

Rockland Child Care News

Child Care Resources of Rockland, Inc.

Children's Champions Celebration



Congratulations Children's Champions 2016!

The Staff at the Jan and Niles Early Learning Center - Dynamic Group
Anne Nissen, former Director of Rockland 21C - It Takes a Community
Dr. Cliff Wood, President of Rockland Community College - Phyllis Helbraun
Leslie Bendayan, Group Family Child Care Provider - Champion in the Trenches

Over 180 people attended the 24th Annual Children's Champions Awards Celebration, on April 20, 2016, at the Nyack Seaport. As in past years, we had the pleasure of recognizing those people in our community who truly take a stand for children. This year's awardees have dedicated many years to making positive imprints on the young children and families in Rockland County and it was a privilege to honor them. Our warmest thanks to the Selection Committee: Phyllis Morena, Mary Jean Marsico, Mindy Francone, Ellen Mitchell, and Elaine Trotta.

We are already gearing up for 2017 and looking for four individuals and one group, who have demonstrated a commitment to making our community a more caring place for children. Please nominate your children's champion. To request a nomination form, please contact Elaine Trotta: 845.425.0009, x421, elainet@rocklandchildcare.org.

May-August 2016

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





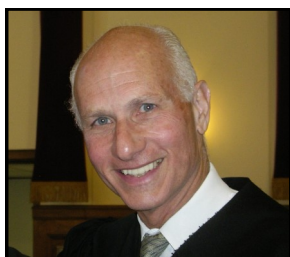
Imagination Library

Child Care Resources of Rockland is happy to partner with the New City Rotary's Imagination Library literacy project. We have been working with the Honorable William Warren and through the New City Rotary's generosity, 100

children (up to age five) in the Town of Clarkstown and its adjacent environs will receive the gift of a book a month!

When the program reaches its capacity, children are added to the waiting list and enrolled as spaces become available. The Imagination Library was started by Dolly Parton, whose vision is to foster a love of reading in all children! Learn more: <http://imaginationlibrary.com/>

Request an application: info@rocklandchildcare.org



EMERGENCY PREPARATIONS FOR Child Care Providers

Child Care Resources of Rockland has created an emergency phone tree where all centers and providers are called when we are notified by the police or Rockland County BOCES.

In order for you to receive this information we need a phone number that is managed by you or your staff, or has the ability to receive voice mail so we are able to leave a brief message.

If you'd like to verify the number we have for your program, please call Elaine Trotta at 845-425-0009, x421. Typically when emergency notification calls come into our office, we have very limited time to get the information to all of you.

It is important you have evacuation plans and shelter in place plans in place, and you review and practice them regularly. Be prepared for a real emergency situation! A phone tree call is not the time to ask our staff what you should be doing.

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

Family Child Care Programs

Jacquelin Abreu	Alba N. Rosario
Esther Aufgang	Emilia White
Corey A. Mendelovits	

Group Family Child Care Programs

Stephanie Acevedo	Georgia Lynch
Norfelina M. Ballas	Danielle M. Montalvo
Leslie M. Bendayan	Sofia E. Moore
Cecilia A. Camarra-List	Evelyne Resilien
Susan M. Dizzine	Malka B. Semp
Denise T. Forsberg	Shaindel L. Spitzer
Rachel Fuchs	Barbara Sussman
Kim M. Inayat	Magalite Sylvain
Adela Issacharoff	Tzipora Weiner
Chaya Kaufman	Miriam Wieder
Shaina L. Keren	Joanne A. Walsh
Amy Levine	

Child Care Centers

Children's Funland
Head Start of Rockland
Head Start of Rockland, Haverstraw Site II
Kidsnett Child Care Program
KinderCare Learning Center
New City Jewish Center
Peace Through Play Nursery School
Riverview Nursery School
Rockland Jewish Academy
West Street Child Care Learning Center

School Age Care Programs

JCC at New City Elementary School
JCC at Link Elementary School
Rockland County YMCA
YMCA at Cherry Lane Elementary School
YMCA at Connor Elementary School
YMCA at Montebello Elementary School
YMCA at Stony Point Elementary School
YMCA at Upper Nyack Elementary School

Nurse's Notes: *Kristin G. Saunders, RN* Vaccinating on Time is Important for Disease Protection

Parents agree that feeding and sleep schedules are important to help keep their children healthy. The same goes for childhood immunizations. Vaccinating children on time is the best way to protect them against 14 serious and potentially deadly diseases before their second birthday.

"The recommended immunization schedule is designed to protect babies early in life, when they are vulnerable and before it's likely that they will be exposed to diseases," said Dr. Nancy Messonnier, Deputy Director of the National Center for Immunization and Respiratory Diseases (NCIRD), Centers for Disease Control and Prevention (CDC).

Although the number of vaccines a child needs in the first two years may seem like a lot, doctors know a great deal about the human immune system, and they know that a healthy baby's immune system can handle getting all vaccines when they are recommended. Dr. Messonnier cautions against parents delaying vaccination. "There is no known benefit to delaying vaccination. In fact, it puts babies at risk of getting sick because they are left vulnerable to catch serious diseases during the time they are not protected by vaccines."

When parents choose not to vaccinate or to follow a delayed schedule, children are left unprotected against diseases that still circulate in this country, like measles and whooping cough. Since 2010, we have seen between 10,000 and 50,000 cases of whooping cough each year in the United States. And, up to 20 babies die from whooping cough each year in the United States. Most whooping cough deaths are among babies who are too young to be protected by their own vaccination.

Parents who are concerned about the number of shots given at one time can reduce the number given at a visit by using the flexibility built into the recommended immunization schedule. For example, the third dose of hepatitis B vaccine can be given at six through 18 months of age. Parents can work with their child's healthcare professional to have their child get this dose at any time during that age range.

Information from the Centers for Disease Control and Prevention. Learn more: <http://www.cdc.gov/vaccines/events/niiw/>

Talk with your child's doctor or nurse or find more information about vaccines here: www.cdc.gov/vaccines/parents.

Why do so many providers stay on the Child and Adult Care Food Program? *Elaine Trotta, Director of Program Standards and Support Services*

We often hear the following about why providers don't stay on the food program: too many monitor visits, not enough money and too much work are the three most frequent reasons. In Rockland County we have 190 eligible providers and 42% of these family and group family providers have been on CACFP for 5-30 years. If it is such a difficult program why do they stay?

What our unannounced monitor visits tell us is these providers welcome outside visits and constructive feedback that assists them in providing sustainable quality improvement. They want to do what is best for the children in their care. They find systems to stay on top of paperwork and they enjoy making nutritious meals and being with the children. By the way, several of these providers are Tier II and are reimbursed at a lower rate but have good business practices and know every income stream, regardless of the amount, helps their program grow strong. We asked some of these providers why they continue to be part of CACFP:

Maria Dowling: "Being on the food program is a no-brainer and I am surprised that more providers don't take advantage. I am vested in educating children on making healthy choices and serving nutritious food, lots of fresh fruits and vegetables, is what I believe are best practices. The reimbursement money I get from CACFP really helps to off-set what I spend. It is also a wonderful experience for children to taste a new food. The paperwork involved is minimal and the monitor visits are not intrusive, but

helpful." Maria has been on the food program for over 20 years!

Barbara Sussman: "Providing children with nutritious meals, educating them on making wise food choices, teaching family style dining and table manners fits right into my philosophy. I like a pleasant mealtime that teaches about different vegetables, fruits and protein. This is so much better than saying, 'eat your vegetables to get dessert.' I can also have party days. We have vegetable soup party days where the children love selecting and preparing a wide variety of vegetables, and rainbow parties where we create a rainbow of fruits and vegetables. Parents are amazed how much their children learn about food, social dining habits and skills. The food program allows and encourages me to do these activities." Barbara has been on the food program for over 16 years.

If you would like more information on the Child and Adult Care Food Program so you can get reimbursed for the foods you serve, contact Yolanda Michel, CACFP Coordinator at CCRR, at 845-425-0009 x423.

More good news on CACFP: If you participate in CACFP you can now take an online training for certification on becoming a breastfeeding friendly program. This is added to your provider profile in our database and could make your program more marketable to some parents. For more information on becoming part of this program contact Yolanda.

Provider's Corner: Early Childhood Research

Q & A

I have always played music during choice time in my program. I have heard that this is not recommended. Can you explain why?

"What a child hears in a noisy environment is not what an adult hears," according to Dr. Lori Leibold of *Boys Town National Research Hospital* in Omaha, Nebraska.

We know young children learn language from hearing it and according to another researcher, Dr. Rochelle Newman of the University of Maryland, "children have a greater need for understanding speech around them but at the same time they're less equipped to deal with it."

Other discoveries include the fact that young children can recognize one person's speech amid multiple talkers, but

only at relatively soft noise levels. Actually, the ability to understand and process speech against competing background noise doesn't mature until adolescence. When outside noise is heard by an adult, the adult brain can automatically substitute a logical choice of words to complete a sentence, but a young child's brain does not fill in the gaps and the noise interrupts the balance of the sentence or completion of a word.

There are many educators who believe that music stimulates a child's environment, but what is stimulating for educators may not be for a child.

The following advice is for both parents and educators:

- Soft music may not be distracting, but the lyrics might be.
- Speak clearly and make eye contact.
- Especially in noise, make sure tots see your face. They can pick up on mouth movements.
- If the child doesn't understand, try again with simpler words.
- If a child is having school behavior problems make sure being unable to hear in class is not the problem.

This research is important to consider for all educators when deciding whether or not to include background music in their programs.

Submitted by: *Rachel Ambroziak*,
CCRR Quality Enhancement Specialist



Annual Meeting

Friday, June 3, 2016
8:30-10:00 am
Technology Center at
Rockland Community College

Keynote Speaker
Brian Ahlberg
President, *Every Child Matters*

Please join Brian, business leaders, educators, and county elected and appointed officials in an exciting, thought-provoking discussion about the needs of children, families, and educators in our community.

RSVP by June 1: info@rocklandchildcare.org
845-425-0009, x0

2016 Legislative Meetings

Important Discussions About Our Community's Children



CCRR Executive Director Jane Brown with Assemblyman James Skoufis

In March, a small contingency of CCRR staff and board members, along with several community leaders met with Assemblywoman Jaffee, Assemblyman Zebrowski, and Assemblyman Skoufis to discuss prekindergarten, child care, and behavioral health needs along with paid family leave and home visiting.

Infant and Toddler Corner: *TELL US YOUR STORY*

Taking Action is Easy! *What's your story?*

Do you have children zero to three? The Early Care & Learning Council wants to hear your

story. Your voice will make a difference! Personal stories from families about the struggle to find affordable or high quality child care in New York can help influence legislators when advocating for better child care policies. Your experiences can help to explain the problems families face every day in New York, and the successes that have come from utilizing the Child Care Resource & Referral network. Your story could be about the difficulties in affording child care, lack of accessibility in your area, trouble finding quality care, or any other barrier you have found with child care in New York.

To submit your story online go to: <http://bit.ly/FOBNYStories> | For more information: 518-690-4217

Discover ways to make a difference in
your child's life at



early care &
learning council
New York's child care resource network

<http://bit.ly/ECLCFOBNY>

Submitted by:

Gerrie Joyce, Infant Toddler Specialist
Adapted from Region 6 I-T Resource Center



Time In Child Care, Inc. *Eggstravaganza*

For the past four years, Time In Child Care has sponsored an Easter Egg Hunt *Eggstravaganza* for families in the community to enjoy. I host the event on Good Friday so families can spend an afternoon with their children hopping to collect goodies left by the Easter Bunny. Activities include dying eggs, sand art necklaces, pictures with the Easter Bunny, hoppy sack races, bean bag toss, and the amazing adult hunt, where children get to cheer their parents on as they hop to collect eggs.

What started out as an innovative way for me to advertise my business, turned out to be a tradition in the making. Each year I'm asked if I will be doing my annual egg hunt because people look forward to it. As each year passes, I must admit, there's something about seeing the smiles on all the children's faces. Knowing I had something to do with that is a pretty amazing feeling! For a small fee, families get a lifetime of memories. And for that, I will continue the tradition.

Submitted by *Denise Forsberg*, Time In Child Care, Owner



Regulation Notes

Surveillance Cameras Are Not Required in NYS Child Care Settings

You may have heard rumors that New York State will be requiring programs to install surveillance cameras. This is not true; there is no such requirement.

For questions regarding New York State regulations, contact Fia Hill Murray,
Registration Coordinator:
845-425-0009, x487
fiam@rocklandchildcare.org

Nutrition Corner: Healthy Celebrations and Proper Hydration

Celebrations are fun and enjoyable occasions in all child care settings. They are also an opportunity to provide a healthy eating environment and motivate children to make healthy choices.

Many times, celebrations are full of high-sugar and high-calorie drinks and snacks. But it is possible with proper planning to create a fun celebration and encourage a healthy environment at the same time. Activities such as creative arts, games, and dancing should be included in the celebration to promote overall wellness.

Parties should be held after lunch, so children are hungry for lunch. Food does not have to be the main focus of an event. The food served should encourage and support healthy eating habits.

Offer fruit kabobs, vegetables and dip, yogurt parfaits, and whole grain crackers instead of sugary treats such as cupcakes, candy, soft drinks or salty snacks. Teaching children that high-sugar and high-calorie foods do not have to be a part of a celebration is important, as eating habits are hard to change as they get older. Children can have fun at parties and learn how to be healthy at the same time.

Childhood obesity rates have skyrocketed in past years and children tend to drink high amounts of sugary beverages that are linked to obesity.

It is important to provide the right drink to help children grow strong and healthy. Limit sweetened drinks and serve water to keep kids properly hydrated. Low-fat or fat-free milk is a healthy drink option to serve to growing children. One hundred percent fruit juice with no added sugar or sweeteners is a healthy drink option when fruit is not available, but servings should be limited.



Act as a role model and encourage the children to be healthy, so they will develop healthy eating habits that will last a lifetime.

Employee Spotlight: Sarah Amer, Registered Nutritionist

What do you do at CCRR?

I provide nutrition and physical activity lessons to children, parents, and staff in child care centers throughout Dutchess, Orange, Putnam, Rockland, Sullivan, and Westchester counties as part of the Eat Well Play Hard program.



Tell us about yourself?

I am a registered dietitian nutritionist (RDN), lactation counselor, and mother to a 9-year-old boy, who does not stop talking, and to a fiery cat named Gazpacho. People describe me as calm and quiet but also as an adventure junkie. I enjoy rock climbing, hiking, traveling, discovering new places, learning about new people and cultures, spending time with children, and anything nature-related. I also love food! I grew up a very picky eater and eventually became a vegetarian; though, I often eat more like a "carbo-tarian." Pasta is my kryptonite.

Do you have a favorite hobby?

Nature photography, especially of mountains and trees. I like to capture the same scenes through different seasons and weather elements.

What did you want to be when you grew up?

An astronaut, of course! Other contenders included hairstylist, statistician, child psychologist, and nutritionist. I settled for nutritionist because—while I don't get to fly to the moon or play with people's hair—it does combine my passions for food and preventative health; there are plenty of numbers to crunch and, as an added bonus, there are lots of opportunities to work with children.

Do you have a philosophy by which you live?

Don't worry. Be happy.

Comings and Goings

Office Closings

May 30: Memorial Day
July 4: Independence Day
September 5: Labor Day

Save the Date

June 3: Annual Meeting
November 5: Annual Conference:
The Early Years are Learning Years

Ready, set, watch out!



Look for our 2016-2017 Football Fundraiser
announcement coming this fall.



CHILD CARE RESOURCES OF ROCKLAND, INC.

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

Family Connections Coordinator

Alice Rosado x495

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

Special Needs Coordinator and Infant/Toddler Specialist

Gerrie Joyce x419

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

James Callahan x221

Edna Saravia x475

Cindy Torres-Bender x614

Standards and Support Specialist

Priscilla Blanco x458

Teresa Ortega x633

Registered Nurse

Kristin Saunders x493

Director of Operations, Development and Community Services

Karen Ross x630

Operations Specialists

June Pizzolo x418

Christina Espindola x610

Marketing and Public Relations Coordinator

Lisa Kreisel x616

Director of Financial and Human Resource Services

Gerd Schubert x615

Accounts Receivable Specialist

Kathleen Siuro x662

The New York State Pyramid Model: Promoting Social and Emotional Competence and Addressing Challenging Behavior

by Fia Hill Murray, CCRR Registration Coordinator

Social Skills Are Key to School Success!

To succeed in school and life children need:

- Confidence
- The ability to get along with others
- Concentration and persistence
- The ability to communicate and manage emotions
- The ability to listen, follow instructions and problem solve

What happens when children don't have each of these skills?
They often exhibit challenging behavior.

Experts in child care, education, health care, family support and mental health across New York State have identified that now more than ever, there is a critical need to support and teach young children and families social and emotional skills. These experts have come together to form the New York State Pyramid Model Partnership to promote the use of the **Pyramid Model**, an evidence-based framework proven to be an effective approach to building social and emotional competence in early care and education programs.

The Pyramid Model's goal is to promote children's success by:

- Creating an environment where EVERY child feels good about coming to school.
- Designing an environment that promotes children's engagement in learning.
- Focusing on teaching children what TO DO by teaching skills children can use in place of challenging behaviors.

To find out more about Pyramid Model training and how the Pyramid Model can help prevent and address challenging behavior in your program you can visit the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) website: <http://csefel.vanderbilt.edu/> or get an overview by attending one of the upcoming PDP video conferences: https://www.ecetp.pdp.albany.edu/downloadfiles/ECETP/Videoconference_Training.pdf

Child Care Resources of Rockland will offer in-depth Pyramid Model trainings later in 2016. We hope you will join us for these trainings and become part of this partnership to help all our infants and young children succeed in their early years, in school and in life.



Membership News

Thank you to the family/group child care providers, center-based programs, school age care programs, who paid membership between October 20, 2015 and April 15, 2016.

Stephanie Acevedo	Wanda Mitchell
Meryl Barkin	Danielle Montalvo
Soccoro Clemente	Gertrude Nelson
Yitty Einhorn	Sussy Peralta
Miriam Goldmunzer	George Popa
Freida Leifer	Irina Popa
Christine Cahill	Kristin Quinn
Vicki Caramante	Elizabeth Rodano
Margret Evangelista	Rita Rodriguez
Norma Francis	Karen Ryder
Yvonne Harding	Veda Staran
Phyllis McCormack	Nathalee Williams
Yudelka Mejia	Kathy Zambrano

Good Shepherd Creative Play
Kiryas Joel
Nyack Center
Smarty Pants
West Street Child Care
Learning Center



Child Care Aware® of America Member

Congratulations! 25 Child Care Professionals received their CDA in 2015-2016

The (CDA) Credential™ is the most widely recognized credential in early childhood education (ECE) and a key stepping stone on the path of career advancement in ECE.

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

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

CHILD CARE RESOURCES OF ROCKLAND, INC

We have a winner!

**CONGRATULATIONS
Tasheba Miranda!**

**Enjoy Your
Walt Disney World
HOPPER TICKETS!**



INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGE

Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News
May-August 2016

Infants HAPPY TALK

Infants start to recognize the purpose of language before they speak. All their sounds from gurgles to coos, are early attempts to communicate. The more responsive you are the more encouraged the infant will be to carry on their end of the conversation. Wait for the infant to make the characteristic baby noises, such as "ahh," then repeat it back. (Parenthood.com)

Rhyme and Actions

Round and Round the Garden,
Went the Teddy Bear,
(Run your index finger around baby's palm)
One step, two steps
(Jump your finger up baby's arm.)
Tickle under there.
(Tickle under baby's arm)
Round and round the haystack,
(Run your index finger around baby's palm)
Went the little mouse, One- step, two- steps,
(Jump your finger up his arm)
In his little house
(Tickle under baby's arm)
From: *The Toddler's Busy Book*, by Trish Kuffner



Super Easy Sensory Play: Soap Foam

What You Need: ¼ cup baby-safe, non-toxic soap, mixer (or by hand), water, and a clear, plastic bucket

What To Do: Pour a few tablespoons of water and about ¼ cup of baby soap into the bucket and mix. Infant will explore!

Toddlers Finger Plays and Action Rhymes

Finger plays and action rhymes are important to do with toddlers. Through this practice, toddlers build word skills. Early literacy activities encourage language learning. CELL: earlyliteracylearning.org

Bunny Puppet Finger Play

Here is a bunny, with ears so funny
(raise two fingers)
Here is a hole in the ground
(make hole with other hand)
At the first sound bunny hears,
bunny picks up her ears (straighten fingers)
And pops right into the ground (put fingers in hole).



Exploratory Art: Squirty Foaming Paint

What You Need: Empty foaming soap dispenser bottles, liquid paint, dish washing liquid or hand soap, water, plastic tub, watercolor paper and large paintbrush (if using hand soap leave in container).

What To Do: Add a squirt of dish-washing liquid into the dispenser along with paint and a little bit of water (the more water the more foam). Make at least two colored pumps.

Show the toddler how to pump the solution into the plastic tub with the paper on the bottom. The toddler can use the brush to swirl the paint around. Talk about the colors, the textures, the patterns (adds to vocabulary).

Find more ideas: handimania.com

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:

Child Care Resources of
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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

info@rocklandchildcare.org
www.childcarerockland.org

INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGE

Fun & Educational Activities

Preschoolers Sensory Spelling Words

Many pre-schoolers like to talk and have a lot to say. Although most cannot yet write words, they enjoy recognizing letters, especially the letters in their name.

Sensory Spelling Words

What You Need: Cereal or cracker boxes, white glue, sand, letters to trace, pencil, scissors, scarf

What To Do: Cut rectangles about 5" x 3". Write a letter on each rectangle shape. Pour thin line of glue outlining each letter. Sprinkle sand over glued letters. Put plate under each letter as you pour the sand so that you can reuse the sand for the next card. Let the letter dry completely. When dry hold up letter and ask child what is the letter. Now cover child's eyes with the scarf and ask what letter does it feel like?

Foil Painting

What You Need: Aluminum foil, cardboard 8.5"x11", tempera paint, paintbrushes, tape, dishwashing liquid, measuring cups, teaspoon, and disposable paper cups

What To Do: Wrap the front surface of the cardboard with aluminum foil, taping it on the backside. Set out one cup for each color. Assist preschooler with measuring and pour ½ cup of tempera paint into each paper cup. Measure a teaspoon of dishwashing liquid and put into each paint cup. Stir each cup of paint thoroughly. The dishwashing liquid will help the paint adhere to the foil. Now create. Dry completely. www.education.com/activity/article/foil-painting



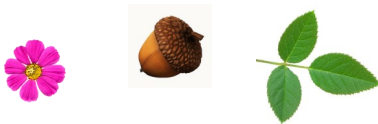
School Age Exploring Identity

Exploring own identity and getting along with others is important to a school age child. Creating and working on a project with friends encourages collaboration and promotes self-esteem.

Collages

What You Need: Old magazines, paste or glue, colored paper, scissors, colored pencils, a few shapes.

What To Do: Children can use one of the shapes to outline desired picture from magazines. They can trace, cut and paste onto colored paper. Encourage creativity by adding to the picture by drawing with the colored pencils on the paper. Collages can be used as a wall decoration or as gifts to friends. <http://www.activityvillage.co.uk/summer-collage>



Memory Game

What You Need: Tray, variety of objects, pencils and paper, timer, 3 or more players

What To Do: One person puts about 5 outdoor objects (i.e., acorn, a leaf, a stick, a rock, grass, a flower, etc.) on a tray without the other children observing. Set the tray down for less than 60 seconds, put on the timer, and then cover the tray. The group will write down what they remember was on the tray. The person who is able to list the most objects wins. A variation is to remove an item from the tray and ask the group to name the missing item. The winner chooses the next items to display on the tray. <http://www.activityvillage.co.uk/the-tray-game>

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