

Community Child Care Clearinghouse



1521 Main Street

Niagara Falls

New York 14305

www.childcareofniagara.com

Toll Free: 1-800-701-4KID

Phone: 716-285-8572

Fax: 716-286-9693

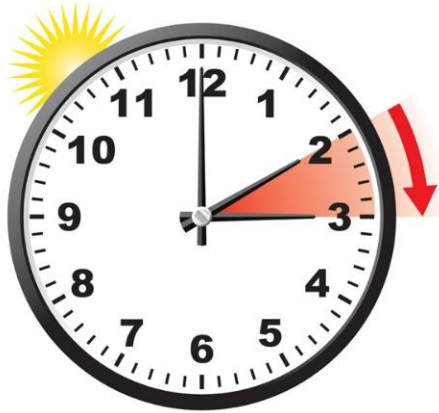
E-mail: ccrniagara@niagaracap.org

Spring 2024 Newsletter



For all Niagara County Child Care Providers,
Parents & Child Advocates

Daylight Savings Clock Change



Don't forget to spring forward at
2 a.m. Sunday, March 10, 2024!

Check all carbon monoxide detectors and smoke alarms

- Are they in working order?
- Do the batteries need to be replaced?
- Does any of your units need to be replaced? Manufacturers have a recommended life span for carbon monoxide detectors and smoke alarms.



Make a Spring Bucket List

Hold a family meeting to make a spring bucket list together filled with fun, family-friendly activities you'd all like to do together. Feed the ducks, embark on a scavenger hunt or dance in the rain. The possibilities are endless, but spring is not. Make your list today!

Safety for Your Child: Birth to 6 Months

How Do I Handle My Newborn Baby?

- Wash your hands (or use a hand sanitizer) before handling your baby.
- Support your baby's head and neck.
- Never shake your baby, whether in play or in frustration.
- Always fasten your baby securely when using a carrier, stroller, or car seat.



Did you know that hundreds of children younger than one year die every year in the United States because of injuries — most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children learn fast, and before you know it, your child will be wiggling off a bed or reaching for your cup of hot coffee.

Do not leave your baby alone on changing tables, beds, sofas, or chairs. Put your baby in a safe place such as a crib or playpen when you cannot hold him. Your baby may be able to crawl as early as 6 months. Use gates on stairways and close doors to keep your baby out of rooms where he or she might get hurt.

Car Injuries

Car crashes are a great threat to your child's life and health. Most injuries and deaths from car crashes can be prevented by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one — in a car safety seat. Your infant should ride in the back seat in a rear-facing car seat.

Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owner's manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.

NEVER put an infant in the front seat of a car with a passenger air bag.

Burns

At three to five months, babies will wave their fists and grab at things. NEVER carry your baby and hot liquids, such as coffee, or foods at the same time. Your baby can get burned. You can't handle both! To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases, you can adjust your water heater.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth and call your doctor.

To protect your baby from house fires, be sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. NEVER leave small objects in your baby's reach, even for a moment. NEVER feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), your baby should always sleep on his or her back. Your baby should have his or her own crib or bassinet with no pillows, stuffed toys, bumpers, or loose bedding. NEVER put your baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.

Source: TIPP: The Injury Prevention Program (Copyright © 1994 American Academy of Pediatrics)



Gluten-Free Chocolate Snack Mix

Total time **Makes**
25 minutes 3 quarts

1/2 cup: 182 calories, 10g fat (5g saturated fat), 8mg cholesterol, 185mg sodium, 23g carbohydrate (11g sugars, 1g fiber), 2g protein.

Read all ingredient labels for possible gluten content prior to use. Ingredient formulas can change, and production facilities vary among brands. If you're concerned that your brand may contain gluten, contact the company.

Ingredients:

- 5 cups Chocolate Chex
- 4 cups Cinnamon Chex
- 1 cup salted cashews
- 1 cup dried banana chips
- 6 tablespoons butter, cubed
- 1 cup sweetened shredded coconut
- 1/4 cup honey
- 2 tablespoons baking cocoa
- 1 teaspoon coconut extract
- 1/2 teaspoon ground cinnamon



In a large microwave-safe bowl, combine the cereals, cashews and banana chips. In a small microwave-safe bowl, melt butter. Add the coconut, honey, cocoa, extract and cinnamon; stir until blended. Pour over cereal mixture and toss to coat.

Microwave, uncovered, on high for 4 minutes, stirring every minute. Spread onto waxed paper to cool. Store in an airtight container.

Mini Zucchini Pizzas

1 mini pizza: 29 calories, 2g fat (1g saturated fat), 5mg cholesterol, 108mg sodium, 1g carbohydrate (1g sugars, 0 fiber), 2g protein.



Ingredients:

- 1 large zucchini (about 11 ounces), cut diagonally into 1/4-inch slices
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup pizza sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup miniature pepperoni slices
- Minced fresh basil

Preheat broiler. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 in. from heat just until crisp-tender, 1-2 minutes per side. Sprinkle zucchini with salt and pepper; top with sauce, cheese and pepperoni. Broil until cheese is melted, about 1 minute. Sprinkle with basil.

Create Your Own Sensory Bin!



What is a Sensory Bin?

It really is as simple as it sounds. A sensory bin is a box or bin, usually a Sterilite container that you fill with some kind of texture like dry rice. The fillings of a sensory bin vary by texture, size, shape, and the play involved. The goal is to expose your child to a range of sensory input for play. Once you have the bin filled with any of the ideas listed below, throw a few toys in and let your kid dive in.

Sensory Bins are Awesome for Their Development!

Sensory bins are great for kids because they provide loads of tactile stimulation and encourage imaginative play. They're also particularly helpful for children that are tactile defensive (sensitive to touching, wearing, eating different textures). Because these bins usually catch the curiosity of a child, they will often push themselves out of their comfort level to explore in a way that they may not do on their own. If you suspect that your child may have a limited diet because they don't like certain textures of food, playing in sensory bins also helps desensitize them to various textures and may help them feel more comfortable with the textures they eat.

It sounds crazy that playing in a sensory bin with your hands can help picky eating, but it's true! Beyond the obvious and huge sensory benefits, sensory bins help kids with body awareness, emotional regulation, cognitive development, and motor skills! So basically, sensory bins are great for just about every kid! I am sure some of you are cringing at the thought of a bin of dry rice on your living room floor- it can be messy- but your kids are only kids once, so I say go for it!

Important Rules for Sensory Bin Play

Before you get started with any sensory bin, there are a couple of things you'll want to keep in mind....

- Choking hazards: if your child is still putting everything into their mouth, be mindful of what you are putting into the bin.
- Some textures have a shelf life, you may need to recycle or replenish some textures.
- NEVER force your kid's hand into a texture. If they don't like it or are having a hard time touching it, respect that and don't force it. Instead, encourage imitation from you and continue exposing them until they are more comfortable. Maybe they need to use a shovel before they can put their hand in and then maybe it is just a finger. You get the idea.

- Have towels ready for wet textures. Kids will wipe their hands off on you or the sofa. Also, if your child is tactile defensive, you want to have a towel on hand in case they start to freak out. By the way, letting them know the towel is there in case they need it will help them feel more comfortable touching the texture

Assembling Your Sensory Bin

Dry Textures

These are usually “easier” for kids to play in, especially kids that don’t like to get messy. They are a great starting point. Assume all items are uncooked/raw.

- Rice
- Flour
- Cotton Balls
- Easter Grass
- Oatmeal
- Pasta
- Jelly Beans
- Seashells
- Acorns
- Popcorn Kernels
- Dirt
- Marbles
- Leaves
- Corn Husks
- Beans
- Split Peas
- Corn Meal



Add for fun...

- Grass Clippings
- Craft Feathers
- Pom Poms
- Beads
- Shredded Mylar
- Packing Peanuts
- Easter Eggs
- Scraps of Fabric
- Koosh Balls
- Pebbles
- Buttons

Have cups, scoops, bowls, shovels, serving spoons, dump trucks, and/or ladles in the bin for scooping and dumping. Scooping, dumping, and filling is a great play skill for toddlers.

Preschoolers can begin to learn some math concepts. Older kids can actually practice measuring and fractions.

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
Dennis Stachera	Kathryn Hall
Owen Steed	Michael Lee
Bridgette Myles	

CCR&R Staff:

Supervisor:	Angela Burns
Registrar Unit:	Kimmarie Brown Kristina Clark Cindy Dugan
Technical Assistant Specialist:	Erin Crump
Infant & Toddler Specialist:	Kelly Janese
Infant Toddler Mental Health Consultant:	Jameelah Masaed
Legally Exempt:	Debbie Perricelli Donna Striffler
CC Referrals:	Elizabeth Springer
Technical Assistance/Legally Exempt/ CC Supply Specialist/Referral Counselor:	

Mission Statement:

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

Office Closings:

- March 29
- May 27

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/>

Do You HAVE:

- ♥ a curriculum which isn't working for you?
- ♥ a screaming child?
- ♥ a disgruntled parent?

We're here to help!

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

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

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

Provider Update Forms

Provider update forms were recently mailed. If you have not returned yours, please do so as soon as possible. If you need another update form sent to you, please let Elizabeth know. A voice message or e-mail is sufficient.

Parents looking for childcare reach out to us daily. In order to give them the most accurate information, we need to make sure we have the most updated information on our providers. So, please keep our office informed of:

- Any changes in your contact information
- Number of open spots available
- **Any** changes to your hours of operation

A voice message which is available for calls after hours or e-mail is usually sufficient. Prefer to text your questions or updates? Feel free to text Elizabeth at **716-760-7022** (for texts only).

Phone: 716-285-8572 ext. 109 or option 2
or toll free at 1-800-701-4543

E-mail: ccrniagara@niagaracap.org

If you know of anyone interested in becoming a child care provider, please refer them to our office. There is a required video to be viewed which may be done online or in our office. The need for child care is state-wide. An intro to childcare class is generally held on the first Wednesday of every month. Please let us know if you or someone you know would like to attend.