

Rockland Child Care News

Child Care Resources of Rockland, Inc.

September-December 2016

Phoenix and the Seagull

by Jane Brown, CCRR Executive Director

One of the things that concerns me the most about how our society views young children is the thinking that children's lives need to be tightly scheduled: dance on Tuesdays, karate on Thursdays, soccer on Saturdays, piano as soon as there is a slot available. I guess we think children have to learn all the skills they can, while they are young, in order to be successful in life. The real skill building for young children comes with play and unstructured activity based on their own thinking and interactions with people, places and things.

Take five year old Phoenix at the beach.

Each day he looked for the special seagull that seemed to come around only when he was there. Maybe it is because Phoenix and his dad fed that particular seagull some potato chips. How did he know it was the same seagull? "Look at that little black feather on his wing," he said. "It is definitely the same seagull!" There was no need to structure anything



during the days at the beach. Children structure their own play and work and learning.

Stress in children is real, but it can be tamed by adults letting go of controlling the lives of children. With all of the issues facing our world today, we need to be aware of the need for children to "just be." Many children live in poverty; are homeless; have lost a family member; have chronic illness; are hungry; are bullied; are depressed; are exposed to violence; have a special need; and on and on and on. Why do we think we need to add to their stress by scheduling every minute of their lives?

And when it is not a scheduled activity, we tell them to use a screen (TV, video game, phone, tablet), which produces a whole other set of stressors. It makes them unfocused, tired, fearful of failure and concerned that they are not good enough if they cannot learn all these skills by the age of seven.

Continued on page 8.

Mission Statement

Our mission is to promote, support and enhance the healthy development of all children by:

Providing resource and referral services for families seeking accessible, affordable, quality early childhood and school age care and education;

Offering training, support and resources to the early care and education workforce as well as public and private schools;

Connecting with business leaders and public officials to emphasize the value of quality child care to the economic vitality of Rockland County;

Advocating for increased investment in quality child care and education;

Collaborating with strategic partners to enhance our collective abilities to address the needs of the community now and in the future.

About Us

Child Care Resources of Rockland, Inc. is a contract agency of the County of Rockland, NYS Office of Children and Family Services, NYS Department of Health, the NYS Education Department and the United Way of Rockland County. Additional funding for Special Needs Services is provided by Family Support Services, Mental Health Services, and the Office for People With Developmental Disabilities. We are also supported by Rockland Community College and by our members.

Child Care Resources of Rockland, Inc. is Best Practices/Quality Assurance Certified by Child Care Aware of America demonstrating the competence in the field of Child Care Resource and Referral in New York State.

Contact us:

Child Care Resources of Rockland, Inc.
235 N. Main Street, Suite 11
Spring Valley, NY 10977

845-425-0009 | 877-425-0009
Fax: 845-425-5312

Hours: M-F 8:30 am—5:00 pm

info@rocklandchildcare.org
www.childcarerockland.org



Child Care Aware® of America Member

2016 Annual Meeting

Our sincere appreciation to Dr. Cliff Wood and Rockland Community College for hosting our Annual Meeting.

Brian Ahlberg, President of *Every Child Matters*, joined us from Washington, DC, to bring attention to "Our Kids and the 2016 Election," as our keynote speaker. Additionally, we presented our latest Annual Report; bid farewell to outgoing board members and welcomed new ones; and recognized newly accredited child care programs.

Vicki Caramante served as Board President for four years and we are pleased to announce that Board Member Christopher Jensen has stepped into this leadership role.



Vicki Caramante

Board Membership

WE ARE PLEASED TO WELCOME NEW MEMBERS

Nycole Smith and Ira M. Steinberg



Are you committed to improving the quality, accessibility and affordability of child care in the community?

Do you enjoy working with a dynamic team of caring professionals?

We are interested in finding qualified and enthusiastic people to join our Board of Directors. Would you like to learn more?

We'd love to hear from you!

Please contact Karen: 845.425.0009, x630
karenr@rocklandchildcare.org

A Warm Welcome to all New and Renewed Licensed/Registered Child Care Programs

FAMILY CHILD CARE PROGRAMS

Socorro Clemente	Milagros Novas
Yvonne M. Harding	Raji Roy
Zissy Klein	Cheryl A. Vavaro
Oana Popa	Lorraine Velazquez Fahan

GROUP FAMILY CHILD CARE PROGRAMS

Miriam Adelman	Leah Kestenbaum
Meryl E. Barkin	Gittel P. Luria
Mayra A. Carpio	Gloria A. Magnelli
Maria Estrella	Annmarie Meehan
Gitel Friedman	Elsa M. Sandoval
Myria Jean-Giles	Sophia Zuniga

CHILD CARE CENTERS

Children of Mary Nursery Kindergarten
Lamont Doherty Child Development Center
New Square Community Improvement Council
NSCIC Early Head Start Annex
Safe-N-Sound Childcare, Inc.
Liana Sargsyan Quinn

SCHOOL AGE CARE PROGRAMS

Cricket Town School
Festa Ville LLC
JCC Rockland
JCC at Lincoln Avenue School
Nanuet Family Resource Center—HAP Program
T.L.C. Aftercare, Inc.



Nurse's Notes: *Kristin G. Saunders, RN*

Question: Has there been a change in the administration process for Epi-Pen?

Answer: Yes. In June of 2016, the Food and Drug Administration (FDA) announced that there have been changes to the labeling for epinephrine auto-injectors in order to help patients and caregivers use the medication appropriately in the event of anaphylaxis. The first of two changes are that the patient's leg should be held and kept steady in order to prevent the needle from becoming stuck in the skin or cutting the thigh. The second change is applicable to Epi-Pen® and Epi0-Pen Jr.® only. This change is to hold the auto-injector in place for 3 seconds instead of the previous instructions of 10 seconds. Although these changes were announced by the FDA, there has not been a recall of all devices. Therefore, you will need to refer to the package insert for administration instructions.

Kids With Food Allergies (2015) compiled the following steps to avoid injury when administering an epinephrine auto-injector:

- Place the child flat on his/her back.
- If just one adult is available, that person should firmly hold the child's leg at, or just above, the knee with one hand. They should then use their other hand to use the auto-injector in the outer thigh of that leg.
- If more adults are available, one person should firmly hold both of the patient's ankles to prevent kicking. Another person should stay near the child's head to help keep them calm. The third person should use the auto-injector in the child's outer thigh.
- Never re-insert an auto-injector needle. Each needle should only be used once. If the needle comes out of the leg before you finish, do not re-insert it. If you think the dose was not given, use a second auto-injector to try again.
- Keep in mind that using the auto-injector takes less force than you think. The instructions on the EpiPen, for example, say to "swing and firmly push" against the outer thigh. This does not need to be a very forceful motion. The pressure from pressing firmly against the thigh will activate the device.
- **You need to practice** – No matter which device you use, practice is very important. This is why most packages of these medications include "training devices." These training devices do not contain needles or medicine. If you are using a generic auto-injector that does not include a trainer, check the company website for a video. Or call them to order trainers.

2016 Rockland County Child Care Salary and Tuition Survey

Child Care Resources of Rockland has prepared a report on the current status of salaries and tuitions in the early childhood and the school age child care industries in Rockland County. Currently, Rockland has a total of 274 licensed or registered early childhood centers, family and group family child care programs, and after school programs.

FACTS: Child care in Rockland County and nationally continues to suffer from low wages and poor benefits. There is also an increase in "non-regulated" child care. Additionally, our Family Connections Specialists see a growing trend in the need for parents to find child care during non-traditional hours. Read the full report to learn more.

SURVEY GOALS

- Compare Rockland county labor and financial data to the results of the United States Department of Labor's statistics.
- Compare local tuition averages to regional market rates
- Provide as a tool to assist programs in setting salary ranges and benefits
- Educate local, state and national elected officials on the funds that programs need in order to assure quality and meet the minimum NYS regulatory requirements

Learn more! The full report, **2016 Rockland County Child Care Salary and Tuition Survey** is available upon your request.

Child Care Resource & Referral Professional Development Day



On Friday, August, 12, Child Care Resources of Rockland, Inc. took part in the 2nd Annual Region Wide Professional Development Day. We were joined by the other CCR&Rs in the Hudson Valley Region (Region 6): Child Care Council of Dutchess and Putnam Counties; Child Care Council of Westchester, Inc.; Child Care Council of Orange County, Inc.; Sullivan County Child Care Council, Inc.; and Family of Woodstock Child Care Connections, which serves Columbia, Greene, and Ulster Counties.

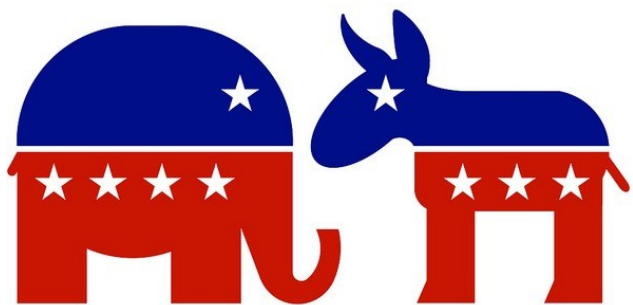
The morning began with keynote speaker Fannie Glover, from the Early Care and Learning Council, earlycareandlearning.org. Drawing upon her wealth of knowledge and passion for the subject, Ms. Glover delivered a dynamic and engaging presentation titled: Understanding An Unspoken Culture: The Effects of Generational Poverty. She referred to Dr. Ruby Payne, author of

Bridges Out of Poverty, noting her contributions to the field of education and recognizing her as an inspiration to many.

Inspired participants then moved into breakout groups to discuss a myriad of topics related to children and families, child care professionals, businesses, and the community at large. When we reconvened, ideas were shared on how best to serve all of our constituents. We focused on defining and better understanding the specific value our agencies can bring to each group, while remaining focused on what is best for the children.

It was a motivational day filled with camaraderie and renewing energy. High quality, safe early care and education is vital for our children, and those of us in Region 6 are committed to making child care not just work, but work well, in our communities.

VOTE FOR KIDS



FOLLOW THE CANDIDATES
and don't forget to vote on
Tuesday, November 8, 2016

Not sure of your polling place?
Rockland County Board of Elections
845.638.5172

VOTE FOR KIDS

NOMINATE A CHILDREN'S CHAMPION



CHILD CARE RESOURCES OF ROCKLAND, INC.
April 2017 Children's Champions Awards Celebration

Do You Know a Children's Champion?

If you know a group or an individual who has taken a stand on behalf of children, we want to know!
Please submit a nomination form.

Thank you!

Please submit your nomination by January 13, 2017. Call now to request a form or use the QR code to complete the online form.



Contact us:

845.425.0009

info@rocklandchildcare.org
childcarerockland.org



For Parents and Grandparents: *How Do Children Communicate?*

**LET'S TALK! SOCIAL COMMUNICATION FOR BABIES,
TODDLERS, AND PRESCHOOLERS—FREE!**

Thursday, September 22, 2016 • 7:00-8:30 pm

Fran Barabell, M.A., CCC, Speech and Language Pathologist

This free seminar will provide parents and grandparents with an understanding of social communication of the young child. Learn how to regularly monitor your child/grandchild's social communication skills with a simple milestone checklist and get ideas for supporting their development of communication skills.

Participants will receive a packet of activities!



Register online: childcarerockland.org
info@rocklandchildcare.org | 845.425.0009

This Free Seminar is Funded by the Office for People with Developmental Disabilities • Certificates will not be provided.

Pre-K Update for 2016-2017 School Year

CCRR administers PreK services for the following Rockland County school districts: Clarkstown, Nanuet, North Rockland, Nyack, Pearl River, Ramapo Central, and South Orangetown. A lottery was conducted for each school district mid-April by several parents and an elementary school principal—none of which had a child eligible for PreK. All seven school district slots are full for the 2016-17 school year. There were 150 children on the wait list as of late July.

Universal PreK

Clarkstown=192

Nanuet=42

North Rockland=283

Nyack=56

Pearl River=29

Ramapo Central=95

Ramapo Central also uses Title 1 funding to provide 35 additional half-day PreK slots to eligible children

South Orangetown=70



Statewide Full-day

PreK-children must meet the income and language eligibility requirements

North Rockland=15

Nyack=10

Ramapo Central=20

South Orangetown=30

Number of programs providing Prek services=36

PreK staff will kick-off the new school year by attending a selection of full day professional development seminars in the areas of screening, assessment, and curriculum development.



Nutrition Corner: Breastfeeding Friendly Child Care Homes

When early care and education programs go above minimum requirements it should be acknowledged. We currently have two group family providers who have taken such steps by becoming certified *Breastfeeding Friendly Child Care Homes*.

This is a simple online program at no cost to the provider but benefits provider and parent. It should also be noted that these group family programs are full and have waiting lists, demonstrating parents know quality when they see it.

CCRR and CACFP congratulate Jamie Edleschick and Gabrielle Regueiro, two providers who went above the minimum requirements in order to offer the best care they can.

If you are interested in becoming a *Breastfeeding Friendly Child Care Home*, please contact Yolanda Michel, CACFP Coordinator at CCRR: 845-425-009, x423 or yolandam@rocklandchildcare.org.



Jamie's Infant-Toddler Room also supports breastfeeding mothers.

Employee Spotlight: Christina Espindola, Operations Specialist



What do you do at CCRR?

As the Operations Specialist, I am responsible for creating, maintaining and updating the departments database as well as performing administrative duties to ensure accuracy of information. I process registration requests in regards to trainings or informative workshops.

Tell us about yourself.

I have been happily married for ten years and have two children ages six and eight. They both enjoy playing various outdoor sports and participate in multiple activities so needless to say I am constantly "on the go."

Do you have a favorite hobby?

My hobbies include scrapbooking, reading and wine tasting.

Do you have a philosophy by which you live?

Be kind, generous, helpful and honest.

MANAGING MULTIPLE PRIORITIES



Monday, November 21, 2016
6:30-8:30 pm

Do you feel stressed by the amount of daily activity in your life or by having to make decisions and choices on how to use your time?

Come explore strategies to help you begin to identify your daily priorities through self-reflection and interactions with other participants.

Trainer: Kit SaizdeLaMora, **OCFS:** 5 | **CDA:** L
Target Audience: All, **Level:** All | **CBK:** g

Register today: 845-425-0009 | childcarerockland.org
Child Care Resources of Rockland, Inc.
235 N. Main Street, Suite 11, Spring Valley, NY 10977

Comings and Goings

Office Closings

September 5: Labor Day
October 10: Columbus Day
November 11: Veterans' Day
Nov. 24 and 25: Thanksgiving
December 25: Christmas
December 30: New Year's Eve
January 2: New Year's Day

Goodbye and Thank You

Gerrie Joyce
Monalisa Magustin

Save the Date

November 5:
Annual Conference

THANK YOU CEARA

Ceara Genovesi chose CCRR for her summer internship because she wanted to intern somewhere she could have a "fresh experience" in an area with which she was unfamiliar. "Child Care Resources of Rockland offered me the chance to see more deeply situations of childhood care and aspects of early childhood education that I was ignorant about. In a short time, I have already learned so much that has broadened my perspective of various facets of these two areas." Ceara is a psychology and studio art double major at Brandeis University. We wish her the best!



THE EARLY YEARS ARE LEARNING YEARS



CCRR Early Childhood and School Age Conference
Saturday, November 5, 2016

MARK YOUR CALENDARS!

Staff Directory

Executive Director

Jane Brown x417

Director of Family Connections and Universal Prekindergarten Services

Kit SaizdelaMora x223

UPK Coordinator

Jenine Valentino x460

Family Connections Specialist

Arlene Thomas-Strand x661

Director of Professional Development and Quality Enhancement Services

Debbie Silver x459

CDA Coordinator

Ellen Mitchell x456

Quality Child Care Campaign Coordinator

David Del Campo x451

Quality Enhancement Specialists

Rachel Ambroziak x620

Bonnie Parsekian x613

Maria Rivas x455

Nutritionist

Sarah Amer x612

Director of Program Standards and Support Services

Elaine Trotta x421

CACFP Coordinator

Yolanda Michel x423

Legally Exempt

Enrollment Coordinator

Ines Ortiz x411

Legally Exempt Support Coordinator/Quality Assurance Coordinator

Vivian Reemer x424

Registration Coordinator

Fia Hill Murray x487

Registrars/Standards and Support Specialists

Priscilla Blanco x458

James Callahan x221

Edna Saravia x475

Cindy Torres-Bender x614

Standards and Support Specialist

Teresa Ortega x633

Registered Nurse

Kristin Saunders x493

Director of Operations, Development and Community Services

Karen Ross x630

Marketing and Public Relations Coordinator

Lisa Kreisel x616

Operations Specialists

June Pizzolo x418

Christina Espindola x610

Director of Financial and Human Resource Services

Gerd Schubert x615

Accounts Receivable Specialist

Kathleen Siuro x662

Please Note:

Direct Infant and Toddler questions to:

Debbie Silver, x 459

Direct Special Needs questions to:

Ellen Mitchell, x456

Phoenix and the Seagull, continued from cover.

Look at Phoenix. He is learning to focus all on his own. He is not fearful of this bird. He is interested in learning about another species. He shows compassion and caring. He remains still because he is in control. He is sharing his resources.

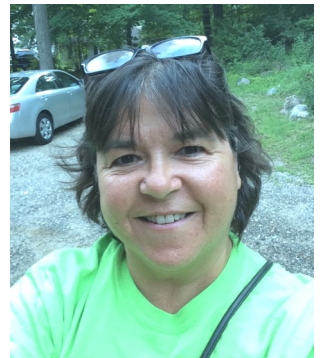
As Cas Holman writes in *The Case for Letting Kids Design Their Own Play*, "Giving children less leaves room for them to contribute more. By allowing them to direct their own play they develop habits of agency, independence, and self-determination. Armed with these skills, they jump in to figure out who they are and will be in the world, rather than waiting for someone to hand them a model to follow."

Give children the gift of yourself if you must give them something.



After 25 Years Group Family Child Care Provider Sets Her Sights on Travel

I started my business in 1991, shortly after my son was born. Judy Savage was my teacher in a child development class at RCC. When I mentioned I was having difficulty finding child care, Judy suggested I start my own program. I had never thought about that, but decided to give it a try. I was teaching at the College of Westchester, so I switched from day to night classes, and jumped in to the child care business! For two years, I taught kids during the day and adults at night. In 1993, after my daughter was born, I switched to group, quit my teaching job, and never looked back. Twenty-five years and hundreds of kids later, I have decided it's time to move on. I am hoping to spend the next few years (before grandchildren) working and traveling. I'm hoping to see SE Asia, South America and The Galapagos Islands/ Patagonia. After that, I'll decide where to settle down.



Cecelia Camarra

Membership News

Thank you to the family/group child care providers, center-based programs, and school age care programs, who paid membership between April 25, 2016 and August 11, 2016.

Delivancia Alfred	Blima Fulop	Yocheved Kornbluh
Esther Aufgang	Rose Garcia	Shifra Y. Landau
Alison Aprile	Yocheved Goldenberg	Heather Osario
Pessy Beiner	Sara Gottesman	Irma Pachter
Clara Boyce	Elizabeth Guttman	Briandy Rolnitzky
Judith Brach	Leah Halpert	Alba Rosario
Jennifer Cusie	Sara Herskovitz	Sarah Samet
Jeannine Desir	Janelle Hutchinson	Liana Sargsyan-Quinn
Susan Dizzine	Miriam Indig	Mirel Spilman
Wendy Dominguez	Anne Katz	Marie Toussaint
Gitty Ekstein	Leah Katz	Bluma Weinstock
Surie N. Feuerstein	Feigy Kaufman	Tricia Wymore
Samul Friedlander	Devorah Klein	

Children of Mary Nursery Kindergarten
Lamont Doherty Child Development Center
Peace Through Play Nursery School
Rockland Worksite Day Care
Tiny Toes Day Care of Rockland

Congratulations! Child Care Professionals who received their CDA in 2016

Bryanne Adler	Rachel Miller
Panka Bala	Itamar Miranda
Karen Bertolacci	Marlon Montoya
Linda Boyd	Diane Munn
Angela Cipollina	Samar Mureb
Jill Eichenholtz	Mairead O'Gorman
Lorraine Flood	Donna Perreca
Lesley Martinez Flores	Lizeth Gonzalez De la
Yvelouse Guerrier	Vega Ramirez
Nicole Herlihy	Iselsa Rodriquez
Xiomara Lopez	Carmen Schoenfeld
Virginia Madden	Kim Zapata

Learn how you can grow professionally!
e-CDA is also available!

Contact Ellen Mitchell for more information:
ellenm@rocklandchildcare.org | 425-0009 x456

INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGE

Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News
September-December 2016

Infants VISUAL SKILLS

Infants come into the world with limited vision so any interaction should be eight to ten inches from their face. Explore your baby's developing visual skills with a simple game of finger puppets.

Finger Puppet Parade

You can make your own puppets out of construction paper and add a face with felt-tip pens. Put the finger puppets on your index fingers. Bring each finger slowly into your baby's line of sight and wait until he/she focuses on the face of the puppet. Then speak slowly while introducing each puppet. Simply say "Hello, I'm Clover the cow." As the puppet speaks, bend your finger forward so the puppet bows. Wait a moment as if your baby were answering, then continue conducting a one-sided conversation between your infant and each puppet.



Making Natural Paints

What You Need: large bowl and spoon to mix each color. **Yellow:** ½ tsp. turmeric, 1/3 cup of brown rice flour and 4 tbsp of almond milk or water. **Green:** 2 tbsp of fresh spinach shredded, 1/3 c brown rice flour, and 6 tbsp almond milk or water. **Purple:** 3 tbsp fresh or frozen blueberries (defrosted), 1/3 c brown rice flour and 5 tbsp almond milk or water. Wipe-able surface and large Ziploc bag.

What To Do: Blend each color until smooth. Your infant can explore the paint on paper (secure with masking tape) or preferably a wipe-able surface to avoid putting the paper in the mouth. Refrigerate paints in an airtight container for 24 hours. May need a quick stir.

Toddlers Repetition

Toddlers practice the same activity time and again which not only reinforces the lesson but lays the groundwork for more sophisticated learning and understanding.

Finger Play—Two Little Fishes

Two little fishes side by side.

(hold up two index fingers, side by side)

Swim through the water.

Swim through the tide.

(swimming motion)

They don't need a motor.

And they don't need a sail

(shake head twice)

They just wiggle their fins.

(wiggle hands at side)

And wiggle their tails.

(wiggle hands behind your back)

Making Natural Paints



Put together the ingredients as per the three colors used in the infant activity above and let your toddler mix the colors and paint on paper.

What You Need: Bowl, large spoon, measuring cup and a fish sponge (draw a fish on a sponge and cut it out), and index cards with a drawing of how to mix the ingredients. Once all ingredients are put in the bowl and the toddler has mixed them, you can store the ingredients in a sealed container.

What To Do: Allow your toddler to mix the paints and explore the colors with the fish sponge. The *Two Little Fishes* song can be repeated as the toddler paints with the fish sponge on paper.

Looking for Child Care?

For information about child care, child care subsidy, or special needs services, contact CCRR at (845) 425-0009 x0 and ask to speak with a Family Connections Specialist.

Newsletter Subscription

Subscribe to Rockland Child Care News via email, and enjoy our children's activities insert, too!

Receive information about our events, parent and grandparent seminars, advocacy and action updates, professional development opportunities, and more.

Sign Up Today

Send an email request to info@rocklandchildcare.org

Contact us:

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235 N. Main Street, Suite 11
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845-425-0009 | 877-425-0009
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Hours: M-F 8:30 am—5:00 pm



DEDICATED TO MAKING CHILD CARE
WORK IN ROCKLAND COUNTY

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INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGE

Fun & Educational Activities

Preschoolers Identification

Preschoolers begin to name colors and begin to understand simple counting.

Making a Book

Use an index card to draw pictures depicting the measurement of each natural paint ingredient. (See other side for ingredients.) **What You Need:** Natural paints. Sheets of construction paper cut to preferred size, string, and hole-puncher.

What To Do: The preschooler first measures the ingredients as indicated on the index cards, and then mixes them together. Children will paint various pictures on the paper. When the pictures are dry, children can punch holes in the paper, string them to form a book, count the pages, and name their book.

Build, Create, Mold

Play dough! Pre-schoolers just love it:

What You Need: Clear plastic lids (plastic lids from yogurt containers); Play dough (light colors: try homemade for even more fun); string or yarn.

What to Do: Set out the lids and balls of play dough on a large cutting board. Model how to pull little bits of play dough and press into the lids. Add more colors. Next, cut about a four inch piece from string and press it into the playdough. Add a bit of play dough to the top and press gently to secure. Allow the sun catcher to dry overnight and hang in a window.



School Age Independence

Children of school age demonstrate more independence and exhibit creativity when working on projects.

T-Shirt Design

What You Need: White t-shirt, fabric markers, rubbing alcohol, medicine dropper, plastic cups and rubber bands that fit around the rim of the cups.

What To Do: Put the cups inside the t-shirt and wrap the rubber band around the rim. Draw on one circle at a time. You can do any design you want, your imagination is the limit. Use two or three colors for each circle to avoid colors bleeding together. Next is the magic! Using the dropper, apply the alcohol to the design. Do one design at a time. Let the design dry and put in dryer on the hottest setting for a full cycle. This will prevent the colors from bleeding.

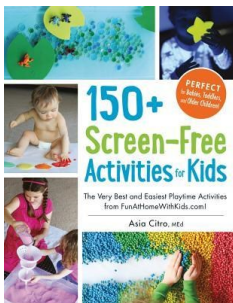


Twist Yarn Jewelry With A Friend

What You Need: Three colors of yarn, preferably of different weight or thickness.

What To Do: Cut the yarns to the same length. Three times as long as you want your finished necklace or bracelet to be. You can always go shorter but not longer. Twist the yarn with a partner in the opposite direction; one twists the yarn to the right and one to the left. Keep twisting and walk towards each other. The yarn will start to twist around itself. Let it twist all the way up. Tie off the loose end then tie around your neck or arm. If it's too long, tie a knot at the place you want it to end, then cut above the knot.

RESOURCES FOR YOU



CanDo Kiddo

www.candokiddo.com

150+ Screen-Free Activities
for Kids, by Asia Citro, M.Ed.

Child Care Resources of Rockland, Inc. is a contract agency of the County of Rockland, NYS Office of Children and Family Services, NYS Department of Health, the NYS Education Department and the United Way of Rockland County. Additional funding for Special Needs Services is provided by Family Support Services, Mental Health Services, and the Office for People With Developmental Disabilities. We are also supported by Rockland Community College and by our members.

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