



Rockland Child Care News

September-December 2017

QUALITY INVESTMENTS FOR CHILDREN

An Initiative Promoting Quality Early Experiences for All Children!

The NYS Early Care & Learning Council and the Child Care Resource & Referral network launched an initiative to encourage New Yorkers to support high quality early learning experiences in their communities. As part of the first phase—the *United to Promote Quality* campaign—we are working to bring an awareness to the Rockland County community.

We launched the campaign on June 2, 2017, at our Annual Meeting with the goal to improve quality and facilitate access to early care and education services throughout Rockland County. This year's event, as in years past, provided a platform for people to engage in a fruitful discussion about how we as a community can best serve our children. At the event we hosted a discussion with members representing a cross section of the community who shared their perspectives on quality child care.

Alan Berger, owner, Peace Through Play Nursery School, begins each day by focusing on how he can improve the quality of his program, which is why he believes that the National Association for the Education of Young Children (NAEYC) Accreditation is so important.

The love and nurturing that Meryl Barkin, Group Family Child Care Provider (Best Friends Family Child Care), brings to the children in her care extends to their families. Meryl knows she is doing her job well when parents tell her that when they walk into her program, they feel at home and are able to go to work with peace of mind knowing their children are in her care.

Rose Gabriel Leandre, Chief of Staff for NYS Assembly Member Ellen Jaffee, offered a parent perspective: "Quality child care means not having to break the bank. It's an affordable place that will provide my children with a diverse, safe and nurturing environment; and address their educational, emotional and cognitive needs. At the same time my children are happy, having fun, making friends, and learning a wide variety of things."



Sabrina Greco, Confidential Assistant to the Chair of the Rockland County Legislature, gave a government perspective: "Providing an understanding work environment that encourages and supports 'quality' will always benefit an employer, as parents are more productive when less worried about a sick child or child care issues. Parents need a support team to balance the needs of raising a family."

As a business owner, John Lagana, Treasurer for US Information Systems, shared this perspective, "I have observed that employees who utilize quality child care are among the best performers. This is likely because they are better able to focus on their work while comforted in the knowledge that their children are being cared for in a safe, stimulating and engaging environment for children. Conversely, employees who are constantly stressing to find a place or person to leave their child with, tend to be less focused on work and by extension less productive."

We all want our children to be healthy and safe, but quality is much more than that. Quality is not day long babysitting; quality helps a child to thrive. Isn't *that* what we all really want? Please join us in this Quality for Kids Campaign! Check out the *Quality Investments for Children's* 15 Essential Messages on page 10 in this newsletter and watch for updates.

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Donna Perreca

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Kathleen Cuneo

Vickie Frelow

Jan Jason

John Lagana

Anne Nissen

Scott Salotto

Lindsay Santantasio

Nycole Smith

Ira Steinberg

Ann Taylor

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.

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

FAMILY CHILD CARE PROGRAMS

Charm's Day Care

Lil' Einstein Educational Childcare

Ruth Bello

SCHOOL AGE CARE PROGRAM

Town of Ramapo

GROUP FAMILY CHILD CARE PROGRAMS

Heavenly Angels Childcare Inc.

Here We Grow Childcare Inc.

Jenny's Heavenly Daycare

Little Sprouts Family Day Care

Miriam Moskowitz

MEMBERSHIP NEWS

Thank you to the family and group family child care providers, center-based programs, school age care programs, and community members who paid membership between March 20, 2017 and July 18, 2017.

Miriam Adelman

Regina Barone

Victoria Caramante

Christopher Jensen

Yudelka Mejia

Shirly Katz

Anne Nissen

Oana Popa

Olga Santos

Victoria Stebbins-Frelow

Ira Steinberg

Magalite Sylvain

Haverstraw Daycare, Inc.

Head Start of Rockland

Jan & Niles Davies Learning Center

LaPetite Academy

Mommy Carol's Child Care, LLC

Nursery Schools of the Nyacks

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 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.



Child Care Aware® of America Member

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

CCRR & Rockland County Department of Health Partner on Low Sodium Grant

Did you know that children are consuming over 3,100mg of sodium per day in their diets? The recommended sodium intake for children is from 1,000mg – 1,200mg per day. Our bodies do require sodium in order to function but an overload of sodium is harmful to our health. Children who over consume salt tend to have high blood pressure and the harmful effects are even greater in children who are already obese. It is important to curb salt intake in the early years of life as children develop their palates during this time.

The Rockland County Department of Health and Child Care Resources of Rockland are working collaboratively through a grant to offer training and technical assistance to nine pre-selected Rockland County child care centers. Kristin G. Saunders, RN, and Teresa Ortega, CACFP

Coordinator, have developed a curriculum for a seminar titled "Shake the Salt! Healthy Habits for Life." Three sessions will be presented to the staff at the nine centers.



Each classroom represented at a seminar will receive low salt crackers and regular crackers to conduct a taste test with their children. They will also receive an indoor window sill herb garden to use in activities, demonstrating other ways besides using salt to enhance snacks.



EARLY CHILDHOOD AND SCHOOL AGE CONFERENCE

THANKS TO NYS ASSEMBLYMAN KEN ZEBROWSKI FOR SPONSORING THIS YEAR'S CONFERENCE

**IT'S
BACK!**

THE EARLY YEARS ARE LEARNING YEARS

Keynote: Paul E. McGhee, PhD, Humorist

Saturday, November 4, 2017

8:00 am—4:00 pm

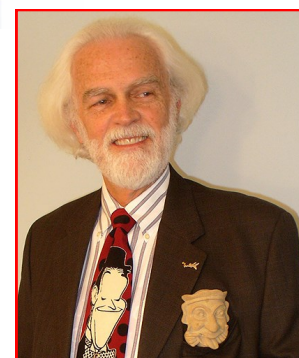
Live. Laugh. Learn.



Rockland Community College, 145 College Rd., Suffern, NY 10901

REGISTER TODAY! 845-425-0009 | info@rocklandchildcare.org

Paul McGhee has presented across the US and abroad, providing keynotes and workshops to many Fortune 500 Companies, hospitals and healthcare organizations, early childhood educators and conferences devoted to aging. An accomplished author, his books include Humor: The Lighter Path to Resilience and Health.



Paid Family Leave Act: What You Need to Know!

Q I heard that on January 1, 2018, New York will institute the Paid Family Leave Act. What does this mean for me as an employer?

A What it means is that there will be a guarantee of up to 12 weeks of leave with job security when someone has to care for a new child, or a seriously ill family member, or to meet certain needs related to a family member's military deployment.

Once fully phased in, employees taking leave will receive benefits equal to 67% of their wages. The leave will be paid for by employees through small payroll deductions estimated to be 70 cents to start, rising to \$1.47 in 2021. For more information, please contact your payroll service or go to timetocareny.org

Seminar for Child Care Center Directors: Join us Wednesday, October 11, 2017, 1:00-3:00 pm, for **NYS's Paid Family Leave Act – What Employers Need to Know.**

Presenters: *Blue Carreker*, Upstate Organizer, NY Paid Family Leave Insurance Campaign and Statewide Campaign Manager, Citizen Action of New York & Public Policy and Education Fund of New York. *Donna Dolan*, founder and Executive Director of the New York Paid Family Leave Coalition.

Cost: \$15 CCRR Members/\$70 Non-members.

Register at childcarerockland.org

WHEN AN EMERGENCY HAPPENS....

Since 2001 CCRR been connected to local police departments, the BOCES Emergency System, and the Rockland County Emergency Services. These connections have helped us to keep you informed during situations where you may be asked to **shelter in place** or to **evacuate**.

When we make calls during a time of **crisis** it is **important** that we connect with a person or a voicemail that is picked up on a regular basis throughout the day.

Now is a good time for you to verify the emergency contact number we have on file for your program. Please contact Elaine Trotta at 845-425-009 x421 to verify your emergency contact number. **Don't delay!**

THANK YOU.

WELCOME New Board Members

**Kathleen Cuneo, Jan Jason,
Ann Nissen, Scott Salotto,
and Ann Taylor**



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

PreK Update for the 2017-2018 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 Board members—none of which had a child eligible for PreK. All seven school district slots are full for the 2017-18 school year. There were 222 children on the wait list as of late June.

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 55 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 early childhood programs providing PreK services=40

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.



SUMMER INTERN ALEXANDRA GOKEY

I recently completed a BS in Public Health with a concentration in Child Development and appreciated the opportunity to intern at CCRR this summer. It was a wonderful experience and made me even more sure about pursuing

a career in child care. Throughout my seven week internship I was able to gain skills that I will use for the rest of my life. The staff at CCRR showed me what it's like to be in a wonderful work environment and always made me feel welcome. I assisted staff members on many child care visits, including those that provided nutrition services to facilities and offered provider trainings. Interacting with a variety of adults and children in Rockland County was a great experience. Through this internship I gained an overall understanding of the way CCRR works, and I am so thankful for the amazing opportunity. I will miss all of the staff as I embark on my new journey into adulthood.

Thank you Jane and all the CCRR staff for being so supportive. I cannot thank you all enough!

GOT CACFP?

"Over 60% of the children in our program qualify for free or reduced lunch. Participating in CACFP not only ensures that these children receive a nutritious meal and snack daily, but it also ensures that *all* our children do.

Family style dining through CACFP promotes positive social skills, good eating habits and creates a sense of community in the classroom.

For the program, reimbursement through CACFP allows us to provide nutritious and delicious meals without negatively impacting our budget."

~ Gail Nachimson, The Jawonio Preschool

LEARN THE BENEFITS OF CACFP FOR *YOUR* PROGRAM!

Contact Teresa Ortega, CACFP Coordinator:

845-425-0009, x633 | teresaort@rocklandchildcare.org

Thank You and Goodbye Dr. Wood and Debra Tietze

It is with great sadness that we must say goodbye to two people from Rockland Community College who have made a great difference in the lives of children, their families and their teachers here in Rockland County. They have also been incredible supports to Child Care Resources of Rockland. So with great appreciation for all they have done, we would like to pay tribute to Professor Debra Tietze and Dr. Cliff Wood.

Debra has taught all of us what it is to be a true early childhood professional and advocate. She is a master teacher for children and adults, helping us understand the developing child and the need to stay focused on the needs of children, not what society says they need.

Dr. Wood has shown us what it means to be a true community member and collaborator. He is relentless in striving for quality higher education for all. In particular, he helps teachers become the best they can be by providing an environment conducive to learning.



We wish both Debra and Cliff great joy in their retirements, but, selfishly, hope they will stay in touch and continue advocating for a higher education system that supports teachers in their learning.

**Don't forget to take the required 5 hour
HEALTH & SAFETY TRAINING!**

Questions? Contact Elaine Trotta
845-425-0009, x421
elainet@rocklandchildcare.org

EMPLOYEE SPOTLIGHT:

Bonnie Parsekian, Quality Enhancement Specialist



American Red Cross HERO

WE ARE PROUD TO SHARE:

Bonnie Parsekian, Quality Enhancement Specialist, was awarded a **certificate of merit** for her **selfless and humane** action in **saving a life** at *The Children's Corner* in Pearl River, NY.



What do you do at CCRR?

My title is Quality Enhancement Specialist. I have worked at CCRR for two years. Much of my work involves offering technical assistance to PreK classrooms and teachers throughout Rockland County. I also conduct professional development seminars and teach Red Cross CPR, First Aid, and Babysitting courses.

boys and our third son was born three years later. All three live in New York City. We are members of Grace Church in Nyack where I have taught PreK/K/1st Grade church school for 15 years.

Do you have a favorite hobby?

Among my favorite hobbies are gardening, kayaking, swimming, and hiking.

What did you want to be when you grew up?

From a young age I wanted to be an architect, but then later in life the bug bit for working with young children.

Do you have a philosophy by which you live?

My philosophy of life is intrinsically positive in outlook and attitude. I am mostly an optimist and look for opportunity in every situation – both easy and difficult – to learn and grow. My philosophy is grounded in a faith and a loving God.

Tell us about yourself.

I was born and grew up in Dallas, TX, and moved to New York to get a master's degree at Columbia University. I worked as an architect for five years, then changed course and taught pre-school for 22 years. I currently live with my husband of 30 years in Valley Cottage. We have three sons in their 20s: identical twin

Breastfed Babies Are Welcome Here!

Rockland County Department of Health Partners with CCRR to Create Breastfeeding Friendly Communities

Breastfed Babies Are Welcome Here! This phrase is important for local businesses, health care professionals, and child care programs to encourage and support.

Child Care Resources of Rockland is one of the partners in the *Creating Breastfeeding Friendly Communities* with the Rockland County Department of Health in order to guide and support breastfeeding in child care settings. Breastfeeding is beneficial to both mother and child, creating a nurturing bond during the postpartum period and beyond. Breastfed babies are happy and healthy due to the most natural form of nourishment, produced by mothers.

Our goal is to help family and group family child care programs and child care centers through the process of becoming *Breastfeeding Friendly* designated sites.

We are currently working with the following Child and Adult Care Food Program (CACFP) participants in the Ramapo and Clarks-town areas:

Airmont's Little Angels, Jenny's Heavenly Day Care, The Playce of Play Inc., Shapiro's LLC, Interaction Child Care LLC, Little Sprouts Family Day Care, Teacher Mommy Daycare, Inc., and Kidsnett Child Care Program.

Participating sites that complete a self-evaluation, take a training on the importance of breastfeeding, develop a breastfeeding friendly program policy and set up a designated area for moms to breastfeed will receive the designation of *Breastfeeding Friendly Child Care* site. They will also receive informational materials to display, picture books for their classrooms and a program celebration to mark their designation! The center/home will be listed on the NYS Department of Health website as *Breastfeeding Friendly*. In addition, meals containing breast milk are reimbursed by CACFP.

With a positive word-of-mouth and supportive environment on breastfeeding, designated *Breastfeeding Friendly* child care settings provide an encouraging atmosphere for mothers and staff members, alike.

Congratulations!

Child Care Professionals who recently received their CDA

Lurline Gillespie
Nadia Mureb
Maria Rosario

We are now accepting
applications for
2018 CDA classes.
Including Bilingual/Spanish



LEARN HOW YOU CAN GROW PROFESSIONALLY!

Ellen Mitchell: ellenm@rocklandchildcare.org

845-425-0009, x456

In Memory of Marian Schlachter

Marian was a dedicated Early Childhood professional who passed away on March 10, 2017, at age 89. A lifelong and enthusiastic educator, Marian loved to teach young children and teachers.

Before she became a teacher at Playgarten Preschool in Valley Cottage, NY, Marian was a Girl Scout leader in the Bronx. She then served many years as Director of the pre-school program at the West Point Military Academy. Marian also served as a CDA Council Representative helping many students on their way to earning their CDA (Child Development Associate) credential. In addition to her work in the Early Childhood community she served on the Board of the Valley Cottage Library.



In 2009, CCRR honored Marian at the Children's Champions Awards Ceremony with The Phyllis Helbraun Award. Those of us who knew Marian know she was never at a loss for words or passion when it came to discussing early childhood education.

She will be missed.

Remembering Judy Kesselman

by Alan Berger, Director, Peace Through Play Nursery School



I, like so many other people, have been privileged and honored to have known Judy Kesselman and recognize everything that she has done for children in Rockland County and beyond.

Judy was also a teacher and an inspiration to so many of us "older" children. The impact she made on me has been long-lasting and something I carry with me every-day while working with children.

There are two moments that particularly stand out for me. One is when I had several opportunities to observe Judy teaching her science class at Rockland Community College. To see her in action and observe how she imparted her knowledge to her students wasn't just wonderful to watch but entertaining as well. It helped me to understand why her students loved her so much - as we like to say in the field—teaching is 25% book learning and 75% acting.

I had a great experience when I invited Judy to do a workshop for me and my staff at Peace Through Play Nursery School. She immediately took us all into the woods and began turning over logs and rocks. She was picking things up off the ground and teaching us about them as if she were teaching young children in a preschool class. Judy's intention was for us to experience for ourselves how exciting we could make learning for the children. And it worked!

I also took a workshop with Judy where she had a seemingly impossible amount of broken appliances she had collected and somehow got to the workshop. She proceeded to have the participants work in groups to take them apart and then talk about the experience. It was more than just learning how to excite children about learning; it was about showing how far teachers could go and should go to make learning interesting and exciting for their students. And it was a whole lot of fun!

So, while Judy will truly be missed, her legacy will forever live on in every one of us whose lives she touched. Most importantly, there are many children who have benefitted and will benefit from all that she taught us. Long live Judy Kesselman!

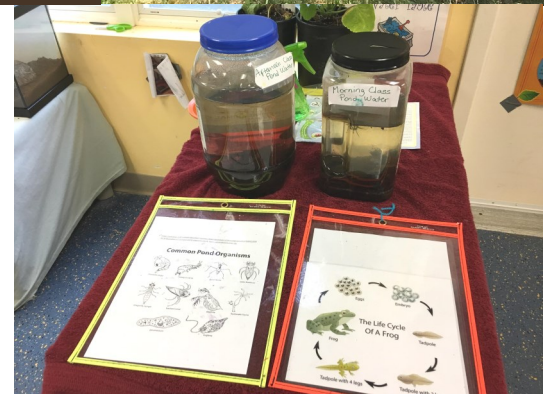
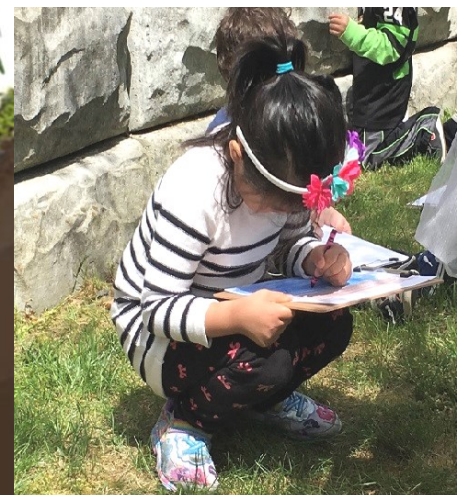
What's in a Pond?



What's in a Pond?

That is the question that the children at *The Jawonio PreSchool* were exploring. First they made predictions about what they thought was in the pond behind their school building. Then they brought actual pond water into the classroom to see what was alive in the pond. They drew pictures of the pond and identified creatures they found in the water.

"Pond Life" illustration courtesy of Emily Harrington (ehillustration.com)



Comings and Goings

Office Closings

Monday, Sept. 4: Labor Day
 Monday, Oct. 9: Columbus Day
 Friday, Oct. 27: Staff Development
 Friday, Nov. 10: Veteran's Day
 Thursday, Nov. 23: Thanksgiving
 Friday, Nov. 24: Day After Thanksgiving
 Monday, Dec. 25: Christmas Day
 Friday, Dec. 29: New Year's Eve

Save the Date

Sat., Nov. 4: Annual Conference

NOMINATE A CHILDREN'S CHAMPION

CHILD CARE RESOURCES OF ROCKLAND, INC.
 April 2018 Children's Champions Awards Celebration

Do You Know a Children's Champion?

Please submit a nomination form.

Deadline: January 12, 2018.

Request a form or use the QR code to complete it online.



Contact us: 845.425.0009
 info@rocklandchildcare.org
 childcarerockland.org



2017 PROFESSIONAL DEVELOPMENT SEMINARS AND TRAININGS

Knowledge is learning something new everyday.
 Wisdom is letting go of something everyday.

- Zen Proverb

Moving Full S-T-E-A-M Ahead

Including Woodworking Activities: It CAN Be Done

OCFS Inspection Preparation 101

Health & Safety... and much more

HOW WILL YOU GROW PROFESSIONALLY?

Register online: childcarerockland.org

For more information, please contact Debbie Silver, Director of Professional Development and Quality Enhancement Services:
 845-425-0009, x459 or debbies@rocklandchildcare.org

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Jane Brown x417

Director of Family, Community, and Operations Services

Karen Ross x630

Operations Clerk

Nadja Bienaime x418

Resource and Referral Coordinator

Christina Espindola x610

Marketing and Public Relations Coordinator

Lisa Kreisel x616

PreK Coordinator

Jenine Valentino x460

Director of Professional Development and Quality Enhancement Services

Debbie Silver x459

CDA Coordinator and Special Needs Coordinator

Ellen Mitchell x456

Quality Enhancement Specialists

Rachel Ambroziak x620

David Del Campo x451

Ellen Mitchell x456

Bonnie Parsekian x613

Maria Rivas x455

Nutritionist

Sarah Amer x612

Director of Program Standards and Support Services

Elaine Trotta x421

Legally Exempt Enrollment Coordinator

Ines Ortiz x411

Program Standards and Support Services Coordinator

Fia Hill Murray x487

CACFP Coordinator

Teresa Ortega x633

Standards and Support Specialists

Priscilla Blanco x458

James Callahan x221

Edna Saravia x475

Registrars

Priscilla Blanco x458

Jim Callahan x221

Edna Saravia x475

Registered Nurse

Kristin Saunders x493

Director of Finance and Human Resource Services

Gerd Schubert x615

Finance Coordinator

Kathleen Siuro x662



WELCOME

Nadja Bienaime
 Operations Clerk

Contact us:

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

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

info@rocklandchildcare.org
www.childcarerockland.org

Hours: M-F 8:30 am—5:00 pm



CHILD CARE
RESOURCES
OF ROCKLAND
INCORPORATED



Early Care & Learning Council
United to Promote Quality

15 Essential QIC Messages about Quality

What we mean by “**Quality**” is **high quality early learning experiences** that help a child thrive.

Quality can also be described as those events, activities, environments, relationships, and factors that have a positive impact on a young child’s cognitive, physical, social, and emotional development

Quality involves **more** than simply the custodial care very often associated with “babysitting,”

Quality can have a particularly positive **impact** for young children whose families experience racial, cultural, and/or economic inequity.

Quality prepares young children for **success** in school, job training, employment, and community life.

Quality serves young **children**, as well as **parents/guardians** who might be less effective in their jobs without access to **Quality** for their children. In turn, **employers** benefit by the enhanced performance of their workers.

Quality is about the **future**, as well as the present. Without **Quality** there will not be an educated, competent, and professional “next generation **workforce**” for tomorrow.

Quality impacts young children in all settings, including the home environment. **Quality** is enhanced by a woven fabric of social supports, such as home visiting, early intervention, nutrition services, paid family leave, and equitable employment opportunities, which all help a child and family to **thrive**.

Quality is **vital** for young children, families, and communities, so the **United to Promote Quality** state-wide campaign is intended to educate **whole communities** - including families, early learning service providers, businesses, & community leaders - about the importance of **Quality**.

Quality awareness is the goal of the **United to Promote Quality partnership** between the *Early Care and Learning Council*, *Child Care Resource & Referral agencies*, *For Our Babies NY*, and other allies.

Quality awareness efforts within a community will **demonstrate** how:

Quality promotes “**robust** brain development” over the first 4 years of life

Quality gives “**peace** of mind” to parents/guardians, so they can be more focused & productive employees

Quality “lays the strong **foundation**” for the future economic development of our communities, state, and nation - by better preparing children to become **successful** in school, work, and life

Quality in an early learning program has many essential elements, including:

Highly **skilled** staff

Age-**appropriate** curricula

Language-**rich** environment

Warm and responsive **interactions** between staff and children

High and consistent levels of child **participation**

Small class sizes and **low** child-to-adult ratios

Quality can be **measured** and **improved** through **QUALITYstarsNY**, a comprehensive and evidence-based Quality Rating & Improvement System, for which **resources** are needed to complete NY’s implementation.

Quality awareness in a community will result in a **commitment** of new resources for **Quality**, such as new volunteers, grants from local donors, in-kind support from businesses, and advocacy by community leaders.

Quality awareness is a “team sport.” **Everyone** can play a role to increase awareness & commitments for **Quality**.

INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGERS

Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News
September-December 2017

Infants Know Your Infant

Infants are as different as snowflakes and each develop at a unique rate. They learn through touch, sight, sound, taste and smell. They begin to learn about relationships and trust through their experiences with those around them. An early sense of trust can help infants experience positive relationships throughout their lives. By 4 to 5 months baby will attempt to grasp objects and watch his or her feet wiggle.

Activity: I Can Make Sounds When I Kick

This activity promotes body awareness, cause and effect, and sensory integration



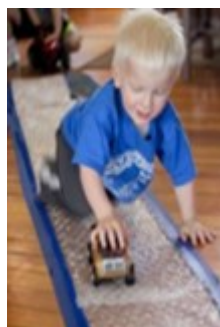
Materials Needed: Tissue Paper

What to Do: Tuck one or two sheets of new or used tissue paper under the cushion of a sofa or upholstered chair so that it hangs down to the floor like a curtain. Remove baby's socks, and place her on her back, with her feet against the tissue and her knees slightly bent. If she's slow to start kicking, gently rustle the paper with your hand or tap her feet against it. You can vary this activity with kicking other textures or an object that makes sounds when kicked.
<http://www.parents.com>

Finger Play Activity: *A tiny, tiny worm (wiggle index finger like a worm) wiggled along like this, Without a sound, it came to a tiny hole (make a circle with your thumb and index finger), A tiny hole in the ground, It wiggled right inside, without a sound (wiggle finger up baby's arm and tickle).*

Toddlers Know Your Toddler

Toddlers climb up on the kitchen table for the obvious reason; because it's there. They are trying to find a balance between risk and challenge. Climbing is an important physical milestone. Provide opportunities for climbing through outdoor play sets. If providing climbing indoors put couch cushions on the floor or make an obstacle course with pillows, perhaps in a play room where activities can be left out. Toddlers love tunnels to crawl through. Don't forget to continually observe your toddler in active play to assure safety.



Activity: Let's Balance on our Bubble Wrap

Materials: Bubble wrap from packaging, colorful masking tape.

Many textures can be used for children to explore. www.artcraftykids.com/art/baby-bubble-wrap-art

Finger Play Activity for Upper Body Movement

The Finger Band is coming to town, coming to town, coming to town.

The Finger Band is coming to town so early in the morning. (Hands in back, slowly wiggle to front.)

This is the way they play their drums, play their drums, play their drums. (Pretend to play drums.)

This is the way they twirl their hands, twirl their hands, twirl their hands. (Twirl hands around head.)

Continue with other instruments and related hand motions.

The Finger Band is going away, going away, going away. The Finger Band is going away, so early in the morning. (Wiggle fingers slowly behind you as you lower your voice to a whisper.)

www.earlyliteracylearning.org

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 the Resource and Referral Coordinator.

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:

Child Care Resources of Rockland, Inc. (CCRR)
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



DEDICATED TO MAKING CHILD CARE
WORK IN ROCKLAND COUNTY

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www.childcarerockland.org

INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGERS

Fun & Educational Activities

Preschoolers

Know Your Preschooler

From moving game pieces to running around in the yard, climbing and balancing in the playground and even jumping on the bed, children demonstrate a range of motor skills they are learning and how well they are using these skills to interact with the world around them. Appropriate physical activity supplies includes hula hoops, bean bags, tricycles, large beach balls and child size basketball hoops.

Finger Play: "I'm All Full of Hinges"- *I'm all full of hinges and everything bends, (explore joints with child), From the top of my head (hands on head) way down to my ends. (hands on toes), I'm hinges in front (bend forward), I'm hinges in back (bend back). If I didn't have hinges, I think I would crack!*

Activity: Learning Letters

In preschool your child will be immersed in a world of structured learning and social interaction. Playing games and activities that challenge and develop physical abilities will be part of the day. This activity promotes learning letter names, recognizing shapes and linking letters with the sounds of spoken language.

Materials: black marker with thick point, cardboard squares, playdough, a plastic knife and child size scissors. Present the child with cardboard cards marked with the alphabet in large letters. Have playdough available to shape onto the letters. The preschooler can put the letters together that spell his or her name or you can use this activity for physical movement by calling out the letter that your child should jump on. The child can chant this verse while jumping on the letters you call out: "I know all my letters, you can't fool me. I can find them all just wait and see."

Letter Box: When introducing a new letter to your child, set out a card box with a letter card attached to the front. Help your child find items in your home that begin with the sound of that letter.

School Aged

Know Your School Ager

The school age years (5-8) are considered a time of eager exploration and discovery. Regular contact with the larger world will expand your child's world beyond the family environment. This is critical for establishing independence, gaining confidence and forming new friendships.

Follow your child's interest and develop an activity on this interest. If your child enjoys crafts a popular one is yarn balls.

Activity: Yarn Balls

Materials: yarn, white glue, round balloon, scissors, flat tray

Take a flat tray (at least 1 inch height), Mix equal amounts of white glue and water, Soak the yarn into the water-glue mixture without cutting the yarn from the bundle. Blow up a small round shaped balloon. Place paper or old newspaper to protect your craft space. Start wrapping the glued yarn around the balloon randomly. Cover the whole balloon evenly with the yarn and try to create a nice and even pattern. After the glue dries make sure to free the yarn from the balloon by pushing the balloon on places where it is joined to the yarn, otherwise it will ruin the yarn ball after popping the balloon. Finally, pop the balloon and take it out from the yarn ball.



<http://www.playideas.com/20-knotty-yarn-crafts-for-kids>

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