kohn

Affirming words from moms and dads are like light switches. Speak a word of affirmation at the right moment in a child's life and it's like lighting up a whole roomful of possibilities.

— Gary Smalley



Fun Craft for Kids

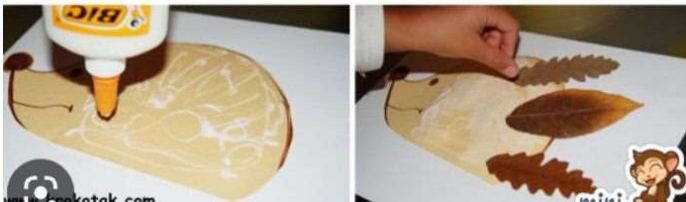
Fall Leaf HEDGEHOG

(Items needed will be highlighted)



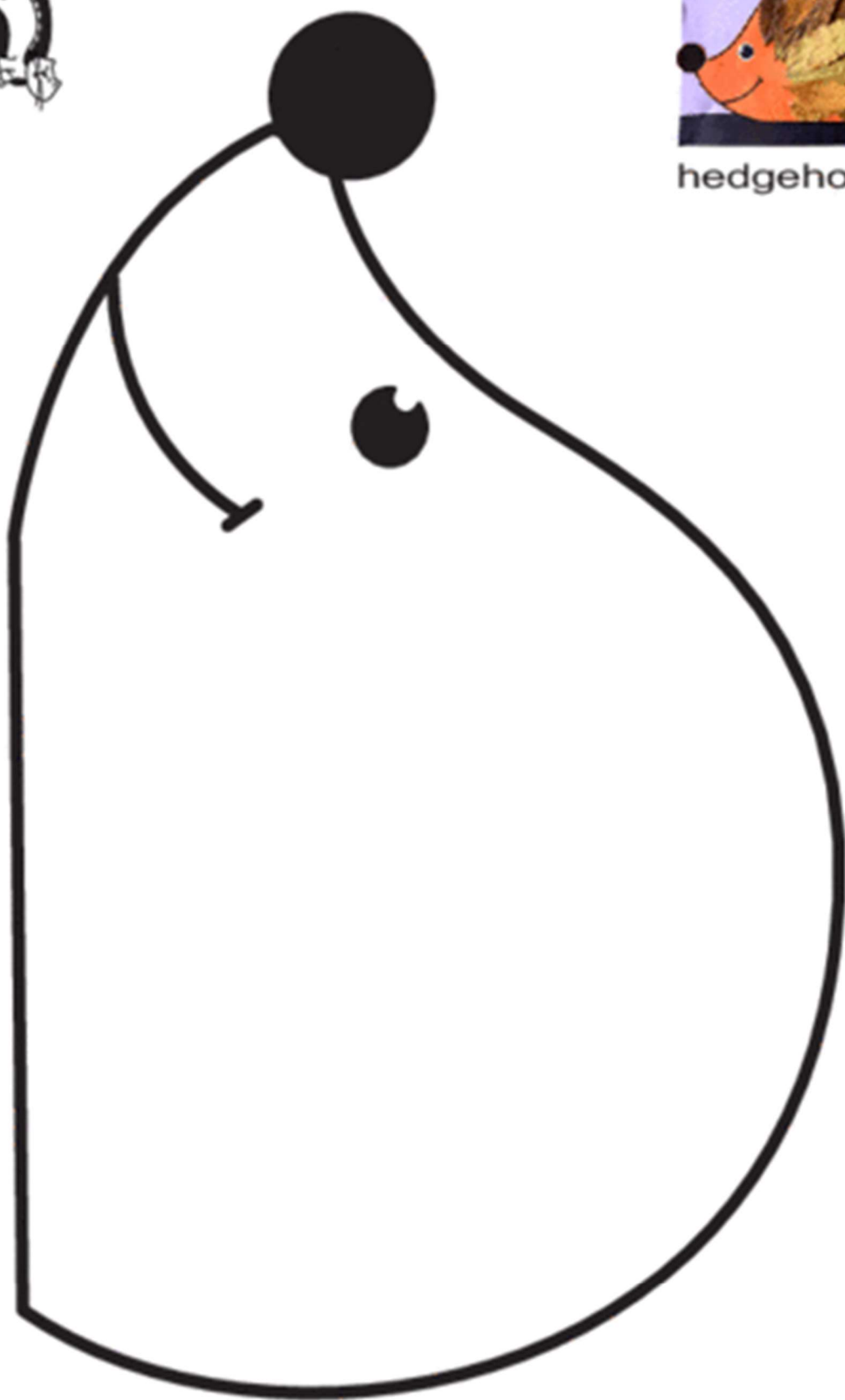
You will need dry fall leaves for this collage. Collect around 10 to 12 leaves for each hedgehog you're making. You may dry them with a household iron to speed up the process.

Print out the hedgehog on the next page. Cut it out (color it, if desired) and cover the body area with glue leaving the head uncovered. Choose longer and spikier leaves and let the child arrange them on the hedgehog body. Glue the collage on a sheet of colored paper.





hedgehog craft



Niagara Community Action Board of Directors:

Tim Beach	Gary Heuck
Andrea Haseley	Andrew Kirsch
John Lombardi III	Kimberlyann Meal
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Supervisor: Angela Burns

Registrar Unit: Kimmarie Brown
Cindy Dugan
Kristina Clark

Technical Assistant
Specialist: Erin Crump

Infant & Toddler
Specialist: Kelly Janese

Infant Toddler Mental
Health Consultant: Jameelah Masaed

Legally Exempt: Debbie Perricelli
Donna Striffler

CC Referrals: Elizabeth Springer

Technical Assistance/Legally Exempt/CC
Supply Specialist/ Referral Counselor:

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:

- October 9
- November 10
- November 23 & 24

Contact Information:

Community Child Care
Clearinghouse of Niagara
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Facebook:
<https://www.facebook.com/CCRandR/>



Meet our new Technical Assistant Specialist – Erin Crump

Erin is available to provide support to all child care programs that need assistance with issues that may arise in their child care program. She will also be distributing quality initiative grants to eligible licensed and registered childcare programs.



We're here to help if you have a curriculum which isn't working for you, a disgruntled parent or a screaming child.

We know these are just a sample of the issues you may face as a child care provider. If you would like help with these or any other problems in your child care program, contact:

- ❖ Kelly Janese for children ages 6 weeks up to 3 years
- ❖ Erin Crump for children 3 years through school age

We will come in to your program to observe and assess. We then will help you by providing technical support, trainings and create a quality improvement plan.

For more information about this service available to you, contact:

- ❖ Kelly 716-285-8572 ext. 104
- ❖ Erin 716-285-8572 ext. 115



Meet our new Referral Counselor – Elizabeth Springer

Elizabeth will be working with parents who need assistance in locating a registered or licensed child care program. In addition, she will work with providers to ensure that all information regarding child care vacancies are up to date in the referral database.

Provider update forms were mailed out last month. Please complete and return as soon as possible. As you may know, available child care slots are few and, in some areas, non-existent. If you have openings, please keep our office informed. A voice message which is available for calls after hours or e-mail is sufficient.

Contact Elizabeth at: Phone: 716-285-8572 option 2
ccrrniagara@niagaracap.org

7 RULES OF LIFE

1. SMILE

IT ALWAYS WORKS OUT IN THE END!

2. BE KIND

YOU HAVE THE POWER TO MAKE PEOPLE FEEL GOOD!

3. DON'T GIVE UP

IF IT DOESN'T WORK THE FIRST TIME, FIND ANOTHER WAY!

4. DON'T COMPARE

EVERYONE'S ON A DIFFERENT JOURNEY!

5. AVOID NEGATIVITY

AVOID NEGATIVE THOUGHTS, SITUATIONS & PEOPLE!

6. MAKE PEACE WITH YOUR PAST

FOCUS ON BEING PRESENT & CREATING A BETTER FUTURE!

7. TAKE CARE OF YOUR BODY & MIND

ONE STRUGGLES TO SURVIVE WITHOUT THE OTHER!



It is absolutely okay
to take time for self care.



you can't do things well
if you don't feel well.



Your child may need a
different parenting
style than what you
needed growing up.
Parent the child
you have,
not the child you were.

@drjennhardy

LOVE

Love, unconditional love,
is the biggest gift we can give our children.

Love who they are,
not who you want them to be.
Show them how to love themselves,
just the way they are.

Love them hard, and show them,
with actions, how much you love them.

Make LOVE a priority,
it is the foundation of life.

Carolina King | Mama Instincts



When Do Babies Drop To One Nap?

A Parenting Expert Explains

by Isobel Whitcomb



Even though they're not nearly as important as many of us chalk them up to be, parents are ever on the lookout for developmental milestones in their child's motor and communication skills. Have they walked yet? Made out a word? Is this normal? This last question is best left for a pediatrician to answer. The same cannot be said for sleep.

This is not because it matters when kids sleep for less than 12 hours, go for longer stretches of time at night or take fewer naps. But it impacts parents' lives in massive ways — and is something

that requires quite a bit of planning around. Take that precious moment when a kid drops from two naps to one for example. The shifting of schedules will have to commence. But first: Exactly when do babies go to one nap?

Parents can expect their baby to be ready for one nap around 18 months of age, says Galena Rhoades, Ph.D., a professor of psychology at the University of Denver and director of the MotherWise program, a non-profit that provides support for pregnant people and new parents.

"But there's a wide range," Rhoades adds. Some 12-month olds might already be ready to sleep just once during the day. Other babies might do just fine with two naps as old as 24 months. Knowing when it's time to make the switch involves paying attention to your baby's cues. Signs a baby is ready to drop one of their naps include trouble settling down for their morning nap and sleeping longer in the afternoon, Rhoades says.

But let's be honest: Sometimes it's difficult to schedule work and childcare around a baby's twice-a-day nap schedule. In that case, it's perfectly fine to make the switch to one nap based primarily on what is practical for your family, Rhoades says. "Sometimes parents' schedules need to dictate what happens."

The important thing to remember at this stage: When babies drop to one nap, they're not sleeping less overall. "They're just consolidating," Rhoades says. Between 12 and 24 months, babies should still get between 13 and 14 hours of sleep total, according to Stanford Children's Health. A baby that normally sleeps an hour-and-a-half in the morning and again in the afternoon might switch to just one mega-nap after lunch. "Often times, babies almost make it to bedtime in that single nap," Rhoades says. Parents need to wake babies up early enough that they have three or four hours to eat and settle down before bedtime, in which they should get a solid 11 to 12 hours of shut-eye.

It's not an easy leap to make. "It can be a hard time for families, and it doesn't happen in a short period of time," Rhoades says. Expect the transition to take weeks, with constant stops and starts. One day, a baby might take one nap, none the next, then go back to two, she says. It's a learning process, for babies and for families. "It's about working to get to a schedule that works for you and your family, as well as your baby."



Tummy time tutorial: Why babies need to lay on their stomachs

By Daniel Saransky/Walla!



You have probably heard that it's important to lay a baby on its stomach, but do you know why? When does this start, and what does this have to do with symmetry?

We turned to Netta Bacher, a baby developmental guide and sleep coach, and she explained to us why it's so important and ways to perfect this skill. Let's start with the facts. When a baby is just born, the size of its head is about a quarter of the size of the whole body. If you lay a newborn on their stomach, you can see that it's difficult for them to hold their head up, and in order to succeed, they use a lot of strength and train every day to learn this skill.

The earlier you put a baby on their stomach, the better it is, since tummy time will become part of the daily routine. Each time they do, they will get better at this skill. Since the Health Ministry recommends that small babies sleep on their backs, many don't spend time on their stomachs even while awake. This can cause developmental delays and a lack of functional symmetry.

So why is tummy time important?

1. Symmetry

Babies are born without preferring one side or another, so it's important to maintain motor symmetry. This means that for every action done on the right side, it's important to do so on the left side as well like lifting the baby on both sides, practicing rolling over on each side, and so on.

This way, you'll prevent torticollis, which is a condition in which the positions of the neck and the baby's head aren't symmetrical. Congenital torticollis develops if the baby is in the wrong position in the womb, but there's also acquired torticollis, and in this situation, a baby prefers to turn her head to one side only due to an imbalance of the neck muscles.

Lying on the stomach allows free movement of the head to both sides, both to the right and to the left. The baby can look around and turn his/her gaze towards a familiar voice, like yours!

2. Prevent the baby's skull from flattening

When babies are kept on their backs, you can see thinning of the hair in the area where the baby was, as well as a flattening of the skull. Tummy time prevents this.

3. Preventing developmental delays

A baby lifting their head is an early but critical stage in motor development. The baby leans on their hands and pushes hard on the surface they're on, which helps their head to stay up. Even when the baby sits down, their hands will be on the sides of their body, supporting and pushing the ground beneath them. When standing, the baby's hands push against the ground while the body is lifted upwards.

In each stage of motor skill development, the skill of pushing hands against a surface to get up, which is learned through tummy time, is necessary and critical. So, it's important that you make sure the baby is on their stomach and don't try to postpone it because you're afraid it might disrupt their breathing or because the baby looks uncomfortable. Pay attention and do it in short spurts when the baby is calm, but don't neglect to learn this very important skill.

This article was written in partnership with the JAMA parenting app.

Important things to know about... Tummy Time!





Back to Sleep, Tummy to Play! Many babies slept on their tummies until 1992, when the American Academy of Pediatrics (AAP) launched their Back to Sleep campaign.

Tummy Time helps babies develop neck and core strength.
Because babies no longer sleep on their tummies, there has been an increase in flat head syndrome and positional torticollis, which is when a baby's neck becomes stiff or tight. Babies need Tummy Time while they are awake to develop neck and core strength.





Many babies don't like Tummy Time at first. It's hard work! Using toys, blankets, and even your lap when you first start out will make it more comfortable and fun for baby to build up their muscle strength.

As baby gets stronger, increase the amount of Tummy Time.
Eventually, you want baby to do an hour of Tummy Time on the floor every day, with baby pushing up on their arms and picking their head up on their own.



Check out [Pathways.org](https://www.pathways.org) for more Tummy Time info!





Blog adapted from [IFIC](#)

Incorporating fresh produce into the food you serve can be a great practice, but it's important that you know how to properly store different types of produce. Our partners at the International Food Information Council (IFIC) have tips on how to select and store fresh produce so they stay good longer and don't go to waste.

Reducing spoilage: The basics

The most important factors to consider in maximizing our produce's shelf life are: the condition of the produce when it's purchased, the temperature at which the produce needs to be stored, the humidity and airflow levels of the storage space, and whether or not the food produces ethylene gas or is ethylene-sensitive. Ethylene gas causes produce to ripen and spoil more quickly, so ethylene-sensitive produce are especially prone to ripening and spoiling prematurely.

Not sure whether or not your favorite fruits and vegetables are ethylene-producing or ethylene-sensitive? Don't worry, we've got you covered—and have tips for how to store them!

Apples, peaches, and pears

Choose firm apples, peaches, and pears without apparent bruising. Apples fare best when stored in a plastic bag or airtight container inside the refrigerator. Because they release ethylene gas, it's best to keep apples stored in a bag or container inside a drawer that contains other non-ethylene-sensitive fruits, such as strawberries, blueberries, and raspberries. Apples will last for several weeks if stored properly. Under ripe pears and peaches should be stored outside the fridge in an open and easily accessible place like the kitchen counter, at room temperature until they are ripe at which point they can be moved to the refrigerator, but stored away from ethylene-sensitive produce, since they also produce ethylene gas. Pears can last up to two weeks and peaches usually last about a week.

Asparagus and celery

Choose firm asparagus and celery with rich color and without apparent bruising. For asparagus, trim the bottoms and place the asparagus bottoms down in a glass with about an inch of water in it. Cover the glass with a plastic bag but do not tightly seal it. Then place the asparagus in the refrigerator where it can live for up to a week (note that asparagus is ethylene-sensitive, so store it away from ethylene-producing produce). Celery stalks should remain whole, removed from any plastic bags they may have been purchased in, and kept in an aluminum-foil wrap (but not wrapped too tightly!). Celery produces ethylene so it does best in the crisper drawer, set to high humidity. Stored properly, it can last up to a few weeks.

Avocados

Choose your avocados based on when you plan to eat them. If you're looking for ripe avocados, use your hands to gauge their firmness. Ripe avocados are closer to black in color and will give slightly when squeezed. If you're planning to eat avocados later in the week, choose a hard, green avocado and store in a paper bag for a of couple days on the counter until it's ripe. Store ripe avocados in the fridge to extend their shelf life or on the counter if you plan to eat them within a day or two. Note that avocados are ethylene-producers.

Berries

Choose berries that appear firm, bright in color, and without apparent bruising or mold. Blueberries, blackberries, and strawberries should be stored in a low-humidity section of the refrigerator in a container with some ventilation. Berries hate mold. A quick one-minute vinegar bath can help remove any potential mold and extend the shelf life of blueberries, blackberries, and strawberries. After the vinegar bath, be sure to rinse the berries with water and thoroughly dry them (because berries hate moisture too) before storing in the refrigerator. Raspberries should be stored like other berries, but instead of the vinegar rinse, they can be washed with plain water right before consuming.

Broccoli, cauliflower, and cabbage

Choose broccoli, cauliflower, and cabbage heads that are firm, not wet or moist, and do not have apparent bruising. These types of produce should be refrigerated. Uncut heads of cabbage can be refrigerated without a bag or container, but cut heads should be in an airtight container or bag. Broccoli and cauliflower should be refrigerated in a sealed container from the start. All these vegetables are ethylene-sensitive, so keep them away from ethylene-producing produce like onions, bananas, and apples, and pears. Broccoli and cauliflower can last up to two weeks in the refrigerator, while cabbage can last up to three weeks.

Citrus fruit (orange varieties, grapefruit, lemons, and limes)

Choose citrus fruit that appears firm and without apparent bruising or dents. Citrus fruits can be stored at room temperature for about a week and can be refrigerated after that to extend their shelf life. Oranges and grapefruits are not ethylene-sensitive, but lemons and limes are so keep those away from ethylene-producers.

Cucumbers, zucchini, and squash

Choose cucumbers, zucchini, and squash that are firm, not wet or overly moist, and without apparent bruising. All of these vegetables should be refrigerated and not washed until ready to eat. Cucumbers, zucchini, and squash are ethylene-sensitive and should be stored away from ethylene-producers. They all prefer the high-humidity part of the fridge and can last one to two weeks when stored properly.

Garlic, shallots, and onions

Choose garlic, shallots, and onions that are firm, with little-to-no blemishes and dry outer skin. Garlic, shallots, and onions should not be refrigerated. Instead, store them in a cool, dark place with lots of air circulation. Although they may be purchased in plastic perforated bags, it's best to discard those and store this kind of produce in a container without a lid. All should be stored in low humidity, away from potatoes and other ethylene-sensitive produce, since they produce ethylene gas. Garlic will last about three weeks, and properly stored shallots and onions may last up to a couple of months. Once cut, store leftover garlic, shallots, and onions in a plastic wrap or airtight container in the refrigerator.

Leafy greens

Choose leafy greens that do not appear wilted or wet. Excess moisture will cause greens to wilt sooner so store them unwashed in the refrigerator until ready to use. Greens should be stored in an airtight container or plastic bag that zips. Despite how well you store your greens, some simply last longer than others. Romaine lettuce and green leaf lettuce can keep for up to a week. Kale, endive, escarole, and iceberg lettuces can last longer.

Sweet potatoes and potatoes

Choose sweet potatoes and potatoes that have minimal to no bruising and appear firm. Potatoes should not be refrigerated. Instead, they should be stored in a cool, dark place with high humidity and air circulation. If your potatoes were purchased in a perforated bag, it's best to remove them and store them in a container without a lid. At warmer temperatures, potatoes sprout and spoil. At refrigerator temperatures, some of the starch converts to sugar which makes the potatoes brown too quickly. Make sure to separate potatoes from ethylene-producing foods, since potatoes are ethylene-sensitive. Potatoes typically last a week or so longer than sweet potatoes which last about one to two weeks.

Tomatoes

Choose tomatoes that appear firm, bright in color, and without bruising. If under ripe, tomatoes can be stored at room temperature and will continue to ripen if near sunlight. Once ripe, tomatoes are best eaten at room temperature, but they can be stored in the refrigerator to extend their shelf life. Tomatoes are moderately ethylene-producing, so they are best stored away from ethylene-sensitive produce. Depending on where tomatoes are in the ripening process, they can last one to two weeks.

TOMATO RIPENING HACK



Have tomatoes that you want to ripen? This hack requires a warm place (85 degrees Fahrenheit optimally), a breathable container such as a paper bag and a banana, which are an ethylene-producing fruit. Put the banana in with the tomatoes (works with avocado and pears too) and watch it ripen in a day! The cooler the temperature, the slower it will ripen but do not go below 55 degrees Fahrenheit or it may damage the fruit.