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Winter



NEWSLETTER



2021

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



Winter is the season for holidays. Enjoy! ❄️

❄️
It's true, the older you get the faster time goes. Did you ever think about time being a gift? It is! None of us are guaranteed the next moment, let alone tomorrow, next week or even a year from now. Sure we're going to make mistakes, wish that we had done differently, but it's up to us how we spend this moment by the choices we make.

❄️
Time makes up the seasons of our life. Yes, time is precious. For most of us, it takes a lifetime to learn this lesson. Children live in the present moment. As we get older, we forget about the present and either get caught living in the past or we worry about tomorrow. Sometimes we forget about today, the present moment that we do have.

❄️
Winter is the season for holidays! Take time to create memories with your children and your family. It's these memories your children will remember when we are no more. It's the memories that will bring joy to their moments now and later in life. Its memories they will re-create with their children. It will bring a smile to your face as you remember, yeah, we did that.

❄️
So build the snow person or an entire family of snow people. Read a story. Watch a movie. Go for a walk, be sure to listen for the snow crunch. Enjoy a cup of hot cocoa with the cookies you baked together. Be sure to ask what they would enjoy doing as a family.

❄️ Have a wonderful holiday season!

Carolyn ❄️





Child Care Stabilization Grant

In Niagara County, 98% of all eligible child care providers have applied, been approved and received at least some of their Stabilization Grant funds.

The next step in the Stabilization Grant process is to ensure the funds each child care provider receives are spent in one of the eight (8) approved categories. These categories are:

- Rent, Mortgage and Utilities
- Payroll and Benefits
- Facility Maintenance
- Goods to Continue Child Care
- Mental Health Support
- Health and Safety
- Equipment Related to COVID-19
- PPE, Cleaning and Sanitizing Supplies

Note: For home-based child care providers, the time-space percentage calculation used for your business may need to be used when using funds in some of the above approved categories.

There are many resources available to guide child care providers through the eligible categories of spending, beginning with an overall in-depth guidance from the federal government at:

<https://www.acf.hhs.gov/sites/default/files/documents/occ/CCDF-ACF-IM-2021-02.pdf>

Guidance can also be found at the NYS Office of Children and Family Services website at:

<https://ocfs.ny.gov/main/contracts/funding/COVID-relief/childcare-stabilization/#options>

The facility maintenance category generates the most questions for child care providers. This category allows you to use the Stabilization Grant funds to:

- Build or upgrade your outdoor play area to accommodate social distancing and outdoor play in fresh air. Both will alleviate the spread of the COVID-19 virus and other airborne diseases.
- Renovating bathrooms to create more space, improve access for children and families, and/or to improve ventilation.
- Installing ramps for accessibility.
- Removing non-load bearing walls to create more space for social distancing.
- Replace carpet with a floor surface that is easier to clean.
- Install touch-free faucets or light fixtures.

The Stabilization Grant funds **CANNOT** be used for construction or major renovations such as:

- Projects which require a building permit.
- Structural changes to foundations or load-bearing walls.
- Extensive alterations of your home or facility.
- Replacing an entire roof of your home or facility, etc.

If you decide to use Stabilization Grant funds in the facility maintenance category, plan and budget the total dollar amount you plan to use to make facility maintenance improvements. Then incorporate this total amount into your overall budget for how you will spend the Stabilization Grant funds.

NOTE: No matter which approved category you choose to spend the Stabilization Grant funds, you must keep either paper or electronic receipts of how you spent the funds for a **MINIMUM OF FIVE (5) YEARS** in case of an audit.

If you have questions about approved uses for the Stabilization Grant funds, please contact your tax accountant. Also, the Child Care Resource and Referral (CCR&R) program is available to provide clarification on acceptable expenses for the Stabilization Grant funds. The CCR&R may be reached by calling 716-285-8572.

Thank you for all you do to keep children safe, happy and healthy!



And
the
Winner
is...

*Provider Survey Basket Drawing Winner:
Nene Daycare
Tameka Ferguson
Congratulations!*

Thank
You!





Fun Holidays for Kids to Celebrate

By: [Chrissy](#)

A little celebration can brighten just about anyone's mood. Below is a list of fun holidays for kids to help children and parents enjoy offbeat holidays. Celebrating holidays like "Tongue Twister Day" or "Howl at the Moon Day" can be great bonding experiences for families.

Fun holidays for kids are also a great way to incorporate themed crafts and learning activities. You might bake chocolate cupcakes together, learn about penguins, study constellations, or make origami, just to name a few.

Made-up holidays might seem silly, but that's exactly the point! Try not to take them too seriously, just have fun with your kids.

You can download a beautiful printable with all these fun holidays using the button below.

[DOWNLOAD FREE 100+ FUN HOLIDAYS FOR KIDS PRINTABLE](#)

DECEMBER

December 3: Make a Gift Day

- Make homemade gifts for friends and family.

December 8: Pretend to Be a Time Traveler Day

- Dress up like a historical figure from long ago and pretend to be them.
- Talk about when you would visit if you could travel through time.
- Make a time capsule together.
- Make your own time machine out of cardboard and scrap materials.

December 12: Gingerbread House Day

- Make your own gingerbread houses. (There are kits available to make it a bit easier).

December 13: National Cocoa Day

- Make hot cocoa together, and don't forget the marshmallows!
- Find out where cocoa comes from.

December 14: International Monkey Day

- Eat bananas.
- Do your best monkey impersonation.
- Learn about monkeys and different types of monkeys.
- Make a monkey craft.

December 20: Go Caroling Day

- Take a trip back in time and go caroling in your neighborhood.
- Practice singing songs together as a family. Invite friends to make it even more fun.
- Dress festively and celebrate with warm drinks when you get home.

December 21: First Day of Winter

- If there's snow on the ground, be sure to go outside to play.
- Try a fun winter craft.
- Do a winter science experiment.

December 28: Card Playing Day

- Play fun card games together. Go for a classic like Uno or try a new favorite like Exploding Kittens.
- Try your hand at some card tricks.

December 31: New Year's Eve

- Enjoy some sparkling cider.
- Talk about your wishes for the New Year.
- Have a New Year's countdown. This may be done earlier than midnight.

JANUARY

January 5: Bird Day

- Try some amateur birdwatching.
- Make or fill a birdfeeder.
- Research your state bird.
- Make a bird craft.

January 13: National Rubber Ducky Day

- Play with rubber ducks and have your own rubber duck race.
- For more ideas see **25 Things to Do With Rubber Ducks**.
- Read *10 Little Rubber Ducks* by Eric Carle.

January 17: Kid Inventor's Day

- Provide a variety of scrap materials for the kids and see what they can create.
- Draw your own invention and present it to the family.
- Make a Rube Goldberg machine.

January 18: Martin Luther King Jr. Day of Service

- Volunteer together as a family.
- Go on a walk and pick up litter.
- Make an "I have a dream" mobile.

January 19: National Popcorn Day

- Create your own different flavors of popcorn.
- Pop popcorn using different methods to see which works the best.
- Try to catch popcorn in your mouth.
- Have a popcorn and movie night.

January 20: Penguin Awareness Day

- Learn 10 facts about penguins.
- Watch the movie *Happy Feet* or *March of the Penguins*.
- Make a penguin craft.

January 24: Compliment Day

- Give compliments to each other and as many people as you like!

January 28: International Lego Day

- Build Legos together, of course!

January 29: National Puzzle Day

- Put a jigsaw puzzle together.
- Try a Rubik's cube or other logic puzzle.

January 31: Backwards Day

- Wear your clothes backwards.
- Learn how to moon walk.
- Eat dessert first.

FEBRUARY

February 2: Groundhog Day

- Learn the history of Groundhog Day.
- Watch to see if the groundhog sees its shadow.
- Learn about groundhogs.

February 9: National Pizza Day

- Try making your own pizza at home.
- Make a pizza craft to celebrate pizza.

February 11: Make a Friend Day

- Meet someone new at school or in your neighborhood.

February 12: Chinese New Year

- Learn about the Chinese Zodiac.
- Do a Chinese New Year coloring page or craft.

February 14: Valentine's Day

- Make Valentines for friends and loved ones.
- Try a Valentine's Day craft.

February 15: Presidents Day

- Dress up as your favorite president.
- Read a book about a president.

February 17: Random Acts of Kindness Day

- Do acts of kindness with your kids.

February 20: Love Your Pet Day

- Make a special homemade treat for your pet.
- Draw a picture of your pet.
- Give your pet extra play or snuggle time.

February 26: Tell a Fairy Tale Day

- Read a favorite fairy tale.
- Make up your own fairy tale story together. "Once upon a time..."

February 27: International Polar Bear Day

- Read a polar bear book.
- Watch a polar bear documentary.
- Make a polar bear craft.



Christmas Tree Art



Pine Cones, stars, Bow
Small beads



Cut a paper plate into thirds.
Layer on top of one another.
For ornaments and garlands,
use pom-poms and ribbons.



Felt, candy cane, small stars and fuzz balls for ornaments



Both trees are made from paper chains



What to Do When Your Kid Points Out Someone's Disability In Public

[How to Talk to Kids About Disabilities - PureWow](#)

© Thomas Barwick/Getty Images

You're at the grocery store with your toddler when they point at a fellow shopper in a wheelchair and ask you about it, *loudly*. While your initial instinct may be to shush them, don't get embarrassed or dismiss your kid, say experts. Instead, use this opportunity to turn your child's seemingly cringe-worthy faux pas into a teachable moment. Here's exactly how to talk to kids about disabilities, according to a parenting coach and a psychiatrist.

Read books and watch shows with characters that have different abilities

When it comes to raising empathetic and accepting human beings, inclusivity comes up a lot and for good reason. It's important to make sure your child absorbs the message of inclusivity from an early age so they can be more accepting of differences they encounter in real life. According to Kristene Geering, parenting coach and content director at ParentLab, one of the best ways to accomplish this is by exposing your child to books and TV shows that feature diverse characters, including representations of people with varying abilities. "The more your child is exposed to people with differing abilities in typical scenarios, the more they'll come to know the true diversity of being human, and how beautiful each of us can be," says Geering. Not sure where to look? *Sesame Street*, for example, depicts a Muppet named Julia who has autism, and this list of recommended books from the Free Wheelchair Mission has plenty of reading options for different age groups.

Encourage your child to have a social circle that includes kids of varying abilities

Books and shows with positive messages about diversity are an excellent resource to have at your disposal, but nothing compares to the real-life experience of playing and socializing with a diverse group of friends. Bottom line: Try to make sure your kid's social circle is as inclusive as the books they read.

Have conversations with your child about disabilities

From characters in TV shows to individuals your child encounters in daily life, there is no shortage of occasions that might prompt a conversation about disabilities; and a heart-to-heart on the topic is a valuable opportunity to impart a healthy perspective on diversity. We spoke to Dr. Gail Saltz, Associate Professor of Psychiatry at the NY Presbyterian Hospital Weill-Cornell School of Medicine and host of the "How Can I Help?" Podcast from iHeartRadio, to find out her take on the best talking points. Per Dr. Saltz, the objective of the conversation is to banish judgment and encourage empathy: "Help your child understand that a disability can co-exist with intelligence, deep feeling, and ambition basically all the things they may have and feel." So how do you accomplish this? For starters, she suggests drawing comparisons such as, this person with one arm can paint just like you. As this allows your child to empathize by seeing the other person as not so different after all.

That said, Dr. Saltz tells us that these differences shouldn't be completely glossed over either. Instead, she recommends acknowledging that "people have differences [and] sometimes these differences might make certain aspects of living more difficult for them," while explaining "that having a disability does not mean one can't have a wonderful life."

It's also important to make sure your young kid has the facts straight; namely, that a person can be born with disabilities or acquire them later in life, but either way, they aren't contagious.

Respond with a neutral tone when your child points out a disability in public

A child pointing and gawking at a stranger is every parent's nightmare and it happens all the time. Still, both the parenting coach and the doctor agree that this behavior is entirely innocent in almost every case. In other words, your child isn't judging, they're simply observing, which happens to be how kids learn about the world. As awkward as the situation might feel for you, it's important to avoid shutting your kid down because you feel momentarily embarrassed, as doing so communicates that there's something taboo about a person with disabilities. Remember, the goal here is to normalize the notion that people are different in all kinds of ways.

Of course, that doesn't mean the random person in the frozen foods section necessarily wants to be used as a prop in your lesson plan. As such, both experts agree that the best approach is to be brief, neutral and matter of fact in your response to the observation.

Geering compares it to how you'd respond if your child noticed a motorcycle with three wheels: "Oh, that's a special kind of motorcycle called a 'trike.' Isn't that interesting how motorcycles look in all different kinds of ways?"

Here's how that might play out at the grocery store: "Why does that lady have a wheelchair? Because her legs aren't working the same as ours, so she needs a chair to move around instead of walking." Aim for a response that's both nonchalant and accepting. Once you've done that Dr. Saltz says, you can avoid making a spectacle out of the stranger by smiling at said individual and simply telling your child you'll answer any other questions back at home.

Teach your child to ask before helping

"Kids like to help, but they may accidentally harm or do the wrong thing without meaning to if they don't ask," cautions Dr. Saltz. For example, your kid may try to hug a child with autism who is feeling upset but the child might actually need some space in that moment. So teach your child to ask, "Is there anything I can do to help?" first, in order to give the other person an opportunity to say whether assistance would be appreciated.

Avoid shaming your child for pointing out a disability

We touched on this already, but it bears repeating: Your child hasn't done anything wrong by observing a difference in another person when you're out and about. However, if you turn red and shush your child because of your discomfort, you are communicating a strong message that the observation the child made is embarrassing to the other person. In reality, a disability should not be a source of shame or embarrassment for anyone, and you certainly don't want your child to view it as such. What's more, shaming your child for their curiosity will also discourage them from asking questions in private and participating in important conversations about diversity.



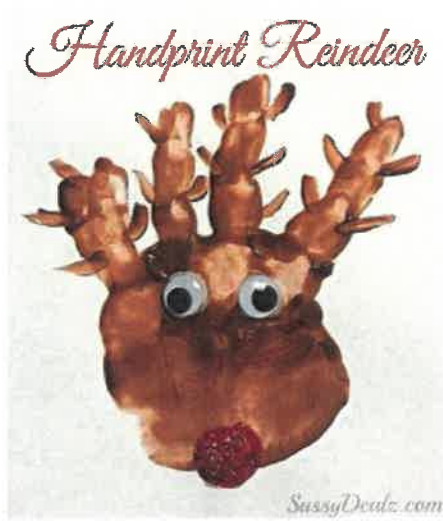


Graham Cracker
Reindeer





Handprint Art





When we get into the state of feeling overwhelmed, we have a tendency to think *I have to do this, then this, then that, then this and then when all of that is done, maybe I will finally have a little time for myself!*"

But, is it possible to take some of the things you have to do and make them your time?

For example, when you are cleaning the house, clean the house. Make that your time. Be present. Show up. Try to keep your mind on just cleaning and not on everything else you have to do. There's freedom there. You will enjoy it more.

So, how do you do that?

When you notice your mind wandering, just come back to cleaning the house! You might have to keep doing that until your mind can settle in.

When you are making the bed, make the bed!

When you are driving make that your time. When you are taking your child to the doctor, make that you and your child's time.

The more we can show up for every moment of our lives, even the "mundane", the more we live. Life is moment by moment. That is all it is.

So, practice just being in one moment at a time. Remember, it's called a *practice* for reason.

I learned how pleasant even something simple like washing dishes could be when I put my attention on it. Feeling the warm water, and using lavender soap (highly recommended!). That wasn't just washing dishes for the sake of a clean kitchen. I was present. That was "me" time.

What can you claim for yourself?

I (Bari) hope this serves you and inspires you to reflect on how you can begin to live more "free" during your to do list.



Get creative with Christmas tree ornaments

Most of us harbor a junk drawer filled with bits and bobs with no particular home. Take those leftover gift bows, ribbons and buttons and use them to spruce up old baubles. Not only will you create a unique ornament, but you'll also be decluttering the process. This adorable fillable plastic bauble has been customized with faux moss, dried berries and Scrabble tiles.



Design your own wrapping paper

Fun for all the family and good for the environment, why not create your own unique wrapping paper by decorating recyclable brown paper with your own designs? From basic potato printing in festive shapes with the little ones to more advanced hand-painted motifs that show off your creative skills. This is a craft that everyone can get involved with. Your designs will look great under the tree, too!

What do you call
Santa Claus when
he doesn't move?



Santa Pause

What did the cow
get for Christmas?



A COWculator!

Why is it always
cold at Christmas?



Because it's
Decemberrrrrrrrr!

What do elves learn
in school?



The elf-abet.

What's Santa's
favorite candy?



Jolly Ranchers!

What did the
Gingerbread Man
put on his bed?



A cookie sheet!

Template by KindOverMatter.com

printable by themotherrhuddle.com

What's red and white,
red and white,
red and white?



Santa Claus rolling
down a hill.

What do you call a
snowman in the
summer?



A puddle!

I'm a little snowman
short and fat,
here is my broom and
here is my hat.
When it's cold outside I
like to play,
but when the sun
comes out I melt away.



My Snowman

Look at my snowman.
I made him in the snow.
And now, I can see him
Out my window.

I gave him a tall hat
Up on the top.
But I got so cold,
I had to stop.



-by Becci Spence

Snowflakes, Snowflakes

Snowflakes, snowflakes
Dance all around.
Snowflakes, snowflakes
Touch the ground.
Snowflakes, snowflakes
In the air.
Snowflakes, snowflakes
Everywhere!

-Rainbow Within Reach-

The Snow Angel

Downy flakes fall swiftly past
the glow of the streetlight.
A sprinkle of white flurries
cast against the dark of night.
The snow is crisp
The stars are bright.
I spread my arms and I take flight.
Wings fluttering as I fly,
up into the evening sky.

~Christy Ann Martine~

BAMBAM BEBES

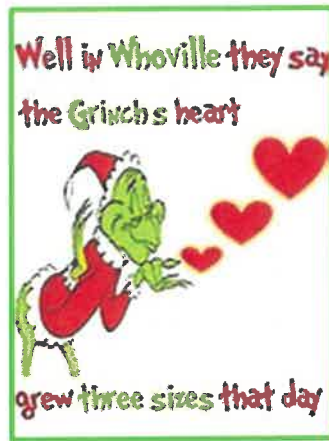


Kids & Vehicle Safety

These strategies can help prevent parents and caregivers from leaving a child behind in a vehicle.

- ✚ Place the child's diaper bag or item in the front passenger seat as a visual cue that the child is with you.
- ✚ Make it a habit of opening the back door every time you park to ensure no one is left behind. To enforce this habit, place an item that you can't start your day without in the back seat (employee badge, laptop, phone, handbag, etc.)
- ✚ Ask your child care provider to call you right away if your child hasn't arrived as scheduled.
- ✚ Clearly announce and confirm who is getting each child out of the vehicle. Miscommunication can lead to thinking someone else removed the child.





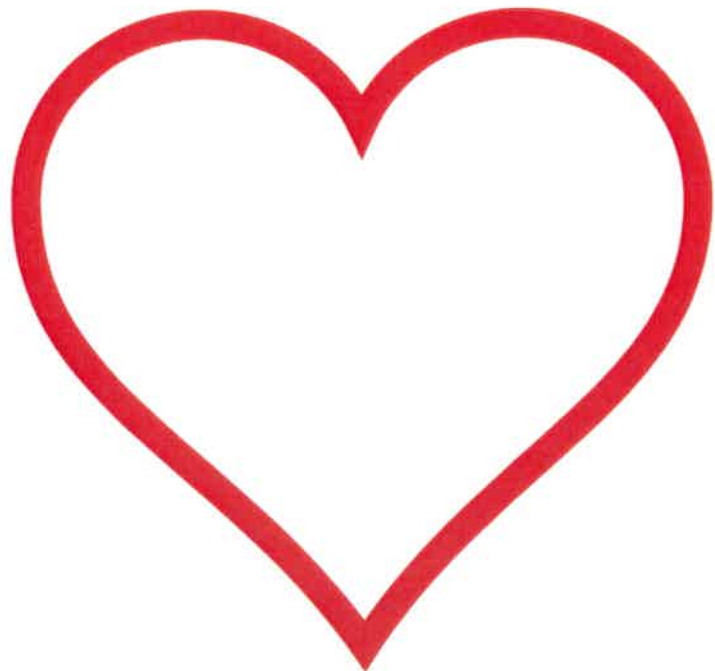
Celebrate "Grinch" Day! December 1, 2021

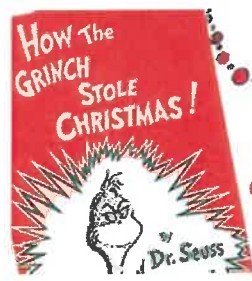
Read or watch the story "*How the Grinch Stole Christmas*".



- ❖ Talk with the children about the Grinch and how his heart grew 3 sizes that day!
- ❖ How can we grow our own heart, yes even 3 sizes?
- ❖ Snack & Sandwich Ideas:
Cut sandwiches, fruits, veggies in varying size heart shapes.
Some foods may be arranged in the shape of a heart on their plate.
- ❖ Craft Project:
Make a heart wall hanging.

Game: Pin the heart on the Grinch





Classic Tale, New Twist:
Start a New Tradition
by Doing Good Deeds!

IN A WORLD WHERE
YOU CAN BE ANYTHING



BE KIND

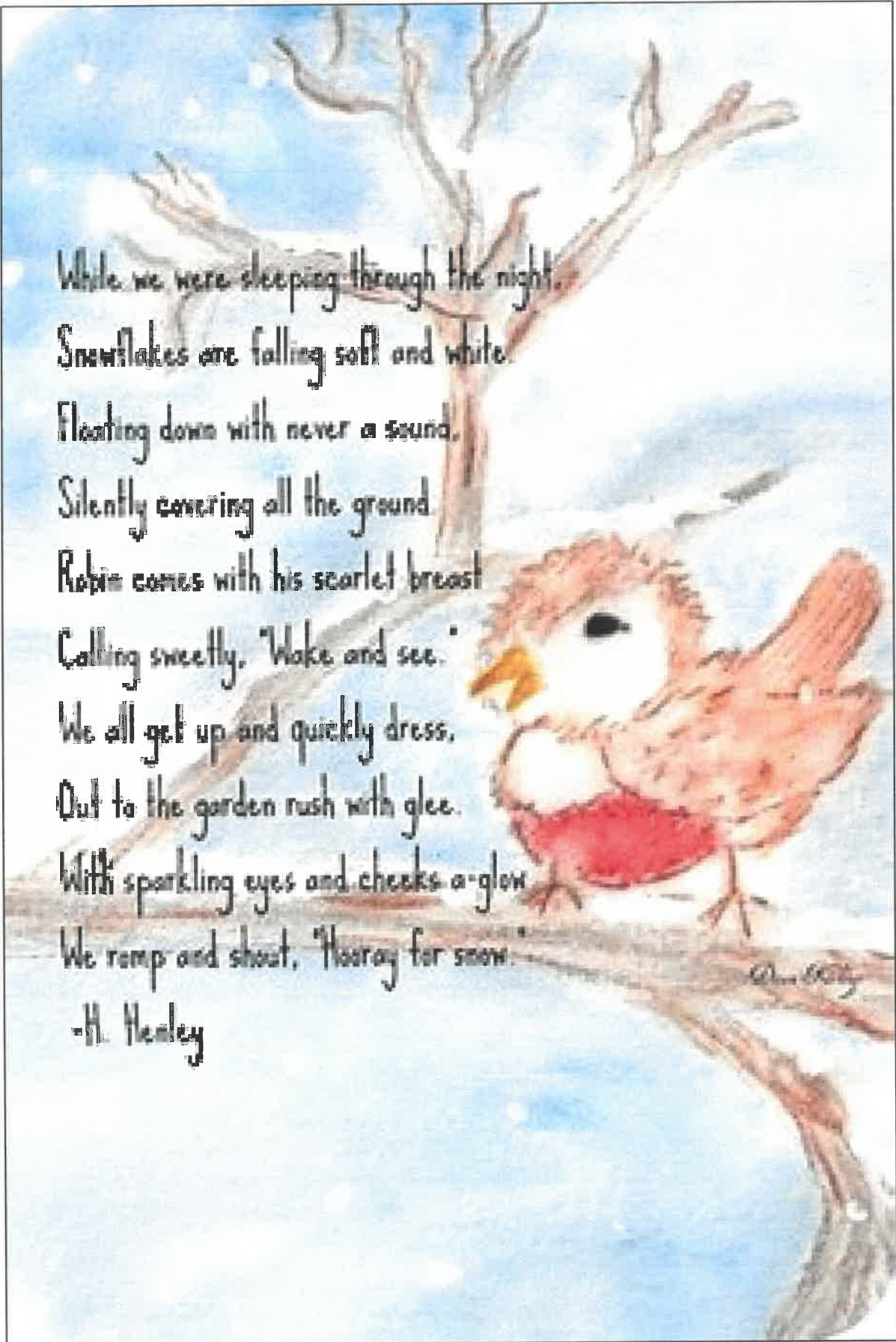


NO BAKE
GRINCH RECIPES



Scavenger Hunt





While we were sleeping through the night,
Snowflakes are falling soft and white,
Floating down with never a sound,
Silently covering all the ground.
Robin comes with his scarlet breast
Calling sweetly, "Wake and see."
We all get up and quickly dress,
Out to the garden rush with glee.
With sparkling eyes and cheeks a-glow
We romp and shout, "Hooray for snow!"

-H. Henley



___ nowman



___ weater



s ___ owflake

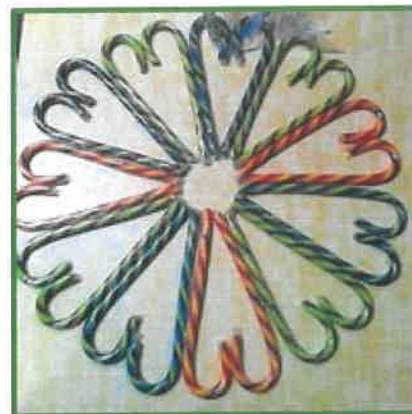


___ itte ___



___ kate

Fill in the missing letters.



Candy Cane Wreaths

Required: Adult supervision & assistance needed.

Supplies:

Candy Canes

Glue Gun

Decorations

Ribbon to hang wreath

Form your wreath in either in a heart or star.

Hot glue tips and any other stress points to secure your design





Trainings

Check the September-December 2021 Training Calendar for complete information.

DATE	TRAINING	DATE	TRAINING
12/4/21	First Aid/CPR/AED Training	12/7/21	Behavior Management Strategies – Part II
12/13/21	Safety, Supervision and Security	12/16/21	Cavity Free Kids
12/18/21	Medication Administration Training (MAT)	12/20/21	Adverse Childhood Experiences/ACE Institute Level 101

FREE ON-LINE TRAINING CLASSES – PROFESSIONAL DEVELOPMENT PROGRAM <http://www.eceto.pdp.albany.edu/learncatalog.shtml>

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, 6, & 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, 6 & 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)

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
Elizabeth Nowakowski
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:

December 24 & 25
January 3
January 17
February 21

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: ccrniagara@niagaracap.org
Web: www.childcareofniagara.com

Facebook:

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



Community Child Care Clearinghouse of Niagara

* Angela Burns * Kimmarie Brown * Kelly Janese
* Jameelah Masaed * Elizabeth Nowakowski
* Debbie Perricelli * Patrick Carr * Donna Striffler
* Beverly McArthur * Betty McCarthy
* Carolyn Jacobs

