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## Winter NEWSLETTER 2020

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



## Celebrate Winter Solstice

ARRIVES:

Monday, December 21 ❄️ 5:02 AM

What better way to kick off a change of season than with a **celebration**! It's good to have a merry heart! So let's start planning an absolutely wonderful fun day. Be sure to let the older kids help with the planning.

*A celebration is always a good thing!*

The first day of winter may be used to teach children about the purpose of winter. Yes, winter has a purpose! There are terrific books for story/circle time, crafts and yummy snacks to make. Electronic media may be used as long as it fits into your day's activities and has a purpose.

**REGULATION:** If television or other electronic visual media is used, it must be part of a planned developmentally appropriate program with an educational, social, physical or other learning objective that includes identified goals and objectives.

**So, have an absolutely terrific celebration!**

*Carolyn*



Provider Survey Basket Drawing Winner

Mommy Day Care

Beth Eubank

*Congratulations*



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In previous newsletters letters we have shared about Bari's suggestions for exercises, relaxation and focusing techniques for children. She has held online trainings along putting out a weekly e-mail. You can chat with her on either Facebook or Twitter.

Website: <https://barikoral.com/>



I have a powerful message to share no matter what might be going on for you right now.

Back in January my beloved mother-in-law was diagnosed with terminal cancer and I remember being so overwhelmed and thinking *How am I going to navigate this? How do I get her from the hospital in Florida, back to New York, to all the doctor's visits, through treatment, and see her through every stage of this terrible disease?*

And then a voice deep inside said to me, *"one step at a time."*

And that was what I did. There was a road of 99 curves ahead, but I just took it all one step at a time.

**I think there is a road of 99 curves in front of all of us right now.**

One step at a time will ultimately take care of everything.

When we take one step, we can adjust, we can refocus, and even change directions. But we get through those curves ahead by staying here in just one step.

One step at a time will ultimately give scientists a way to treat the virus.

It will get you through this year. It will get you where you need to go. It will take you in the direction of your dreams.

So remember, all you need to consider is the next step. And be present for it.

**The mind wants to solve all the 99 curves at once and that makes it anxious.**

Mindfulness teaches us that we don't have to do that. We can just show up for that next step.

- Take a moment.
- Inhale, and exhale.
- Let everything go.
- Do it one more time, inhale, and exhale all the air out.
- **Now open your eyes and take your next step,** enjoy.





## **Lessons in Leadership, Race and Gender with Melodie Baker**

In August 2020, I had the opportunity to watch a webinar “Lessons in Leadership, Race and Gender” with Melodie Baker. It was excellent. Ms. Baker is very interesting and I learned from her. She shared her experiences and knowledge gained through education, her mentors and work especially being an African American woman. Also, Ms. Baker recently ran for Congress in NYS 27<sup>th</sup> Congressional District.

**In the webinar, she shared the following two quotes:**



**“Always open the door for others.”**

Of course, it’s always polite to hold the door for another and not let it fly in their face; but this isn’t what she was referring to. It is holding open doors of opportunity and advancement for others. Freely sharing expertise and lessons learned.

For us as parents and providers, every day we open doors of opportunity for a child. It can be through story time or providing books to read, play, experiments, learning opportunities, going on a daily walk, or words of encouragement.



(This makes me smile every time!)

**“Always smile because your resting face looks angry.”**

"Help us grow into our Dreams..."



### Thought taken from "Leading the Fire Drill"

by Judy Lee Green (Chicken Soup for the Soul)

As children go through childhood, they will change their mind a hundred times about what they want to do when they grow-up. So, as a child expresses their thoughts, help them to see possibilities.

#### When a child dreams about becoming:

- ✦ A nurse, that's a great profession, but you may want to consider become a doctor.
- ✦ A teacher, praise their choice, but mention that he/she could also become school principal or dean of a college or university.
- ✦ A flight attendant to travel the world, agree it would be exciting, but a pilot gets to fly the plane.

Support their choice, but also challenge a child to dream big.



Remember, Mickey Mouse was once a dream!





if you can  
dream it  
you can  
do it



Dream  
BIG

Dream  
BIG

My dream is ...

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# 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 Employer (EOE).

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





## Easy Mango Salsa

The sweetness of fresh mango combined with savory pepper and onion and the zest of lime give this salsa a balance of flavors that are refreshing and crisp. Serve this appetizer with baked tortilla chips or whole grain crackers for a tasty snack.

**Makes:** 4 Servings  
**Prep Time:** 10 minutes

### Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

### Directions

- Peel and chop the mango, be sure to remove the seed.
- Cut the pepper and onion into small pieces.
- Mix all the ingredients together.

Source: Iowa Department of Public Health. [iodph.org](http://www.iodph.org)  
[Nutrition Network](http://www.iodph.org/nutrition-network).



### My Plate Food Groups:

Fruits – ¼ cup



*A blend of fruits, spinach and peanut sauce tucked in a pita pocket!*

- **Makes:** 4 Servings
- **Prep Time:** 15 minutes

### Ingredients

- 1 can tropical fruit salad in 100% juice (15 ounces)
- 4 whole-grain pita pockets (A time-saving idea, purchase pre-opened pita pockets)
- 4 cups fresh spinach (torn)
- 1/4 cup fresh cilantro (optional)

### For the Spread:

- 3 tablespoons reserved juice from tropical fruit salad
- 1/2 cup natural peanut butter, crunchy or chunky
- 3 tablespoons fat-free cream cheese
- 1 tablespoon low-sodium soy sauce

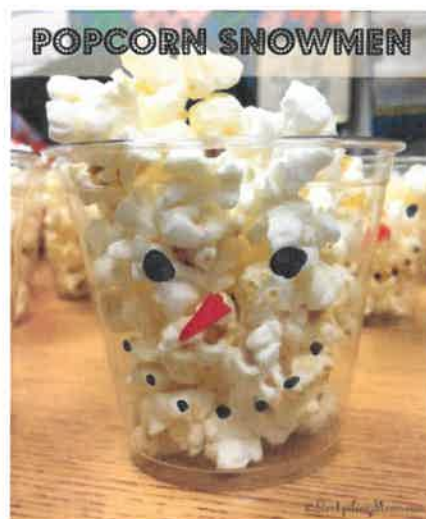
### Directions

- In a colander over a bowl, drain fruit salad well; reserve 3 tablespoons juice.
- In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
- Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
- Add sauce and toss.
- Slice a small portion off each pita. Tuck the slice inside the bottom of the pita.
- Fill each pita pocket with the fruit-spinach mixture.
- Wrap individually in plastic wrap and refrigerate. Will keep well overnight.



Fruits 1/2 cup  
 Vegetables 1 cup  
 Grains 1 ounce  
 Protein Foods 2 ounces

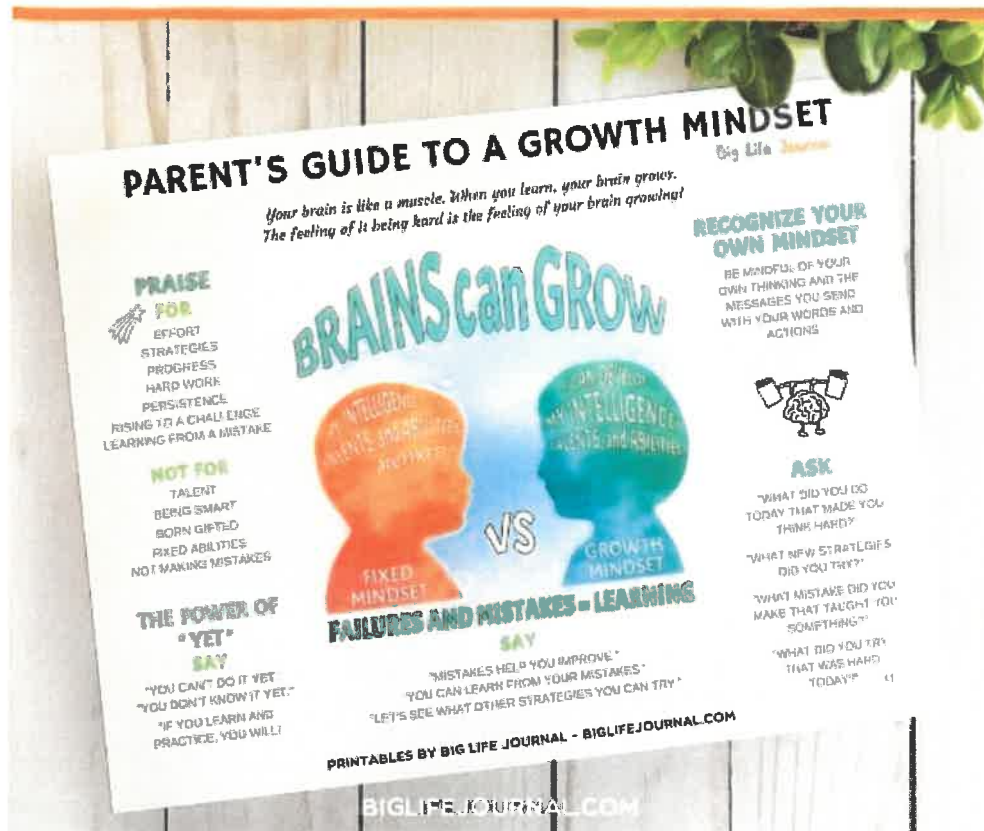
The snacks below are self-explanatory.  
As much as possible, let the kids assemble their snack!



# GROWTH MINDSET

## PRINTABLE GUIDE FOR PARENTS

BIGLIFEJOURNAL.COM



<https://biglifejournal.com/blogs/blog/goal-setting-for-kids#:~:text=%204%20Steps%20for%20Helping%20Your%20Child%20Set,into%20Smaller%20Steps.%20An%20effective%20goal...%20More%20>

On the Big Life Journal, you will have an opportunity to sign up for their FREE weekly printables. These are carefully crafted to teach children a growth mindset, resilience, and much more.

Reasons WHY a child should learn goal-setting include:

- ✚ It teaches them to take responsibility for their own behaviors and learning
- ✚ It promotes a “can-do” attitude
- ✚ It forms a powerful lifelong habit

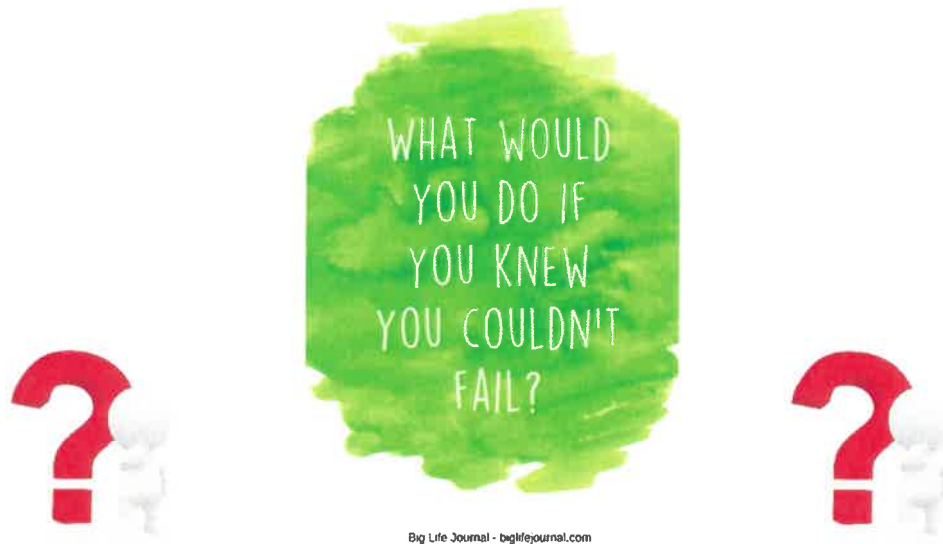
***The skill of goal-setting is critical for developing determination and simply getting what you want out of life.***

### Step 1: Let Your Child Choose Their “Big Goal”

- If your child has a genuine desire to reach a goal, they’re far more likely to be motivated, driven, and ultimately successful.
- Instead of pushing a child to set a goal you want them to reach, help them think about what they truly want to accomplish or achieve this year.

Ask questions like:

- ✓ What’s something you wish you could achieve?
- ✓ What’s a challenge you would feel very proud to overcome?
- ✓ What would you do if you knew you couldn’t fail?



Help your child brainstorm ONE major goal they would like to achieve this year. Your child needs to recognize their progress toward their goal, so be sure it’s specific, measurable and trackable. Avoid vague goals like, “I’ll pay more attention in class this year.” There’s no clear way to know when or if this goal has been achieved.

Here are examples of measurable goals which are much more effective:

- “I’ll take daily notes this year and review them each week.”
- “I’ll score ten points higher in math this year.”

### Step 2: Discuss the Purpose of Your Child’s Goal

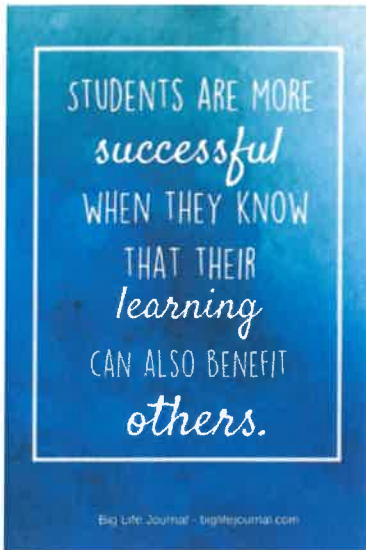
In order for your child to be truly motivated to reach their goal, they must understand “WHY.”

- Why do they want to achieve this goal?
- Why does it matter?
- What is their purpose?

In education, it’s clear that students see a purpose for what they’re learning. They tend to “buy-in” and perform better. Students are more successful when they understand their learning can also benefit others.

This same rule may be apply to a child’s goal-setting. For instance, if your child’s goal is to earn an “A” in Science, a purpose like, “I want to have better grades,” or, “I want a career in science,” can be helpful to some extent. But it will be even more helpful if your child can find a purpose like:

***“I want to do better in Science so I can make discoveries or inventions that help people.”***



Help your child find their purpose by asking questions like:

- What do you think is the greatest benefit to your doing well in this class?
- How can that help others?

In the above example, you can also discuss:

- ✓ Advances made by other scientists
- ✓ How science helps people
- ✓ Future needs science can address

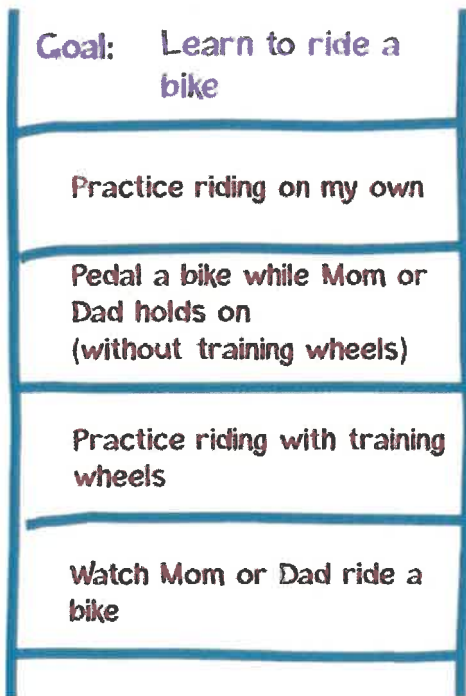
If your child can find a greater purpose behind their academic goals, you're likely to see greater results. Plus, you're encouraging critical thinking and kindness.

### Step 3: Break the Big Goal into Smaller Steps

An effective goal must be reasonably within reach, not too challenging or too easy. Your child must be able to sustain their motivation for an extended period of time. One way to achieve this is to help a child break their big, long-term goal into more manageable short-term steps. This gives a child more opportunities to celebrate their success along the way.

***Many people are focused too much on the outcome and not enough on the process. It can be more helpful to set a string of small, incremental goals. – Amy Cuddy, Psychologist***

### Goal Ladder



Big Life Journal - biglifejournal.com

To help your child visualize this step-by-step process, offer to fill out a “goal ladder.” At the top of the ladder, write down the big goal, then work your way through the steps it takes to achieve it.



Let's say your child's big goal is to learn to ride a bike.

1<sup>st</sup> step on the ladder may be watching someone ride a bike.

2<sup>nd</sup> step may be learning to ride a bike with training wheels.

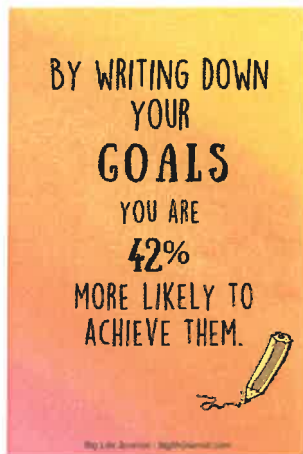
Next step, pedaling the bike with Mom or Dad holding on.

Finally, practice riding on your own.

It's important for your child to understand that they may not reach their long-term goal right away. As long as they're making progress and completing short-term goals, they are still climbing the “ladder” to success.

## Step 4: Brainstorm Potential Obstacles

Talk to your child about negative thoughts such as, “If you feel like giving up, what will do you instead?” Below are plenty of suggestions on how to respond to your child wanting to give up.



A very simple way to help your child follow through with their goals is to write them down.

If goals are written down:

We are 42% more likely to achieve them.

When we tell a friend or a parent, this increases the rate to 72%!

This step can help your child clarify their goals and feel more motivated to reach them. If you post their goals somewhere prominent, it'll be easier for your child to see and celebrate their progress.

### Here are a few ideas:

- Remind your child of their purpose.
- Remind them of the plan they developed for confronting this particular obstacle. Help them to follow it.
- Recognize and celebrate small steps toward achieving your child's goal, including climbing the steps on their “goal ladder.”
- Instead of focusing on the perceived failure, focus on how they can continue improving.
  - ❖ Why do you think it didn't go so well this time?
  - ❖ What could you try next time to keep getting better?
- Celebrate your child's effort, determination, and persistence.
  - ❖ For example, even if they don't do well on a test, acknowledge the time they spent studying.
- Teach your child to have positive self-talk by talking positively about both yourself and your child.
  - ❖ Teach statements like, “I can do this,” or, “I'm working hard to reach my goals.”
- If they experience setbacks or failures, help your child put them in perspective.
  - ❖ Give examples of your own struggles at their age, or turn to examples of famous people like Thomas Edison, who reportedly tested 10,000 different materials for his electric lightbulb before finding the one that worked. What if Edison had given up on the 9,999th attempt?

### What if Thomas Edison gave up on his 9,999th try?



Illustration: Big Life Journal  
biglifejournal.com



## I'm a Little Penguin

(tune of I'm a Little Teapot)

I'm a little penguin  
Black and white.  
Stout and fluffy  
What a sight!

I can't fly  
but I love to swim.  
So I'll waddle to the water  
and dive right in!



## Snowflake, Snowflake

Snowflakes, snowflake  
twirl around.

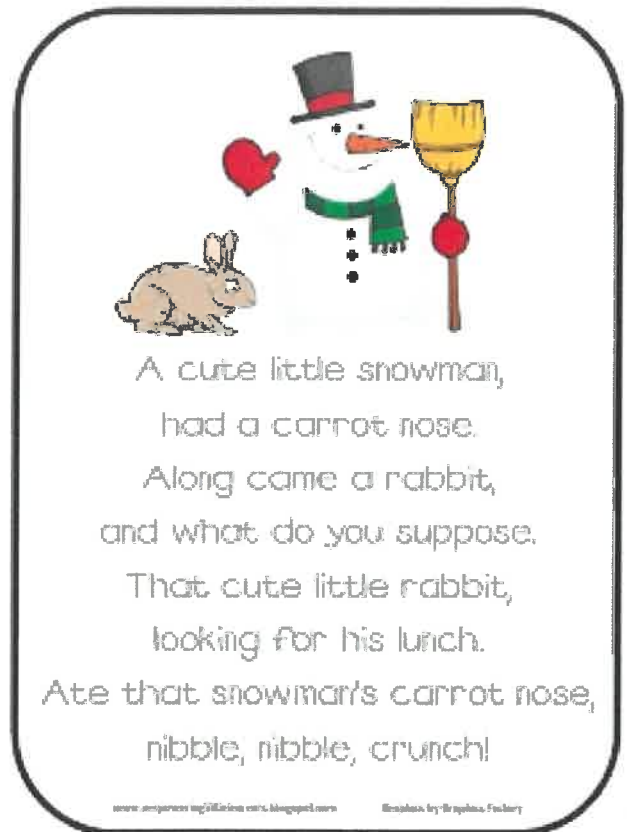
Snowflake, snowflake  
touch the ground.

Snowflake, snowflake  
land on my nose.

Snowflake, snowflake  
freeze my toes.

Snowflake, snowflake  
in the air.

Snowflake, snowflake tickle you  
everywhere!



A cute little snowman,  
had a carrot nose.  
Along came a rabbit,  
and what do you suppose.  
That cute little rabbit,  
looking for his lunch.  
Ate that snowman's carrot nose,  
nibble, nibble, crunch!

[www.amygreen.org/childrens-arts-blogspot.com](http://www.amygreen.org/childrens-arts-blogspot.com)

Illustration by Stephanie Finkler



## I'm a Little Penguin

I'm a little penguin  
In the snow  
I slide on my tummy  
to and fro  
I eat the fish  
from the deep  
blue sea  
I'm black and  
white  
as you can see.



Santa: Knock, knock.  
Elf: Who's there?  
Santa: Olive.  
Elf: Olive, who?  
Santa: Olive the other reindeer.



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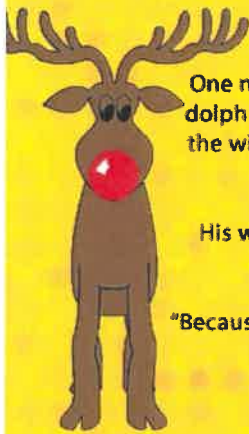


What song do you sing at  
a snowman's  
birthday party?

Freeze a jolly good fellow!

AN **elf**<sup>®</sup>  
FOR  
CHRISTMAS

©Kidsgen.com



One night a Viking named Rudolph the Red was looking out the window when he said, "It's going to rain."

His wife asked, "How do you know?"

"Because Rudolph the Red knows rain, dear."

What's a  
snowman's  
favorite Mexican  
food?

Brrrrr - itos!



Jorgensons.com

Christmas Jokes That  
Will Have You ROTFL!



Q. How long should a  
reindeer's legs be?

A. Just long enough to  
reach the ground!

**Squigly's Playhouse**

Jokes for kids by kids!





### ❄️ Make Snowflakes ❄️

As a parent, you may want to save a snowflake each year to see how your child's flakes change over the years.

Idea: Make a snowflake mobile which may be hung in day care or a child's bedroom. Or hang snowflakes at varying lengths from a curtain rod.



### ❄️ Take Care of Nature ❄️

Helping animals during colder months is always a good thing. Sheri Silver's [Orange Bird Feeder](#) is not only unique but it sure looks pretty hanging in the yard! What fun to make too!

**Related Post:** [How to Get Kids Outdoors During the Winter](#)

### ❄️ Move Your Bodies ❄️

What better way to bring in the day with the least amount of light than a fun [Winter Solstice yoga story time](#) to get our bodies moving? This yoga session for children tells the story of a raven bringing light.



Idea: Hollow out oranges for the kids snack time. Use the peel for the feeder.



Use a plastic bottle with wooden spoons.



Toilet paper or paper towel rolls. Cover Peanut butter. Roll in bird seed. (Reminder: check for children's allergies with project.)

***Be sure to hang your feeders at least 5 feet off the ground.***



## Do your Kids Need a Little Calm? These Mindfulness Activities Can Help Them Unwind

by, Stephanie Kaufman

Even if you have heard how good mindfulness is for your health, it can still be difficult to make it a regular part of your life, especially when we have lots of things pulling us in all different directions. When we are really busy, pressing the pause button can almost feel like a waste of time. For kids with lots of energy, getting them to slow down and take some time to reflect can be particularly challenging.

Little ones really struggle with the concept of slowing down and tuning in. Finding calm and managing emotions can be hard because there is so much to do, it's all exciting, and it feels so urgent. Tuning in is hard, especially nowadays as we are presented with so many external distractions. Sometimes the best you can get is a few seconds of a silly pause, just before going back to full throttle.

Mindfulness has been shown to improve the mental, emotional, social, and physical health and well-being of young people who take part in this practice. Here's how to help your kids try it out.

### What is mindfulness for kids?

Mindfulness is intentionally focusing your awareness on the present moment. Tuning in to your own internal processes and acknowledging your thoughts, feelings, and bodily sensations. When you are teaching children mindfulness, you're essentially teaching them how to slow down their thoughts, reduce distractions, and become more aware of their surroundings.

***Mindfulness can be especially helpful for kids that have a hard time focusing in school.***

The following examples are more sense focused than thought and feeling focused. However, adding in reflective questions such as, "What thoughts are coming up for you?" or "What are you feeling right now?" while engaging in the following activities is a great way to add depth if you choose.

### Mindful walk:

Going on a walk can be a fun and easy way to take a familiar activity and give it a mindfulness spin. As you walk, ask your child to notice what they hear, smell, and see. Tell them what you observe in the environment. Ask them if they sense it, too. If there are items that can be safely touched like leaves, rocks, grass, sand, concrete, etc. try to notice the differences in texture, temperature, or weight.



### Reverse I spy:

Take a moment to scan your environment, try to notice everything around you. Ask a child to close their eyes and try to remember all the items around them. If recalling everything in your field of vision feels overwhelming, you can choose something more specific like, "all the items hanging on the wall."

### Blow up a balloon with the least number of breaths possible:

Rather than trying to blow up the balloon fast, we want to focus on using the least number of breaths. This invites children to take deeper and slower breaths to get the maximum amount of air into the balloon with each single breath.



### Guided tactile and/or olfactory guessing game:

For the tactile practice, close your eyes and have one guide the other around the room, touching various objects. Invite each person to guess what they are touching. Is it a clock? A picture frame? An apple? A toy?

The olfactory version of this game is best played in the kitchen because there are lots of foods that can be used. The bathroom can work too, as there are inedible items with strong scents, like candles, flowers, soaps, and other bath products.



### Mindful music:

As you listen to a song together, try to notice the different sounds. Maybe you notice different instruments, backup voices, beats, or shifts in tempo. You can also find "nature sounds" or other tracks that include animals or other noises of daily life. For example, if you listen to jungle noises, see if you and your child can identify a bird, a monkey, a flowing river, or the wind.

### Draw on your back:

Use your finger to draw on each other's backs. This can be very grounding, regulating, and connecting because it helps you tune into tactile input. Depending on your child's age, this game can be adapted to work for them. For the little ones, draw shapes or have them count the number of lines or dots you draw. For older kids, encourage them to use letters and numbers, or even spell out full words.

### Five sense check-in:

This can be done at anytime, anywhere. Go through the five senses and talk about what can be observed. Notice what you smell, hear, taste, see, and feel. For example, the taste of the strawberries you had a few minutes ago, or the taste of freshly brushed teeth. You could also invite them to notice the feeling of their clothing on their skin, the pressure from the chair against their body, or even the itch of a mosquito bite.

### Balancing on the belly:



Challenge yourself to balance all different kinds of items on your belly while breathing deeply and allowing your tummy to fill fully with air. Then, let it all out. What kind of items are easiest to keep balanced on your tummy as you breathe? Maybe one bouncy ball can stay on, but what happens when you add two more!? To keep little ones engaged, you can frame it as a day at the amusement park for their stuffed animals, and you can ask them if their stuffed froggy enjoys the belly ride.

### Taste test:

Use different foods to make a fun guessing game that helps you tune into your sense of taste. You can use different fruits, jelly beans, juices, crackers, or anything that your child enjoys. You can also use this as an opportunity to connect with the differences in texture in foods.



# Winter Craft Projects for Kids

Below is the link for 35 cute, fun and hopefully different craft ideas for kids. The newsletter includes 3 of the ideas. Yes, I highly recommend the website.

<https://diyjoy.com/winter-crafts-for-kids/#:~:text=Winter%20Crafts%20for%20Kids%201%20Stained%20Glass%20Mitten,3%20Melted%20Snowman%20Craft.%200...%20More%20items...%20>



<http://blog.darice.com/kids-crafts/kids-melted-snowman-craft/>

## Melted Snowman Craft Project for Kids



### Melted Snowman Craft Project Supplies:

- Felt, tan, black and white
- Foam Marshmallows
- Felt Glue
- Washable Tempera Paint
- Craft Scissors





### Step 1

Have children paint their snowman's face on the foam marshmallows. Use a paint brush to paint black dots for the eyes and mouth. Orange for a carrot nose. Set aside to let that dry completely. Repeat for each snowman.



### Step 2

With the white felt, either have children cut out a melted snowman shape. It doesn't have to be perfect and they can make it big or small. Repeat for each melted snowman craft being made.

**Step 3.** Cut out the other embellishments for your snowman:

- Black Hat
- Black dots for buttons
- Brown sticks for the arms.



**Step 4.** To assemble, start gluing pieces to the white melted cutout. Feel free to arrange and glue down however you like. You can also add other embellishments (glitter, rhinestones, sequins, etc.) to your snowman design. Once done, set it aside to let it dry completely.

**HaPpY cRaFtInG!!!**

<https://iheartcraftythings.com/coffee-filter-snowflake-craft.html>



Painted coffee filters, pinwheel pasta and paper straws come together to create awesome texture in this winter kids craft. This fun snowflake craft is also a fun way for kids to be creative with symmetry when creating their own, unique snowflake design.

**Supplies:** coffee filters      liquid watercolors      paint brush      blue paper straws  
pinwheel pasta      white paint      school glue

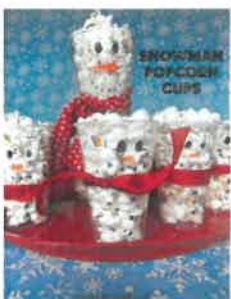
#### Directions for Making this Snowflake Winter Craft

1. Start by painting your coffee filters with your liquid watercolors. Blue and purple were used for the winter snowflake below. Set the coffee filters aside to dry completely.
2. While the coffee filters are drying, paint the pinwheel pasta with white paint. An easy suggestion to paint pasta is to pour some white paint on a paper plate. Then dip the pasta into the paint and place it paint side up on a parchment paper to dry or something similar to dry.

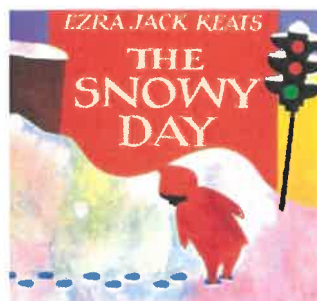


3. Cut a handful of blue paper straws into 2-inch and 1-inch sections. 2-3 straws are needed per snowflake.
4. Once your coffee filters and pasta are dry, set all of the materials out and design your snowflakes. After you decide on your design, use school glue to glue down each piece of your snowflake.

Try pairing snowflake craft with:



Snack Time, a snowman cup filled with "snowballs"!  
(popcorn - remember to check for allergies.)



Story Time!

<https://diyjoy.com/winter-crafts-for-kids/#:~:text=Winter%20Crafts%20for%20Kids%201%20Stained%20Glass%20Mitten.,3%20Melted%20Snowman%20Craft.%20...%20More%20items...%20>

This post is sponsored by Elmer's Glue

## SNOW SLIME IN A JAR



**SNOW SLIME**  
gifts kids can make



Kids love playing with slime. It's something kids can make to give for a holiday gift.

It's a perfect activity for a rainy or snowy day.

Mason jars make great containers for snow slime.



Supplies to make 3 small jars full of lovely SNOW slime

Supplies:

- ✓ 2 bottles of clear Elmer's glue
- ✓ 1 bottle each of white, silver & blue glitter
- ✓ Foil snowflakes
- ✓ Liquid starch
- ✓ Washi tape
- ✓ 3 small mason jars
- ✓ Bowl & spatula

Adult assistance is needed at the end of the project



Start by pouring the glue into your bowl.  
Clear, White and then Clear



Add glitter and stir.



Add 1/4 cup of the liquid starch.

After kneading for 3 minutes, you may want to add another dash of liquid starch.

When kneading slime, it needs to be forcefully done and then stretch and wrap it around into a ball. Then knead some more.

If you like slime touch and rubbery, add more liquid starch. If you prefer a more liquid slime, add less starch.



Add the snowflakes. Be sure snowflakes do not have any sharp edges.



### Adult Assistance Needed

Let your helpers play for a while so that you can make the lids with washi tape.



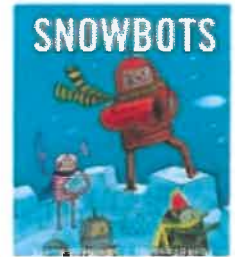
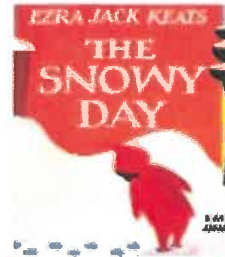
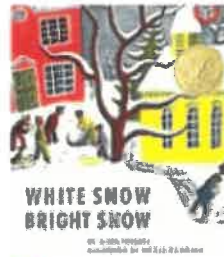
DONE and ready to give away or not!!



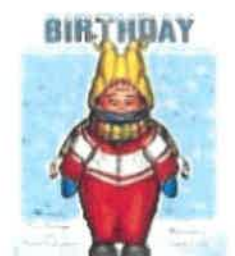
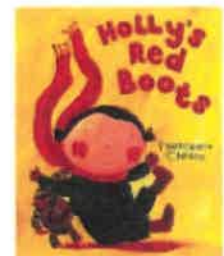
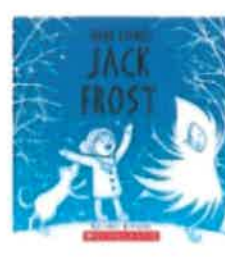
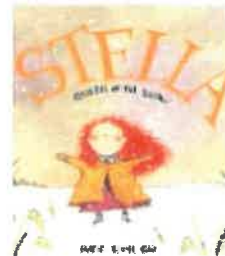
Always be the first to throw a snowball!

Need a  
book to go  
along with  
an activity?

Try one of  
these  
books  
about snow!



# books about SNOW



sassydealz.com



sassydealz.com



Easy Peasy and Fun





## Provider Trainings

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

### JUST A REMINDER:

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

### NOTE:

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

DATE	TITLE	LOCATION
12/05/2020	CPR/FA & AED Training	Mount St. Mary's Child Care Center
12/07/2020	Safety Supervision and Security	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
12/14/2020	Behavior Management Strategies – Part II	Niagara Community Action Program, Inc. Community Child Care Clearinghouse of Niagara
12/19/2020	Medications Administration Training (MAT)	Mount St. Mary's Child Care Center



## Free On-Line Trainings

Revised January 2019

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

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

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

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

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

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

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

Obesity Prevention  
OCFS Training Topic 2 (2.0 training hours)

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

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

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

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

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

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

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

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

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

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

**Board of Directors:**

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

**CCR&R Staff:**

Supervisor: Angela Burns

Registrar Unit: Kimmarie Brown  
Elizabeth Nowakowski  
Patrick Carr

Technical Assistant Specialist: Beverly McArthur

Infant & Toddler Technical Specialist: Kelly Janese

Legally Exempt: Debbie Perricelli  
Donna Striffler

CC Referrals: Carolyn Jacobs

CACFP: Linda Newman  
Betty McCarthy

**Mission Statement:**

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

**Office Closings:**

- December 24 & 25
- January 1
- January 18
- February 15

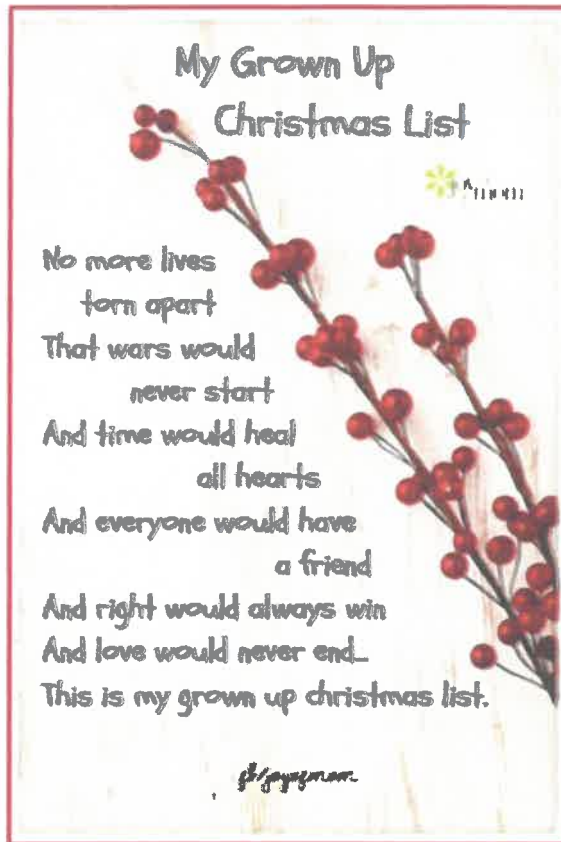
**Contact Information:**

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/>



We wish you and your loved ones a Holiday season filled love and peace to last throughout the coming year.



Angela Burns  
Patrick Carr  
Beverly McArthur  
Linda Newman  
Debbie Perricelli  
Carolyn Jacobs



Kimmarie Brown  
Kelly Janese  
Betty McCarthy  
Elizabeth Nowakowski  
Donna Striffler

