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ccrniagara@niagaracap.org

Summer

NEWSLETTER

2020

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



*"Your life can change in an instant, that instant can last forever."*

Laura Kasischke

Creating the summer newsletter was difficult. Life has changed so dramatically, seemingly overnight. Parents who were working yesterday are no longer working. Children leaving day care today, may not be back tomorrow. It's hard social distancing, to be separated from family and friends. It's hard not to be able to visit those I care about especially those in a hospital or nursing home. I don't like it. I don't like it one little bit but it's necessary.

Who would have thought paper products such as toilet tissue would become a valued possession! We won't discuss soap, hand sanitizer, and cleaning products. I admit, I was comfortable and took so many things for granted.

Lately, I find myself going back in my memory vault to Mom and Grannie (my mother's, mother). Many of the practices I watched them do as a child is coming to the surface. During the Depression, my grandmother was an adult. Like so many folks, the Depression was forever etched in her mind. This will be forever etched in ours as well. What she learned during those times, she passed on to my mom. I'm glad she did as these are memories I can use now. I have to say, I wish I'd paid better attention!

So stop for a few moments with a cup of coffee or tea and remember. What is it that you watched your Mom or Grandmother do in hard times? If it's possible, give them a call. Ask them about their experiences and how they coped when life felt out of control. Who knows, something they share will be what encourages you.



Carolyn



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For me, these past few months have been stressful as I'm sure it has been for everyone else. We've all had to make decisions that we never thought would be necessary. When I get stressed, the hardest thing for me is to focus long enough to quiet my mind. It isn't until it quiets down that I can start to relax.

During these times, it's important for us to take care of ourselves mentally, physically, and emotionally. I'm not one to handle stress well. So when I feel stressed, it shows up in my disposition quickly. I'm cranky, a wee bit irritable, tired and the list goes on. When we're stressed, the children in our life pick up on it. Haven't you noticed when you are out of sorts, some children are compassionate and loving? Other children seem to act up more. It could also be that when we're out of sorts, their antics that normally makes us laugh, instead gets on our last nerve.



What helps you to relax and release stress?



A good nap or night's rest



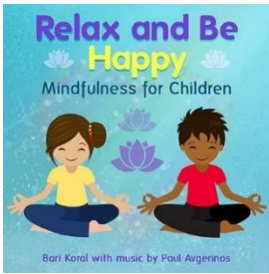
Your berry best friend



A warm bubble bath



Music



<https://barikoral.com/>

The above website provides a variety of activities for children and suitable for providers and parents. It's anything from helping children start their day, to breathing exercises, yoga, music, etc. After the children go home or to bed, the site has exercises to help us as caregivers and parents to bring our time with the children to a close.

### Simple breathing exercise:



Repeat 3 times

As a child exhales, have them imagine beautiful, colorful glitter is blowing out.



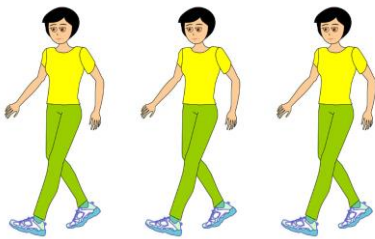
Or pretend they are smelling their favorite flower in the whole wide world.  
As they exhale, pretend they are blowing a leaf.





## did you know

Indoor plants relieve stress and reduce negative mood states by up to 60% while offices with no plants increase stress and negativity by up to 40%. Just one office plant is enough to make all the difference in raising mood and reducing stress levels.



- turn the lights on and open a window
- eat something healthy and drink ice cold water
- find a comforting album to listen to whenever things get bad
- take a long, relaxing bath
- do yourself up in full make up and hair
- be around people, even if you don't think it will help
- watch something funny on netflix
- wear your favorite/most comfortable outfit
- immerse yourself in a hobby like drawing
- lose yourself in a really good book or movie



© Can Stock Photo

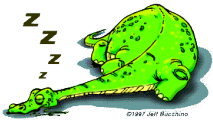
Q: Why do fish live in salt water?

A: Because pepper makes them sneeze!



Q: What goes tick-tock, bow-wow, tick-tock, bow-wow?

A: A watch dog.



Q. What do you call a dinosaur that is sleeping?

A: dino-snore!



Q. What is fast, loud and crunchy?

A: rocket chip!



Q. Why did the teddy bear say no to dessert?

A: Because she was stuffed.



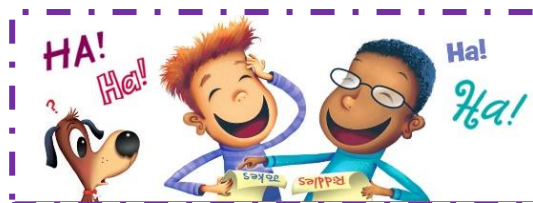
Q. What has ears but cannot hear?

A: A cornfield.



Q. Why did the student eat his homework?

A: Because the teacher told him it was a piece of cake!



Jokes taken from: <https://redtri.com/best-jokes-for-kids/slide/1>  
<https://www.funology.com/animal-jokes/>



End of Summer Activity Idea:

## My Summer Journal

Several pieces of paper may be stapled together. Have each child decorate their cover page. Be sure each one puts their name on their journal.

Ask each child to draw a picture at the top of the page. Then help them to write a few sentences. Ask them to explain what they did over the summer.

### Supplies:

- ★ Crayons, markers, colored pencils
- ★ Plain Paper, white and/or colors
- ★ Stickers
- ★ Any supplies you think children would use to create their journal





## Riverbend Head Start

CACFP Participant - [www.cacfp.org](http://www.cacfp.org)

Riverbend Head Start in Madison County, IL, first opened their doors in 1916. They now have six Head Start centers and serve around 700 students. Jon Kuanfung had the opportunity to join the team two years ago as a Nutrition Specialist and is working alongside a passionate staff dedicated to the nutrition and betterment of the children they serve.

*“The learning process is diminished when a child is hungry or unhealthy.*

*Riverbend Head Start strongly believes that a child must be healthy in order to learn.”*

Jon stresses the importance of teaching nutrition at an early age. As obesity rates and the amount of chronic diseases increase, the best time to educate children is when habits are beginning to form. Change is usually a difficult process, and it is an easier task to help habits form rather than changing them later in life. If children learn the habits earlier and create a healthy lifestyle, they can rely on them through adulthood. The nutrition education that Riverbend teaches is two-fold focusing on kids at the center and kids at home.

Wanting to include fresher, home cooked meals on the menu, Jon began establishing gardens at all the sites. Both the staff and families are instrumental in the success of the gardens. The children tend and harvest the gardens. The nutrition curriculum from the garden incorporates phonics, math, science and social studies. Teachers focus on what healthy choices are, what fruits and vegetable do to strengthen our bodies, and lead monthly cooking activities.

Riverbend wants to ensure that nutrition education continues at home. Families are encouraged to visit the garden and harvest the vegetables for personal use. Cooking demonstrations are presented at monthly meetings and parents are able to taste the food their children eat. Cooking and nutrition lessons are taught on the Riverbend online channel when featured recipes are easy and quick. Riverbend hopes to grow both their programs at school and in homes to continue influencing children in developing healthy lifestyle habits.

From Alton, IL Riverbend Head Start has been a CACFP participant through Illinois State Board of Education since 1999.

**CACFP is an indicator of quality child care.**

### NOTE:

One memory I have is that my Grandmother talked about growing a “Victory Garden”. During the Depression, people took to growing their own fruits and veggies. It’s something we can do now. Some veggies are easy to grow and may be planted in containers such as tomatoes and leaf lettuce. Our home has a planter around a lamp post, green beans would be different this year!



## Foods Infographics

# 10 Food For Reduce Stress



### Green Tea

**It has anti-oxidants**

Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



### Banana

**Potassium & minerals**

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sectetu radip isicin gelit seddoe



### Spinach, Broccoli

**Magnesium & minerals**

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sectetu radip isicin gelit seddoe



### Salmon

**Choline & Vitamin B**

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sectetu radip isicin gelit seddoe



### Blue berries

**It has anti-oxidants**

Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



### Almonds & nuts

**Magnesium & Vitamins**

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sectetu radip isicin gelit seddoe



### Chocolate

**It has Magnesium**

Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



### Orange

**Anti-oxidants & Vit C**

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sectetu radip isicin gelit seddoe



### Milk & yogurt

**Calcium & proteins**

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sectetu radip isicin gelit seddoe



### Avocados

**Proteins & Vitamins**

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sectetu radip isicin gelit seddoe

# Kid's Healthy Eating Plate



CACFP

It's important for children to learn how to make good food choices. If we teach them, just maybe today's children will miss some of the health issues that so many of us face today.

**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.

It's amazing! What we learn is ours forever. We can use what we learn through **CACFP** in the preparation of our own meals and teach our children how to make healthy food choices.

For more information about **CACFP**, call: **Betty McCarthy**  
716-285-9681 ext. 111

The institution is an Equal Opportunity Provider (EOE).

NOTE: The income from the **CACFP** program is tax free.



# I ate my A,B,C's because Vitamins help me GROW!

Keep track of what you eat. Each time you eat or drink one of the items below make a check mark in the box next to it. See how many vitamins you can check off by the end of the week.

**Vitamin A** Helps me see.

peaches  spinach

eggs  squash  carrots  milk

**Vitamin B** Gives me energy.

beans  apple

chicken  cheese  meat

banana

**Vitamin C** Helps me from getting sick.

orange  kiwi

sweet potato  strawberries  tomato

pepper

**Vitamin D** Makes my bones strong.

cereal  milk

salmon  tuna  cheese

**Vitamin E** Makes me smart.

eggs  broccoli

butternut squash  avocado

nuts  mango



## Baked Eggplant Sticks

### Ingredients:

- 10 ounce Eggplant
- ½ cup Italian seasoned breadcrumbs
- 2 tablespoons Parmesan cheese, grated
- 2 large egg whites, whipped

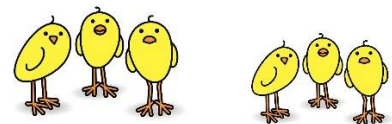
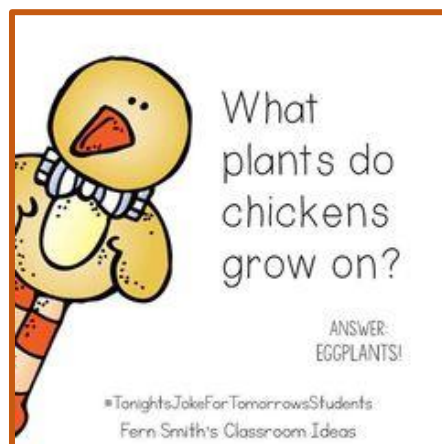
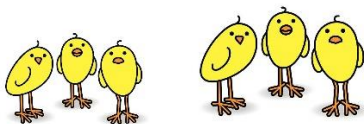
### Directions:

- ✚ Cut off the eggplant ends and cut in half lengthwise.
- ✚ Cut ¼ inch slices and then from those, cut ½ inch sticks.
- ✚ Mix breadcrumbs and cheese in a bowl.
- ✚ In another bowl, whip the egg whites.
- ✚ Dip the eggplant sticks into the egg whites and then roll in the breadcrumb mixture.
- ✚ Lay on large baking sheet lined with parchment paper
- ✚ Bake in 450 degree oven for 10 minutes.
- ✚ Turn sticks over and bake another 5 minutes.

Makes 32 sticks

Six sticks equals ½ cup baked eggplant

Snack Crediting: 5 Servings for ages 3-5





## Owl Veggie Tray

Carrots  
Cucumbers  
Green & yellow peppers  
Cherry tomatoes

Dipping cups w/ ranch dressing



## Strawberry S'mores

2 strawberries  
1 graham cracker broken in half  
2 tablespoons, low-fat vanilla yogurt\*

Give each child their own portions and have them layer the yogurt and strawberries in between the graham cracker. Make any combination berry s'more you desire such as raspberries with lemon yogurt or blueberries with peach yogurt.

*Reminder: \*Yogurt must meet CACFP sugar limits.*



samurai banana  
sushi roll



## Samurai Banana Sushi Roll

- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter

Have a pair of children work together to make this fun snack. Give each child a tortilla with peanut butter and let them spread it using the back of a spoon. Place peeled banana at one end, roll it up. Slice into 8 pieces.



## Elmo's Strawberry Pops

- 2 cups strawberries
- 3/4 tsp lemon juice
- 1 cup Greek yogurt
- 1/2 tsp vanilla

Puree strawberries and lemon juice in blender. Mix yogurt and vanilla together. Layer the strawberry puree and the yogurt into four popsicle molds. Freeze until slightly set and then add the stick into mold. Continue freezing until ready to eat!

Snack Crediting: 4 servings for ages 1-5





## Teddy Bear Displays

What child doesn't love a Teddy bear?  
(Admit it, what adult doesn't love a Teddy bear?)



A mass teddy bear hunt is under way around the world to help distract the millions of children locked down because of the coronavirus.



Stuffed toys are being placed in windows to give children a fun and safe activity while walking around their neighborhood with parents and caregivers.

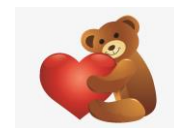


The hunt is inspired by the children's book **We're Going on a Bear Hunt**, written by UK author Michael Rosen.

Teddies have been spotted around the world, including in the UK and US.



www.shutterstock.com • 284090003





## 8 Autism Symptoms Every Parent Should Know

By, Ilisa Cohen

Autism spectrum disorder (ASD) is a condition that impacts communication as well as behavior. People with autism can have challenges with problem solving, interacting and communicating with others, as well as with learning. Because there's no medical detection or test available for this developmental disorder, doctors must rely on their assessment of a child's behavior and development for a diagnosis.

Experts do know that about one in 59 children is diagnosed with ASD, but the type and severity of symptoms differ. So it's important, especially for parents, to recognize and learn about the symptoms of autism.

### Trouble with verbal communication

"While babies hit language milestones at various times, if there is a delay beyond certain ages, it's important to seek a professional evaluation," says Paul Wang, MD, senior vice president and head of medical research at Autism Speaks. Potential autism symptoms include no babbling or no back-and-forth gestures like pointing or waving by 12 months; no words by 16 months; or no meaningful, two-word phrases by 24 months.

### Challenges with social reciprocity

"Healthy children show their connections with other people by sharing a smile, a hug, or a knowing look," says Dr. Wang. Hopefully you should be seeing big smiles or other joyful expressions by 6 months of age. Similarly, if your baby is not mimicking sounds, smiles, or other facial expressions by nine months, it's advisable to seek an evaluation. Eye contact might also be difficult for people with ASD, which affects their ability to read and interpret other people's facial expressions. "Many children with autism have a hard time relating to others, so they may seem more interested in objects than people," says Dana Wattenberg Khani, MEd, senior consultant and autism expert for Autism Friendly Spaces, which partners with organizations to make them more accommodating to people with diverse needs. For example, if you show your child a photo of a ball, or give him a ball, he may be more focused on those than on making eye contact with Mom or Dad. He also may prefer to play alone because of difficulties relating to other people.

## Loss of speech or social skills

According to research, regression is very common among children with ASD. “Any child who is sick or upset might show a couple of days of decreased language and communication, but if the loss of skills lasts more than a few days, it's important to seek out an expert to figure out why,” suggests Dr. Wang. A study in the *Journal of Developmental and Behavioral Pediatrics* found that regression occurs in 20 percent of children with autism, or one in five cases.

## Repetitive behaviors

“Hand-flapping, rocking, jumping and twirling, arranging and rearranging objects, and repeating sounds, words, or phrases,” are all common repetitive behaviors characteristic of ASD, according to Autism Speaks.

## Intense rigidity

Children with ASD can become fixated on order when it may not seem to have a purpose. During play, they may spend hours lining up their toys and sorting them by color or size instead of playing with them. “Many children with autism gravitate toward trains,” notes Khani. “They have wheels that go around and around, they move along a structured track, they run on a predictable schedule, and they have numbers or letters assigned to them.” Routines may be unreasonably important, as well. In a young child, changes in usual ways of doing things may result in tantrum-like behavior. As children get older, autism symptoms might reveal themselves in repetitive behaviors like pacing or wringing their hands together when they get anxious about a schedule change.

## Strong preoccupations or obsessions

Extreme interest in and deep knowledge of an unusual subject matter can also be autism symptoms, according to Autism Speaks. They offer examples like an obsession with fans, vacuum cleaners, or toilets, and expertise in astronomy or Thomas the Tank Engine. Older children and adults with autism may develop a preoccupation with numbers, symbols, dates, or science topics.

## Taking things literally

People on the autism spectrum often have trouble inferring or understanding abstract concepts and idioms. “When I taught second grade, I asked a child to toss me a paper clip,” recalls Khani. “Suddenly, there was a paper clip bouncing off my head when he threw it at me.” Similarly, if you tell a child to “take a seat,” he may ask where he should take it.

## Associated conditions

“It’s common for people on the spectrum to also be diagnosed with other disorders,” notes Khani. According to Autism Speaks, diagnoses that often accompany ASD include gastrointestinal disorders, seizure disorders, sleep dysfunction, sensory processing problems, and pica (the tendency to eat things that aren’t food).

<http://www.msn.com/en-us/health/mentalhealth/8-autism-symptoms-every-parent-should-know/ss-BB10XZzy?li=BBnb7Kz&ocid=U220DHP#image=1>





## Provider Trainings

For more information, check your  
May — August 2020 Training Calendar

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

### TRAINING CLASS OPPORTUNITIES COMMUNITY CHILD CARE CLEARINGHOUSE OF NIAGARA

The May – August Summer 2020 training calendar has been published and distributed to child care providers in Niagara county. All training classes will be conducted using social distancing safety protocols along with using face coverings to comply with the current public mandate. Class registration will be limited to a maximum of eight (8) participants and one (1) trainer. The Community Child Care Clearinghouse of Niagara is taking every precaution to maintain safe social distancing and sanitation procedures to ensure child care programs which remained open have the opportunity to maintain regulatory compliance during these challenging times. Zoom meetings have been adopted for conducting meetings, however, training classes conducted through Zoom have not been approved for training hours at this time by the Office of Children and Family Services.

DATE	TITLE	LOCATION
6/6/2020	CPR & First Aid Class	Mount St. Mary's Child Care Center
6/9/2020	Child Abuse/Maltreatment & Abusive Head Trauma	Community Child Care Clearinghouse of Niagara
6/11/2020	Trauma Informed Care (Videoconference Webcast training)	Community Child Care Clearinghouse of Niagara
6/15/2020	Behavior Management – Part II	Community Child Care Clearinghouse of Niagara
6/20/2020	Medication Administration Training (MAT)	Mount St. Mary's Child Care Center
6/24/2020	Child & Adult Care Food Program	Community Child Care Clearinghouse of Niagara
6/29/2020	Safety, Supervision and Security	Community Child Care Clearinghouse of Niagara
7/7/2020	Child Abuse/Maltreatment & Abusive Head Trauma	Community Child Care Clearinghouse of Niagara
7/11/20	CPR & First Aid	Mount St. Mary's Child Care Center
7/13/2020	Safety Supervision and Security	Community Child Care Clearinghouse of Niagara
7/20/2020	Behavior Management – Part 1	Community Child Care Clearinghouse of Niagara
7/25/2020	Medication Administration Training (MAT)	Mount St. Mary's Child Care Center
7/28/2020	Child & Adult Care Food Program	Community Child Care Clearinghouse of Niagara
8/1/2020	CPR & First Aid	Mount St. Mary's Child Care Center
8/4/2020	Child Abuse/Maltreatment & Abusive Head Trauma	Community Child Care Clearinghouse of Niagara
8/10/2020	Behavior Management – Part II	Community Child Care Clearinghouse of Niagara
8/15/2020	Medication Administration Training (MAT)	Mount St. Mary's Child Care Center
8/24/2020	Safety Supervision & Security	Community Child Care Clearinghouse of Niagara



## New York State Office of Children and Family Services (OCFS) Free On-Line Trainings:

<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)

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 & Promoting Safe Sleeping  
OCFS Training Topics 1, 3, 4 & 7 (1.0 training hours)

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

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

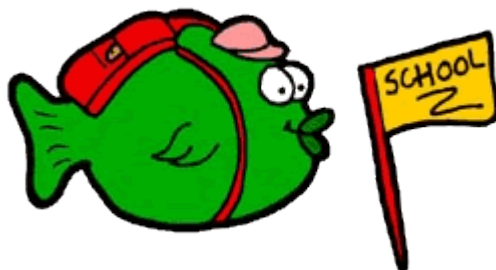
OCFS Training Topics 3, 4 & 7 (2.0 training hours)

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)





## Safety, Supervision & Security

*Safety, Supervision & Security is important topic and the workshop will be offered each month.*

**Upcoming Workshops:** Safety, Supervision & Security Trainings  
Beverly McArthur, Technical Assistant Specialist

DATE: June 29, 2020  
TIME: 6:30 PM – 8:30 PM  
COST: \$10.00

DATE: July 13, 2020  
TIME: 6:30 PM – 8:30 PM  
COST: \$10.00

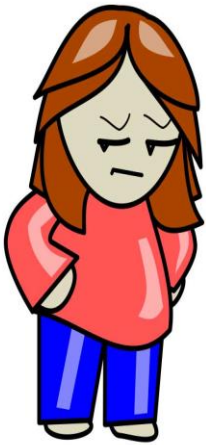
DATE: August 24, 2020  
TIME: 6:30 PM – 8:30 PM  
COST: \$10.00

### LOCATION:

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

**OCFS Training Topics:** 1, 4, 5, & 7 (2 training hours & .2 CEU'S)  
For more information and registration, check the May – August 2020 Training calendar.

In this workshop, participants will review safety standards in child care regulations that are linked to the national safety standards, discuss scenarios which require accident reporting procedures and tips for meeting the physical and emotional needs of children.



## 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 ext. 115  
(Children aged 3–12 years)

+ Kelly Janese at 716-285-8572 ext. 104  
(Children aged 6 weeks up to 3 years)

## This may include:

- Observations
- Trainings
- Assessments
- Quality improvement plan
- Other technical support





## ATTENTION!!!

Child Care Providers are **NEEDED** who are **NYS Approved to Administer Medication.**

### There are 3 scheduled trainings for:

**Dates:** Saturday • June 20, 2020  
Saturday • July 25, 2020  
Saturday • August 15, 2020

**Location:** Mount St. Mary's Child Care Center  
5310 Military Road  
Lewiston NY 14092

**Time:** 8:30 AM – 4:30 PM

**Cost:** \$100 (SUNY MAT Rebate is available to participants who complete the 8 hour MAT course.)

MAT training is reimbursable at 100% to all child care providers even if you choose not to administer medications. MAT may be taken for the hours of OCFS approved training.





## Child Care Providers Needed!!!



- ❖ Do you enjoy caring for children?
- ❖ Have you thought about owning your own business?
- ❖ Would you like working from home?

Starting the process of becoming an in-home registered family child care provider may be done online or by attending an Introduction to Family Child Care class at our office. If you know of anyone interested in becoming a registered family child care provider, please ask them to contact Carolyn Jacobs.

Phone: 716-285-8572 ext. 109 (Carolyn Jacobs)  
E-mail: [crrniagara@niagaracap.org](mailto:crrniagara@niagaracap.org)



## 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
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Infant & Toddler Technical Specialist:	Kelly Janese
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Legally Exempt:	Debbie Perricelli Donna Striffler
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Child Care Referrals:	Carolyn Jacobs
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CACFP:	Linda Newman Betty McCarthy
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### 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:

July 3 (Independence Day)  
August (Agency Picnic)  
September 7 (Labor Day)

### 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:	<a href="mailto:crrniagara@niagaracap.org">crrniagara@niagaracap.org</a>
Web:	<a href="http://www.childcareofniagara.com">www.childcareofniagara.com</a>

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

# I Have A Little Frog

I have a little frog,  
His name is Tiny **Tim**.  
I put him in the bathtub,  
To see if he could **swim**.

He drank up all the water.  
He gobbled up the **soap**.  
And when he tried to talk,  
He had a bubble in his **throat**.



Teacher Resources



**Remember: Your safety depends on you!**



## Stop, Look, Listen

Stop, look and listen,  
Before you cross the street.

Use your eyes, use your ears,  
Before you use your feet.

