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Spring

NEWSLETTER

2022

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



## National Step In The Puddle And Splash Your Friends Day

Celebrated annually on 11th January, the *National Step in the Puddle and Splash Your Friends Day* is observed as an unofficial holiday for those of us who are young at heart and, of course, for mischievous kids who are waiting for an opportunity to prank their friends.



Can you believe there is such a 'holiday'? I admit that I wouldn't celebrate in January around here, but, in April or May, the world is fair game! Yep, on *National Step in the Puddle and Splash Your Friends Day*, everybody would be my very best friend! So, pick a rainy day with LOTS of puddles and have fun!!!



Have an absolutely spectacular spring!

Carolyn







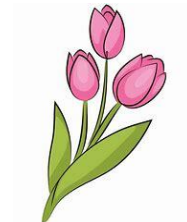


**Spring is Here!**  
sung to the tune of "Are You Sleeping?"

**Spring is here.  
Spring is here.  
Goodbye, snow.  
Flowers grow.**

**Birds and bees,  
leaves on trees.  
Hello, spring.  
Hello, spring.**

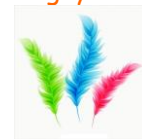
the classroom creative.com ©  
images & lyrics  
(personal & classroom use only)

The poster features a sun with a face, two bees, and a purple tulip. The text is arranged in two stanzas. The sun is on the left, and the tulip is on the right. The bees are flying around the text.

## Craft Project:

- ✚ Colorful popsicle sticks
- ✚ Wiggle eyes
- ✚ Feathers
- ✚ Glue

Paperclips or something similar has been attached to the bottom to help the little guys stand up.



# Helping children understand death

Grief can be a challenging topic and talking to children about death is never easy.

Not every child will react or respond the same, so it is advised that the person closest to the child is the one who shares the news. Remain calm and avoid being so overwhelmed that the child becomes scared or alarmed.

At different stages of a child's life, they grasp the full understanding of death differently. The younger they are, the less they understand that death is final.

Here are some things to remember when explaining death to a child.



## INFANTS AND TODDLERS

Children 2 years and younger lack the understanding and ability to process death. They do, however, sense stress in their caregivers and can recognize when something in their life has changed. Because of their limited language skills and inability to express their feelings, it is important for the adults in their lives to keep their routines as normal as possible. It is best to avoid grieving in front of the children and, instead, continue to comfort and provide them with attention.



### 5-7 YEARS OLD

Children at this age have a better understanding that death is permanent. However, as their awareness of death increases, the more likely they are to be anxious and worry about themselves and others.

Be honest. Provide opportunities for them to express their feelings.

- Remind your child that not everyone who gets sick will die.
- Reassure your child that it was not their fault and that they had nothing to do with it.
- Give information in small doses.

Children may struggle with the permanence of death. Be prepared to answer repeated questions. And allow your child to grieve in their own way, even if it means remaining silent.

### 3-5 YEARS OLD

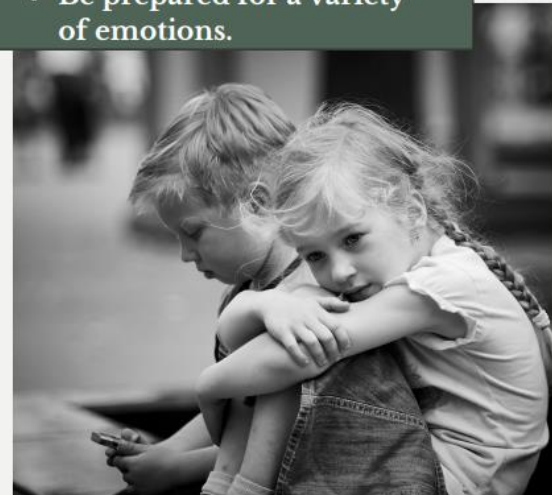
At this stage, children have the very basic thinking skills to understand the meaning of death. However, they do not quite understand that death is permanent.

Be honest and interpret death in a concrete way. Avoid using explanations such as "gone away" or "sleeping." Do not feel pressured to tell them everything. They can't handle too much information.

Remember that their understanding will be built over time.

Tips to help:

- Give brief simple answers but be realistic.
  - "Grandma grew old and her body stopped working"
- Be prepared for a variety of emotions.



JAMEELAH MASAED  
INFANT TODDLER MENTAL  
HEALTH CONSULTANT

716-285-8572 EXT 120

# Infant Toddler Mental Health Project



- Are you a caregiver of infants and/or toddlers?
- Do you have staff that cares for infants & toddlers?
- Are you dealing with stress, burnout, or struggling with staff turnover in your child care program?
- Would you or your staff like additional strategies to assist with challenging behaviors?

Our Infant Toddler Mental Health Consultant, Jameelah Masaed, is ready to help.

**This service is offered by the  
Community Child Care Clearinghouse of Niagara free of charge.**

The work of an Infant Toddler Mental Health Consultant is to help providers and staff to:

- Create a positive learning environment which is emotionally safe and responsive.
- Develop and implement plans designed for an individual program to promote child growth.
- Reduce staff stress.



So many families are affected by the stress of the pandemic that infants and toddlers may be delayed in meeting their developmental milestones. This heightened stress for many caregivers has resulted in programs struggling to maintain staff. These issues make it difficult for infants and toddlers to maintain trust and growth in a daily routine.

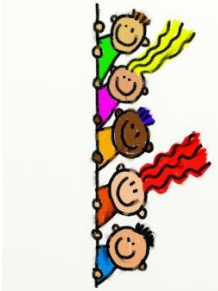
Our goal with the Infant Toddler Mental Health Consultation project is to enhance the learning development in the child care program in order to:

- Build a caregiver's capacity to better support children.
- Help minimize the stressors for caregivers or their staff.
- Help children meet developmental milestones.

Our Mental Health Consultant will work closely with providers to execute a plan created for them. Weekly meetings and support will be provided as needed.

For more information regarding the Infant Toddler Mental Health Consultation project, contact:

Jameelah Masaed  
Infant Toddler Mental Health Consultant  
jmasaed@niagaracap.org  
716-285-8572 Ext. 120



## Do you have?

- ✓ A disgruntled parent?
- ✓ A curriculum which isn't working for you?
- ✓ A screaming child?
- ✓ Are staff members exasperated with behavior management?

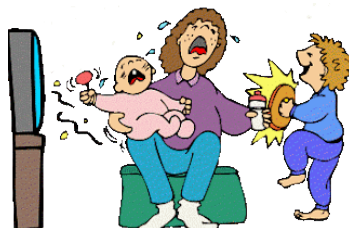


## If you would like help with these issues in your day care, contact:

- Beverly McArthur at 716-285-8572 option 4 (Children ages 3–12 years)
- Kelly Janese at 716-285-8572 option 7 (Children ages 6 weeks up to 3 years)
- Jameelah Masaed at 716-285-8572 ext. 120 Infant Toddler Mental Health Consultant

## This may include:

- Observations
- Trainings
- Assessments
- Quality Improvement Plan
- Other technical support



This service is offered by the  
Community Child Care  
Clearinghouse of Niagara free  
of charge.



# The One Sentence to Say to Get a Toddler to Stop Whining

letters@purewow.com (Rachel Bowie)



One of the more vivid memories from my childhood is my dad saying clearly and concretely: “I can handle any conversation, as long as you don’t whine.” Flash forward to my current role as a parent of a preschooler and, oh wow, I get it.



Upon further research, the choice our kids make to whine is actually quite fascinating. A recent piece in the *New York Times* explains it as a kid behavior so common, it’s universal across cultures and a mechanism kids deploy to get the attention of their parents. Research also demonstrates that, as far as vocalization options go, it’s the most annoying choice made by our kids. A study published by the American Psychological Association found that participants forced to listen to whining made more mistakes and were less productive; they also found it way more distracting than the sound of a typical infant cry.



So, what’s the calmest way to get whining to stop the minute it starts? On a recent episode of the podcast *Raising Good Humans*, hosted by Dr. Aliza Pressman, developmental psychologist and co-founder of the Mount Sinai Parenting Center, she says the first step is to take a deep breath.

“Whining isn’t harmful, it’s just annoying,” Dr. Pressman says. Her advice is to pause, breathe, then get down on eye level with your child and say: “I really want to understand what you’re trying to say, but it’s hard for me to understand when you’re whining. Can you try that again in your real voice?”

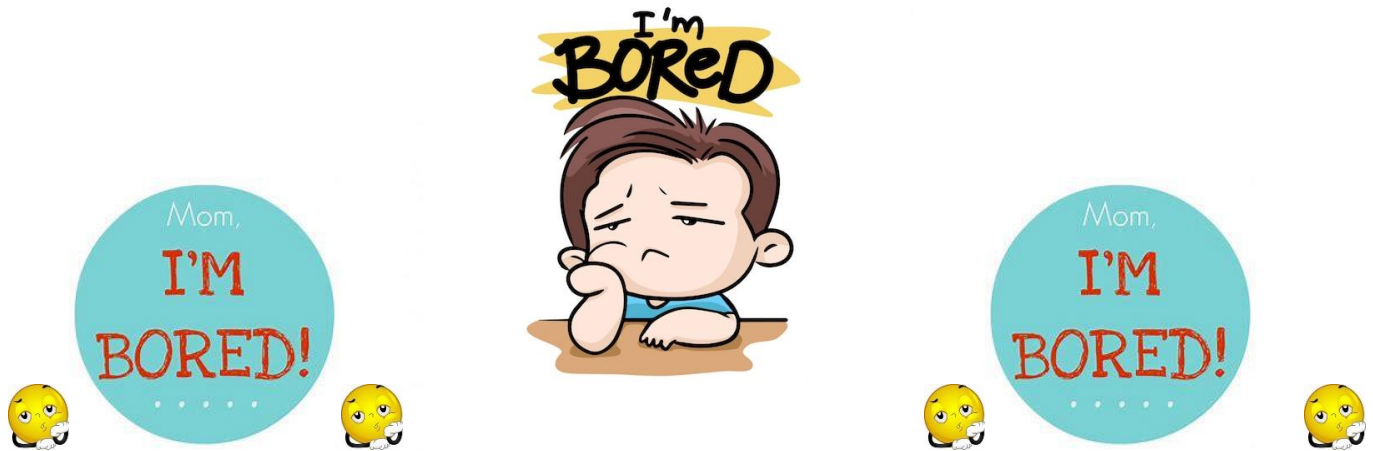


The reason this works is because you’re first acknowledging your child’s discomfort; you see their need for your attention and you’re making yourself available, but you need them to step up a bit, too, and adjust their tone. It’s also the polar opposite of your typical reaction to whining, which is to yell or exhibit body language that shows how triggered and irritated you’re feeling. The response is only natural, but it also encourages your child to keep going.

I decided to test Dr. Pressman’s advice on my own son. The other night, when his words turned high-pitched and impatiently sing-songy as I was trying to rush to prep dinner, I stopped: “I really want to understand what you need from me, but can you please say that again in your real voice?” He paused, then said a bit timidly: “I want you to play with me, mama.” Of course, the dinner demands still existed, but I was proud of him for calmly articulating his needs. We came up with a project for him to do side by side with me on the kitchen floor.



Will it work every time? To be determined. But if it saves a parent’s sanity even once, terrific!



## Here's Exactly What to Say When Your Kid Tells You "I'm Bored!"

letters@purewow.com (Emma Singer)

So, your child is bored and 'bored' doesn't begin to describe just how sick and tired you are of hearing about it. Should you A) reach for the remote control B) rattle off a list of fun things for them to do C) book it to the toy store and buy that game they've been eyeing or D) do nothing at all? Well, friends, if you chose D, you're on the right track. Still, ignoring a complaining kid is easier said than done. As such, we suggest you prepare yourself with a solid inaction plan like this one, courtesy of Dr. Siggie Cohen, a psychologist who specializes in child development. Here's exactly what to say when your kid starts to whine about having nothing to do.



### Don't Fear Boredom

While it might drive you nuts when your kid whines about it, the expert tells us that boredom itself is not a problem. Per Dr. Siggie "boredom is neither right nor wrong; it is just a passing feeling on the way to initiative, imagination, motivation, self-reliance, and problem solving." In other words, you can think of boredom as a catalyst—an uncomfortable, but fleeting experience that can play a significant role in helping your child develop a whole host of important skills.



### Turn Off the Screens

OK, your knee-jerk reaction when the whining starts may still be to toss a tablet in your tot's direction or turn on the tube, but Dr. Siggie offers a compelling reason why you shouldn't. "The age of screen time has created a culture of accommodation," she says. In other words, when you provide your kid with a quick fix in the form of technology, you're really only exacerbating the (non) issue and hindering your child's ability to tolerate or banish boredom in the future.





## How to Respond to Your Child When They Tell You They're Bored

Your first instinct might be to raise your voice and gesture wildly at the ridiculous number of toys cluttering your home for the sole purpose of entertaining your kid. We get it. However, the expert says exasperation isn't the best way to react to a child who's saying "I'm bored" on repeat. Instead, stay neutral and try to validate your child's feeling without communicating that there's anything particularly exceptional about it. The important part, don't try to fix it. That's right: Don't pick up the phone and schedule an impromptu play date, don't take them to the dollar store for a new toy, and don't even suggest at-home activities that are readily available to them. They'll just pooh pooh them anyway.

Dr. Siggie suggests a refreshingly simple script: When your child tells you they're bored, just say, "I know"; and when they say it once more with feeling, because they will, reply with, "**I know you're bored, and you think I can fix it...but you can fix it.**" Short, sweet and once your kid gets the memo empowering.

If your kid is used to having you provide on-demand entertainment, this new approach might require some commitment on your part namely because self-reliance doesn't happen overnight; nevertheless, it's a tremendously important life skill to encourage. Just stick to the script, stay the course and "*let your kid be bored,*" says Dr. Siggie. By doing so, your child will have no choice but to show some initiative and you might be pleasantly surprised to see just how creative and resourceful your kid can be.





**SILLY ANIMAL TOAST**





# Guacamole Chicken Wrap

Snack/Lunch/Supper Crediting for Ages 3-5



Total Time: 20 minutes

Serving Size: 1 wrap

Servings: 6



Components: Meat/Meat Alternate, Grains

## Ingredients

- 1 ripe, fresh avocado, halves, pitted and peeled
- 1/4 cup low fat plain Greek yogurt
- 2 cups cooked chicken breast, diced
- 2 fresh green onions, thinly sliced
- 2 stalks fresh celery, diced
- 6 8" whole wheat tortillas
- 2 cups fresh green lettuce, sliced or shredded
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

This mild and creamy guacamole style chicken wrap packs a lot of flavor and crunch!

## Directions

1. In a food processor, puree avocado, yogurt, salt, pepper and garlic powder until smooth.
2. In a large mixing bowl, add avocado puree to diced chicken, sliced green onions and diced celery. Mix well to combine.
3. To assemble wraps, place 1/2 cup of chicken mixture onto each whole wheat tortilla. Top each with 1/3 cup lettuce.
4. Roll each tortilla like a burrito or leave one end open.





## Breakfast Muffins with Egg

[homebaking.org/recipe-items/breakfast-muffins-with-egg/](http://homebaking.org/recipe-items/breakfast-muffins-with-egg/)

CCP: Hold for hot service at 140° F or higher.

*Prep Time:* 20 Minutes

*Cook Time:* 25 Minutes

*Yield:* 12 muffins

*Difficulty Level:* Easy

### Ingredients

- 12 eggs hard boiled
- 10 strips bacon, cooked until crisp then chopped
- 2 1/2 cups all-purpose flour
- 1/2 tablespoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 2 cups cheddar cheese, shredded
- 1 egg
- 1 cup milk
- 1/2 cup sour cream
- 4 tablespoons butter, melted and cooled
- 4 green onions, thinly sliced

### Instructions

1. In a large bowl combine the flour, baking powder, salt, onion powder and cheese, set aside.
2. In a separate bowl combine the milk, egg, sour cream and melted butter until evenly combined.
3. Using a spatula, combine the wet and dry ingredients until a thick batter is formed. Then, fold in bacon and green onions.
4. Preheat your oven to 375°F (190°C) then generously butter a 12 muffin tin.
5. Using 2 spoons drop heaped tablespoons of muffin batter into the bottom of each muffin.
6. Place 1 whole hard-boiled egg in the center of each muffin. Press down to ensure the egg is meeting the batter on the bottom of the tin.
7. Using the same two spoons drop heaped tablespoons of batter on top of each egg, using the spoons to push the batter down the sides of each muffin, this will ensure the egg is fully encased in batter. Repeat this process until all of the muffins are completed.
8. Bake for 25 minutes until firm and golden brown on top. Allow to cool slightly before removing from the tin. Enjoy immediately.
9. Store in an airtight container in the refrigerator for up to 3 days

# jokes

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## Skip To My Lou



Q: Why did the computer go to the dentist?

A: It had a blue tooth.



Q. Why did the bicycle fall over?

A: It was two tired.



Q: How does a cow do math?

A: With a cow-culator!



Q: What do you get when you cross a turtle with a porcupine?

A: A slowpoke.



Q: Why is a baseball stadium always cool?

A: It is full of fans.



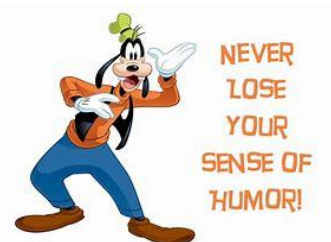
Q: What did one wall say to the other wall?

A: I'll meet you at the corner!

Q: Why can't your nose be 12 inches long?



A: Because then it would be a foot.





## Mental Health Matters

### COVID-19 Mental Health First Aid News Self-Care

By Mental Health First Aid USA on January 4, 2022

It's safe to say that the COVID-19 pandemic continues to have a major impact on all of our lives. Keeping distance from family and friends, and quarantining when sick, are difficult and necessary actions to reduce the spread of COVID-19, but they can also make people feel isolated and lonely. The uncertainty, fear and misinformation can also increase stress and anxiety. **According to the CDC**, the latest data shows that symptoms of anxiety disorder and depressive disorder increased considerably in the United States during April–June of 2020, compared with the same period in 2019.

As we head into our second full winter of COVID-19, it's important to take stock of where we are and how far we have come and find ways to take care of our mental wellbeing in the months ahead.

Learning to manage your mental wellbeing in a healthy way will not only make you more resilient, but will also help your loved ones take care of their own mental wellbeing and resilience. As a Mental Health First Aider, taking care of yourself can better equip you to take care of others. So, use tips from MHFA to manage your wellbeing to help yourself, others and your community manage stress.

#### **Take a media break:**

You might want to consider taking breaks from watching, reading or listening to news stories, including those on social media. Hearing about the pandemic constantly can be upsetting, especially given our constantly shifting news which can create uncertainty and fear, further increasing stress. Consider limiting your news intake and periodically disconnecting from phone, television and computer screens during the day.

#### **Mind your physical health:**

Taking care of your body can also help take care of your mind. Are you taking time to exercise regularly? Are you eating nutritious meals or sleeping well? All of these things can have a positive impact on both your physical and mental wellbeing. They also have the added benefit of creating spaces and times where you can disconnect from screens and focus on yourself.

#### **Connect with others:**

You might want to try talking with family or friends, sometimes the best way to look out for ourselves is to ask someone else how they're doing. You can also find an activity that connects you with other people, whether it's something like board games, being active in a faith-based community or other community groups, playing video games online or joining a recreational sports league. When we're stuck in ourselves, it can be easy to ruminate or

focus on negatives, interacting with others allows us to be present even if it's something as simple as talking to your local barista!

**Practice mindfulness:**

You can practice mindfulness quickly and easily throughout the day. Many people think meditation is something big or impossible to achieve. The reality is that by taking a few minutes periodically through the day to check on yourself and be present to your body and breath, you can dramatically improve your ability to let go of negative thoughts and emotions. Practice this now: Close your eyes and focus on how you're breathing or how your body is feeling. Even taking a single minute at different times throughout the day can dramatically improve your mood and relieve feelings of stress and anxiety, with the added benefit of allowing you to better recognize when negative feelings are creeping in and thereby protecting you from their impacts.

**Do something you enjoy:**

Do at least one pleasurable activity every day, like cooking, meeting with friends or going to the movies. It may help to journal in the morning or use a planner to help you feel centered and approach each day with something enjoyable to do in mind.

**Ask for help.**

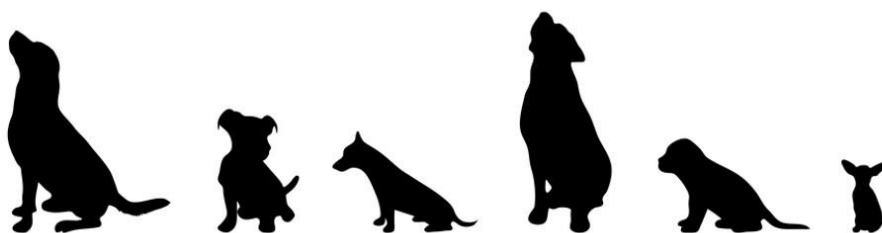
Sometimes we may feel like we don't want to burden others with our problems, but the longer we internalize our issues, the more difficult they become to resolve. Consider talking to a family member or trusted friend, a therapist, or if you are in crisis, call one of the numbers available from the **CDC Crisis Page**.

Lastly, **look for opportunities to laugh!** Life is beautiful, and laughter is the spice of life. When we laugh, we let out endorphins and are present to ourselves and to others.

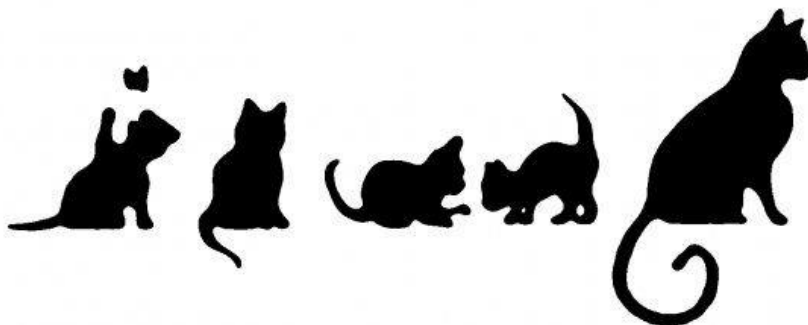
Despite the tumultuous past few years, things will continue to improve. We can look forward to the new year and have our own self-knowledge and resiliency to guide us to **#BeTheDifference**, forward into the future.

**#BeTheDifference** – <https://www.mentalhealthfirstaid.org/2021/05/>.

*You can also reach a trained crisis counselor through the National Suicide Prevention Lifeline by calling 800-273-8255 or texting 741-741.*



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From time to time, I've shared e-mails or articles received from Bari Koral. Below is another one of those e-mails. She has great ideas for teaching children life's coping skills through song, yoga, etc.



I (Bari) wanted to share this with you. In response to superstar Adele breaking down after having to cancel all her Vegas Residency concerts, *Untamed* author Glennon Dolye wrote:

*"COVID is killing us mentally because no one is showing us how to adjust our expectations of ourselves and others. We are killing ourselves trying to make things work like they worked in the old world and we just can't do it. We cannot make things work, but we feel like we aren't allowed to say that, because no one is brave enough to say: No. This cannot be done right now. Enough."*

I (Bari) read this and it really resonated with me. It also reminded me, there has never been a more important time to become better friends with ourselves.

Being mean to yourself during hard times just makes everything harder.

#### **So, where do you begin?**

- Find things that you like about yourself, and remind yourself about them, **often**.
- Go easy on yourself. It's okay to be sad. It's okay to be confused, or angry. It's okay to make mistakes. Tell yourself that. YOU need to hear it!
- When I'm struggling with something, one of my favorite sayings is **"done is better than perfect"**. It's a great example of being a good friend to yourself.

***Remember, the most important words in the universe are words we say to ourselves.***

So, be mindful of how you are talking to yourself. Do your best to talk to yourself with **more** kindness and respect.

Because you know what, **you** really need **YOU** right now.

*Bari*





## Stabilization Grant

Now that most child care programs have received all of the **Stabilization Grant** payments, here are some important things to remember:

- The New York State Office of Children and Family Services (OCFS) will be sending out 1099 tax forms, to include with your 2021 taxes, for all grant funds received in the 2021 tax year.
- The 1099 tax forms will include all monies received from OCFS for the essential workers scholarship and the **Stabilization Grant**. Please check to make sure that the amount on the 1099 tax form that you receive documents the total amount for both grants. You will need to review your records for the essential workers scholarship payments and the **Stabilization Grant** payments and add the two amounts together.
- Any funds received from the stabilization grant after December 1, 2021, will be included in a 1099 tax form for 2022.
- If you have not received a 1099 tax form from OCFS, please notify the Child Care Resource and Referral (CCR&R) immediately by calling 716-285-8572 Ext 105. The CCR&R will contact OCFS to rectify the situation.
- If you have specific questions regarding the tax implications of the **Stabilization Grant**, providers can set up an appointment to speak with a tax expert at Accounting for All, by calling (518)-383-2406. The appointments are free of charge to child care providers. The tax expert will only answer questions related to the stabilization grant.
- If you need to cancel an appointment with the tax expert, please make sure that you notify Accounting for All, so that your appointment may be given to another child care provider.
- Providers have until September 2023, to spend the funds received from the **Stabilization Grant**. Please visit: <https://ocfs.ny.gov/main/contracts/funding/COVID-relief/childcare-stabilization/#options> for guidance on acceptable categories on how the stabilization grant funds can be spent and for additional resources related to the **Stabilization Grant**.
- You do not need to submit receipts to OCFS for the **Stabilization Grant**. However, providers must keep paper or electronic copies of receipts and backup documentation on how the grant funds were spent for at least five years in case of an audit.
- Please contact the CCR&R with any additional questions that you may have related to the **Stabilization Grant**. Phone: 716-285-8572 • Angela option 3 • Donna option 6 • Debbie option 5

Thank you for all you continue to do to keep the children in Niagara County safe and healthy!





## March & April, 2022

**If you have any questions:**

- ✓ Check your January – April 2022 Training Calendar
- ✓ Contact Beverly McArthur at 716-285-8572 option 4

| DATE                    | TITLE   | LOCATION  |
|-------------------------|---|---|
| 03/05/2022<br>(4 Hours) | First Aid/CPR/AED Training                        | Mount St. Mary's Child Care Center<br>5310 Military Rd.<br>Lewiston, NY 14092   |
| 03/14/2022<br>(2 Hours) | Safety, Supervision and Security                  | Niagara Community Action Program, Inc.<br>Community Child Care Clearinghouse of Niagara<br>1521 Main St.<br>Niagara Falls, NY 14305 |
| 03/19/2022<br>(8 Hours) | Medication Administration Training (MAT)          | Mount St. Mary's Child Care Center<br>5310 Military Rd.<br>Lewiston, NY 14092   |
| 03/21/2022<br>(3 Hours) | 201-Level Adverse Childhood Experiences Institute | Niagara Community Action Program, Inc.<br>Community Child Care Clearinghouse of Niagara<br>1521 Main St.<br>Niagara Falls, NY 14305 |
| 04/02/2022<br>(4 Hours) | First Aid/CPR/AED Training                        | Mount St. Mary's Child Care Center<br>5310 Military Rd.<br>Lewiston, NY 14092   |
| 04/14/2022<br>(2 Hours) | Safety, Supervision and Security                  | Niagara Community Action Program, Inc.<br>Community Child Care Clearinghouse of Niagara<br>1521 Main St.<br>Niagara Falls, NY 14305 |
| 04/20/2022<br>(3 Hours) | 201-Level Adverse Childhood Experiences Institute | Niagara Community Action Program, Inc.<br>Community Child Care Clearinghouse of Niagara<br>1521 Main St.<br>Niagara Falls, NY 14305 |
| 04/23/2022<br>(8 Hours) | Medication Administration Training (MAT)          | Mount St. Mary's Child Care Center<br>5310 Military Rd.<br>Lewiston, NY 14092   |

## FREE ON-LINE TRAINING CLASSES PROFESSIONAL DEVELOPMENT PROGRAM

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



Supporting Language Development: Birth to 5 **\*\*NEW\*\***

OCFS Training Topics 1, 3 & 4 (2.5 training hours)

Media Use and Safety with Children **\*\*NEW\*\***

OCFS Training Topics 1, 3, & 4 (1.5 training hours)

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)

Information and Resources to Promote a Successful Program **\*\*NEW\*\***

OCFS Training Topics 4 & 5 (2 training hours)

Identifying and Responding to Anaphylaxis: Elijah's Law **\*\*NEW\*\***

OCFS Training Topics 1, 2, 4 & 5 (1 training hour)

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)

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**Free Professional Development Training**

# **Container Baby Syndrome**

Kelly Janese (716) 285-8572 ext. 104



**For registration**  
**Email: [kjanese@niagaracap.org](mailto:kjanese@niagaracap.org)**

- 
- **Identify containers & their associated risks to babies**
  - **Develop strategies to reduce container use in your program**
  - **Assess your programs Freedom of Movement opportunities**

**Tuesday, March 15th**  
**6pm-8pm**

**Community Child Care**  
**Clearinghouse of Niagara**  
**1521 Main St.**  
**Niagara Falls, NY 14305**

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**NOTE: This training will be offered monthly. Future dates will be announced at a later time.**

# CHANGE YOUR PERCEPTION: STRESS MANAGEMENT TRAINING

**Do you work with infants and/or toddlers?**

You're invited to a free stress management training that will help you identify the sources of your stress and its impact on caregiving. You will be provided with effective tips and coping strategies to help you manage your stress.

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**MARCH 30, 2022  
6-8PM**

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

Call to register  
Jameelah Masaed (716) 285-8572 Ext 120



**IF YOU ARE A CENTER-BASED  
DAYCARE AND WOULD LIKE  
THIS TRAINING TO BE  
CONDUCTED AT YOUR SITE,  
PLEASE CONTACT**

(716) 285-8572  
Jameelah Masaed, Ext. 120  
Jmasaed@niagaracap.org  
or  
Kelly Janese, Ext. 104  
Kjanese@niagaracap.org



**DO YOU ENJOY CARING FOR CHILDREN?  
Have you considered a career in family child care?**

**AS A REGISTERED FAMILY CHILD CARE PROVIDER YOU WILL:**

- ♥ Earn money at home while working for yourself.
- ♥ Attend training classes to increase your skills.
- ♥ Meet and learn from other child care providers.

**QUALIFICATIONS:**

- ♥ You must be at least 18 years of age with two years' experience caring for children. Parenting and babysitting is considered child care experience.

**AVAILABLE ASSISTANCE:**

- ♥ Someone will be assigned to assist you in opening your own in-home child care business.
- ♥ If you are eligible, financial help may be available through a Health & Safety Grant and/or Child Care Deserts Grant.

If you are interested in becoming a registered family child care provider, contact Carolyn at 716-285-8572 option 2 or [crrniagara@niagaracap.org](mailto:crrniagara@niagaracap.org).

If you're interested in BECOMING a child care provider, below is information about the Child Care Deserts Grant.

# INVEST IN NEW YORK- CHILD CARE DESERTS GRANT OPPORTUNITY

*The NYS Office of Children and Family Services is offering a grant opportunity to help you open a new child care program in your region!*

Child care deserts are areas that do not have enough licensed and registered child care slots to serve the children who live there.



**DID YOU KNOW:**

**CHILD CARE DESERTS  
EXIST ACROSS  
NEW YORK STATE  
IN BOTH  
RURAL & URBAN  
AREAS**

The **INVEST IN NEW YORK-CHILD CARE DESERTS GRANT** hopes to address *child care deserts* across our state by offering **\$100 million in funding** to help build child care in the areas of New York with the least supply.



Are you interested in opening a child care program? Learn more at...



**VISIT:** <https://ocfs.ny.gov/programs/childcare/deserts>



**Office of Children  
and Family Services**



# Niagara Community Action Program, Inc.

## Mobile Pantry

### Niagara Falls

**Location:**

564 – 19<sup>th</sup> Street  
(back parking lot)  
Niagara Falls, NY

**Dates:**

April 14  
May 12  
June 9



- Bring ID
- Please bring your own bags
- Sign-in at 8:30 AM
- Truck arrives 10:00 AM

### North Tonawanda

**Location:**

North Tonawanda Farmers Market  
Corner of Payne Ave. & Robinson St.

**Dates:**

April 13  
May 11  
June 8

## Niagara Community Action

### Board of Directors:

|                   |                  |
|-------------------|------------------|
| Tim Beach         | Gary Heuck       |
| Andrea Haseley    | Andrew Kirsch    |
| John Lombardi III | Kimberlyann Meal |
| Robert Pecoraro   | Kateri Serpas    |
| James Pyra        | Joyce Scott      |
| Charles Walker    | Dennis Stachera  |
| Owen Steed        | Richard Sirianni |

### CCR&R Staff:

|                 |  |
|-----------------|--|
| Supervisor:     | Angela Burns   |
| Registrar Unit: | Kimmarie Brown<br>Elizabeth Nowakowski<br>Patrick Carr |

Technical Assistant  
Specialist: Beverly McArthur

Infant & Toddler  
Technical Specialist: Kelly Janese

Infant Toddler Mental  
Health Consultant: Jameelah Masaed

Legally Exempt: Debbie Perricelli  
Donna Striffler

CC Referrals: Carolyn Jacobs

### 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:

April 15, 2022  
May 30, 2022

### 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: 716-285-9693  
E-mail: [crrniagara@niagaracap.org](mailto:crrniagara@niagaracap.org)  
Web: [www.childcareofniagara.com](http://www.childcareofniagara.com)

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



## Provider Vacancies & Updates

- ✚ If you haven't already, please return your provider update form as soon as possible. If you need another form, please let me (Carolyn) know.
- ✚ Available child care slots are hard to come by. In fact, in some areas, non-existent.

*As you have openings, let our office know.*

### I may be reached by:

Phone: 716-285-8572 option 2 (voice mail is available 24/7)

✚ A voice message is usually sufficient.

✚ So, feel free to call at 3:00 in the morning. 📞

E-mail: [crrniagara@niagaracap.org](mailto:crrniagara@niagaracap.org)



NIAGARA FALLS  
**Memorial Medical Center**  
*Exceptional care, exceptionally close.*

**The MOBILE HEALTH VAN is provided by  
Niagara Falls Memorial Medical Center and will be at:**

**PLACE:** Rose Mara Center  
**ADDRESS:** 564 – 19<sup>th</sup> Street, Back parking lot, Niagara Falls  
**DATE:** Wednesday, March 2, 2022  
**TIME:** 10:00 AM – 1:00 PM, **NO APPOINTMENT NEEDED**

### AVAILABLE SERVICES:

- Primary care services
- Nutritional counseling
- Women's health
- and much more