

THE CHILD CARE CONNECTION

CHILD CARE SUPPORT SERVICES

» SUMMER 2024 «

SPLISH SPLASH, THE BENEFITS OF WATER PLAY IN EARLY CHILDHOOD!

Water sensory play provides hours of rich and valuable early childhood experiences to develop children's creativity and imagination.

Language Development

The benefits of water play are endless – one of which being all the new words that can be learned! Imagine the discussions you can have with your child while you are having fun with water. The conversations to be had using new words such as basin, damp, depth, drain, flow, drenched, drizzle and sieve are endless!

Develop Motor Skills

Kids water play provides the opportunity to develop fine and gross motor skills across all age ranges. Actions like pouring, scrubbing, squirting, stirring and squeezing are all important movements that lead to increased fine motor skills and hand-eye coordination.

Social-Emotional Growth

Another benefit of water play in early childhood is that it can both invigorate and calm young children, with gentle water play providing sensory benefits and allowing children to unwind, order their thoughts and relax. When presented with a tranquil and repetitive activity, such as scooping, pouring or simply running their hands through water, it can open up their senses and encourage them to focus on one activity. Further importance of water play is its encouragement in role playing and crucial social skills like cooperation and sharing. They learn to work with one or several children, to take turns and share the space and accessories with their friends.



Science and Mathematics Learning

Did you know water play can be used to teach basic mathematics? It will introduce children to terms such as Full, Empty, Half, Less. Children can measure, compare volumes, observe motion, count the rocks in the basin and notice the flow change as we move them.

Educators should not only monitor children and make sure they have sunscreen and a hat when the sun is shining, but they also participate in the play – showing they value them and their activities.

By engaging with your children's play and imagination, they are learning as well as enjoying your company!

Excerpted from:
<https://www.kidsclubchildcare.com.au/>
5 Interesting Benefits of Water Play in
Early Childhood Development

FROM THE DIRECTOR'S DESK

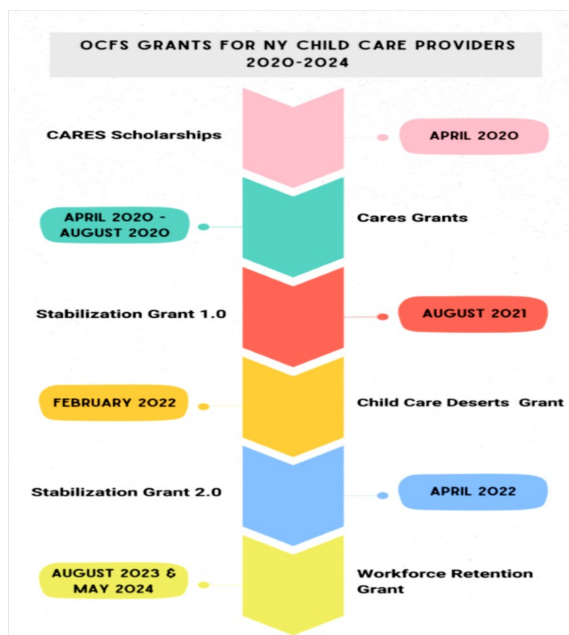
The end of June 2024 marks the conclusion of several milestones for our Child Care Support Services team. Over the past four years we've seen CARES scholarships and grants to essential workers and providers, Stabilization Grants 1.0 and 2.0, the Child Care Desert Grant, and the Workforce Retention Grants 1 and 2. We want to thank all the providers and families that have stuck through all the whirlwind changes, pivots, backtracks, and steps forward.

Aside from all the emergency grant funding, we have seen a long term investment in the child care system. With permanent increases to the Child Care Assistance Program, more families than ever are getting help to pay for child care. This also helps child care providers in receiving steady payments and charging a rate that is reflective of the current market.

Child Care Resource and Referral agencies have seen a long overdue increase in 5 year grant funds. With the renewal and increase in grant funding we have a few changes in store starting July 1st. To align with the statewide network of referral agencies, our program will adopt the name of Child Care Resource Center. Kasey Pajerski, who came on to assist with emergency grants will be staying on as a fifth member of our team. New and improved initiatives will be implemented including a resource library that includes STEAM focused toys/materials to borrow and interactive learning kits. Kits include books, activity ideas, and materials. Topics include families, cultures around the world, gardening/recycling, and more. We also have kits on challenging topics such as separation anxiety, feelings, and sharing.

More to come! Keep an eye on your email.

- Rebecca Matthews



Upcoming Trainings

Family/Group Family Make and Take Workshops: Blocks for Infants and Toddlers and Dramatic Play for Infants and Toddlers

Date: July 25, 2024 - 6:15 – 8:15 PM

Location: FoxCare Center, Oneonta

▪ The way in which we gather, display, and encourage the use of play materials can lead to rich exploration and learning opportunities for children. Come learn about the value of Dramatic Play and Block Play and explore materials we can use to create engaging play experiences with our children. A “Make and Take” will be part of both the dramatic play and the block play exploration. Guest presenter: Kathleen Harland, Brightside Up.

Call to register: (607) 432-0061

Family/Group Family - Know Your Worth

Date: August 22, 2024 - 6:15 – 7:15 PM

Location: FoxCare Center, Oneonta

▪ There have been some changes in the child care market rate, income eligibility guidelines for CCAP (subsidy), as well as inflated prices for just about everything. If you have not looked at your business expenses and income recently, this training will give you that opportunity and determine if your rates are appropriate to support your business, including ensuring that you are paid appropriately.

Call to register: (607) 432-0061

Day Care Center Director Round Table

Date: September 17, 2024 - 10:15 – 11:15 AM

Location: Brookwood School, 687 County Highway 59,
Cooperstown

▪ If you would like to add topics to the agenda, please e-mail Kim at kahearn@charitiesccdo.org.

Call to register: (607) 432-0061

CACFP Annual Training - Moving Through the Day

Date: September 26, 2024 - 6:15 – 7:45 PM

Location: TBD

▪ This year's mandatory CACFP training will take a detour from the typical chat about food and pivot to talk about how get more movement into our days. Come prepared to move and groove and get some helpful tips about adding moving to your daily routines.

Call to register: (607) 432-0061

Updated Mandated Reporter Training

The Mandated Reporter Training updates include education on implicit bias so that providers can check themselves when deciding whether to report or support a family, information on adverse childhood experiences to help prevent unintended additional traumatization of a child or family, and recommendations on spotting child abuse or maltreatment in online settings.

The course is self-directed and is 2 hours in length. Once you begin you can proceed at whatever pace you choose, but you must finish in the same calendar year. **Mandated reporters must complete this updated training by April 1, 2025.** Please ensure that everyone on staff for your program completes this new training. Here is the link with instructions on how to register: <http://www.nysmandatedreporter.org/>

TRAINING

No Cost CPR/First Aid

(Delaware and Otsego)

Date: Saturday July 20, 2024

Time: 10:00 AM to 3:00 PM

Location: St. James Church, 18 Elm St., Oneonta

• CSEA/VOICE is covering the cost for an Infant/Child and Adult CPR and First Aid training class with funds negotiated in our latest contract with OCFS and New York State. The class is open to Legally Exempt, Family Child Care and Group Family Child Care providers, their staff, and volunteers requiring certification and/or renewal within 90 days.

*Each participant will receive training hours in OCFS topic areas
2 – Nutrition and Health Needs of Infants and Children
4 – Safety & Security Procedures.*

⇒ **Please Note:** there is a 3 person limit per child care program.

Reservations Required. Seats are limited.

Please use this ink to register:

<https://www.csealearningcenter.org/help/loginmember.cfm?cca=2>

⇒ If you have difficulty registering online you may call 1-855-472-6848 for assistance.

SUMMER FOOD SERVICE PROGRAM

Schedule

Grab and Go Child Meal Sites

Available Monday - Friday

July 8th - August 23rd

All children through age 18
are welcome.

Greater Plains Pool
11:00-11:30am

Wilber Park Pool
11:00-11:30am



This institution is an equal opportunity provider.



Water Play!

“Just wanted to say thank you to everyone at Catholic Charities for all you do for us! Our new water table was a big hit!” ~ Lori M.



CACFP
FOOD FOR THOUGHT

Chickpea Salad Sandwich

Ingredients:

- 2 (15 oz) cans chickpeas, keep liquid
- 3 tbsp celery, minced
- 2 tbsp yellow onion, minced
- 1/2 tsp dry parsley
- 1/3 cup plain yogurt
- 2 tsp whole grain mustard or Dijon mustard
- salt and pepper to taste
- 100% whole wheat bread slices



1. In a medium saucepan, add chickpeas with their liquid and additional water if needed to cover the chickpeas. Allow chickpeas to simmer on medium heat for 10-15 minutes.
2. Using a colander, drain the chickpeas. Place chickpeas in a large bowl and mash with a potato masher or fork. Chickpeas should be mashed but you can still see pieces of chickpea in the bowl.
3. Add the remaining ingredients, except bread slices, into the bowl and combine until all the ingredients are evenly distributed.
4. Scoop 3/4 cup of chickpea salad and spread it on a piece of bread. Add another bread slice on top to make a sandwich. Cut sandwich in half, then serve.

Total Time: 25 minutes Servings: 8
Serving Size: 1/2 Sandwich
Components: Meat/Meat Alternate, Grains



1/2 sandwich provides:
1 3/4 oz eq meat alternate
and 1 oz eq grains

Grover's Banana Oat Squares



Ingredients:

- 4 medium bananas
- 2 cups rolled oats
- 6 tbsp peanut butter

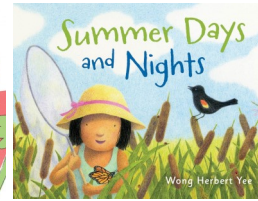
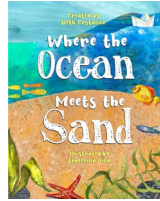
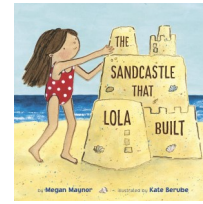
1. Mash bananas and combine with oats and peanut butter.
2. Spread into 9x13" baking pan and bake at 350° F for 20 minutes.
3. Cut into 8 portions.

Total Time: 25 minutes Serving Size: 1 square
Components: Grains, Fruit Servings: 8



One serving provides:
1/2 oz eq whole grains
and 1/4 cup fruit

Spring Reading



Get Crafty!

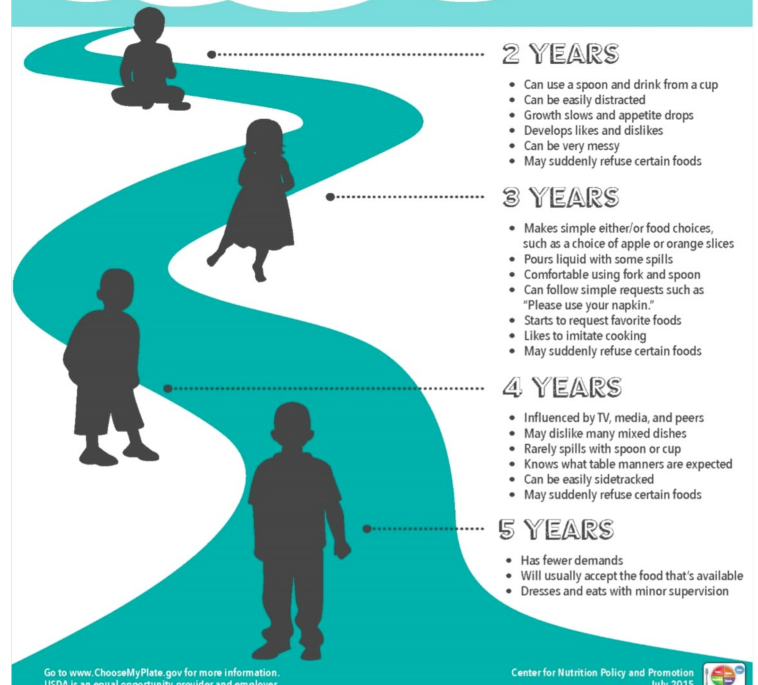


USDA United States Department of Agriculture

Behavioral Milestones

The preschool years are an important time for developing healthy habits for life. From 2 to 5 years old, children grow and develop in ways that affect behavior in all areas, including eating. The timing of these milestones may vary with each child.

2-5 year olds!





Catholic Charities
of Delaware, Otsego and Schoharie Counties
176 Main Street
Oneonta, NY 13820

Child Care Providers WANTED



Otsego County is in need of child care providers!

Benefits of Becoming Registered:

- * You are able to be home and care for your own children
- * \$500 per year from CSEA
- * Health Insurance - Including Dental and Vision

Contact us: 607-432-0061 | charitiesccdos.org

Follow Us On Social Media



SUMMER WORDSEARCH

T	B	W	A	R	M	S	T	E	N	N	I	S	R	W
W	S	U	M	M	E	R	J	C	O	O	K	O	U	T
H	T	H	U	B	A	E	K	W	D	O	A	N	F	Y
S	G	E	M	A	T	I	I	W	Z	S	S	Y	M	B
A	Y	A	R	R	P	L	T	G	I	U	D	J	Z	P
I	M	T	T	B	Y	M	E	N	P	X	C	B	L	I
L	M	W	F	E	T	M	A	I	N	J	O	Y	E	C
I	Q	A	M	C	T	W	D	K	T	R	K	D	V	N
N	Y	V	E	U	I	M	T	I	J	D	X	C	A	I
G	P	E	B	E	Z	W	Y	H	F	T	V	B	R	C
C	O	B	C	U	L	L	A	B	E	S	A	B	T	L
W	O	Z	A	H	O	T	F	I	K	H	C	A	E	B
Z	L	E	M	O	N	A	D	E	D	I	M	U	H	Z
H	N	K	P	N	O	C	S	A	N	D	H	Q	W	D
O	C	E	A	N	F	D	J	R	G	A	H	A	U	K

WORD LIST

BARBECUE	HEATWAVE	LEMONADE	SAND
BASEBALL	HIKING	OCEAN	SUMMER
BEACH	HOT	PICNIC	TENNIS
CAMP	HUMID	POOL	TRAVEL
COOKOUT	KITE	SAILING	WARM

Homemade
GIFTS MADE EASY