



**CHILD CARE  
RESOURCES  
OF ROCKLAND  
INCORPORATED**

# Rockland Child Care News

[childcarerockland.org](http://childcarerockland.org) | [info@rocklandchildcare.org](mailto:info@rocklandchildcare.org) | 845-425-0009

September - December 2023



**Board of Directors**

**Board President**

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**Mission Statement**

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 child 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**

T-Nee Angels

Kathleen Hargat

**GROUP FAMILY CHILD CARE PROGRAMS**

Maria Dowling

Bubby's Play Group LTD

Rainbows Daycare

Gan Simcha Day Care Inc.

Sweet Care Daycare

Bambini Nursery Child Care Inc.

Mommy Carol's Childcare, LLC

Little Hands Family Daycare LLC

Lidia Camacho

Loving Angels Child Care LLC

Children's Paradise, Group Family Day Care

Tiny Feet Daycare Corp.

Kids In Action NY Inc

Congregation Mosdos Zvhille Day Care

Program

Ring Around The Rosie Daycare

Rachel Paskesz

**CHILD CARE CENTERS**

St. Paul's Christian Day School

Rockland Worksite Day Care

N.S.C.I.C. Kinderworld Headstart

Bright Beginnings of Rockland, INC

Tots 2 Teens LLC

A Starting Place

Hallen Marketing Solutions, LLC

Learning Ladder Child Care Center Inc.

**SCHOOL AGE CHILD CARE PROGRAMS**

YMCA @ Lakewood Elementary SACC

YMCA @ Liberty Elementary SACC

## 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 JANUARY 18, 2023 - JUNE 2, 2023**

Esther Aufgang

Lana Benim

Trina Constantine

Janine Davis

Stephanie Debellis

Brian Dolan

Natacha Dor Garcia

Tahisha Ewing

Suzanne Gallagher

Rosa Garcia

Christine Kennedy

Yomaira Martin

Yudelka Mejia

Sofia Moore

Nathan Mungin

Girish Narasimhan

Samantha Neiderman

Maria Polanco

Maria D. Rodriguez-Vega

Raji Roy

Miriam Swiatycki

Aviva Weimer

**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, 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 our members. Child Care Resources of Rockland, Inc. is Best Practices Certified by the New York State Standards of Excellence Certification Program for The Field of Child Care Resource and Referral.

# EXECUTIVE DIRECTOR SPOTLIGHT



## Dr. Keishea Allen

Dr. Keishea Allen began her career as a teacher at the New York City Department of Education serving at risk youth and children with special needs. Dr. Allen served the Chancellor’s Office of Family and Community Engagement supporting families, school leadership, district staff, and parent coordinators across the city on various citywide initiatives. During her tenure at the NYC Department of Education, she held roles of increasing responsibility. As Director of Special Services, Dr. Allen worked on the “Turning 5” placement project for children entering Kindergarten with special needs, with the Chairperson on the Committee on Special Education in Districts 8, 11, & 12 in the Bronx.

Dr. Allen later became the principal of an elementary school where she created a language and music program. After serving as principal, Dr. Allen became the Executive Director of a state approved nonpublic school serving children with developmental disabilities.

Dr. Allen has 20 years of education administration experience with an expertise in special education, student achievement, family engagement, policy implementation and education leadership. Dr. Allen continues to advocate for quality education for all children.

Dr. Allen earned a Bachelor of Arts from Long Island University, a Master of Science from Queens College and a Doctor of Education in Education Leadership from Long Island University.

In her new role, Dr. Allen will oversee the strategic plan of the organization, along with managing daily operations, including administration, programming, fundraising, community outreach, stewarding the Board of Directors and leading the CCRR Team.



The banner features a gold ribbon with a large bow in the center. On the left side of the ribbon, the year "1974" is written. On the right side, the year "2024" is written. Above the ribbon, the text "50th Anniversary" is displayed in a large, gold, 3D font. In the top left corner, there is a circular logo for "CHILD CARE RESOURCES OF ROCKLAND INCORPORATED" featuring a house icon with three stylized figures inside. The background is a warm, golden gradient with white floral and leaf patterns on the sides.

**Stay tuned! Additional celebratory information to follow.**

# PHOENIX AND THE SEAGULL

By Jane Brown, CCRR Interim Executive Director

From Newsletter 2016

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.

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.



# BOARD SPOTLIGHT



## Anne D. Nissen Board President



Anne has been a member of Child Care Resources of Rockland’s board since 2017. Along with the other current board members, she salutes Stephen M. Fromson, the outgoing board president, for his virtuosic performance on behalf of the agency, and she looks forward to working with Dr. Keishea Allen and CCRR’s dedicated staff in Steve’s place. During Anne’s tenure, she plans to continue to ask “Is it good for the children?” and pledges to do her part in maintaining a shipshape operation.

Anne has worked with brave, striving, loving families from one end of the county to another through her several associations with the Rockland 21st Century Collaborative for Children and Youth initiative, its early literacy home visiting program, and at Big Brothers Big Sisters of Rockland County. "Rockland is fortunate to have so many elected officials, agency and nonprofit staffs, and under-the-radar heroes committed to supporting children" - Anne says. She hopes to meet more providers of early education and care, so important to the county economy.

Anne and her husband live near Sloatsburg Elementary School, where she staffed the school’s Family Resource Center when their children were young. Anne has a bachelor’s degree from Wellesley College and an SMArchS from MIT.

## How Will You Grow Professionally This Fall?

Did you know that in-person training provides many benefits not available with on-line training?

### In-person training provides:

- More hands-on experiences.
- Greater face-to-face interactions with teachers and other participants/colleagues.
- The chance for a teacher to guide each student according to their unique learning styles: visual, auditory, kinetic.
- Learning that is more interactive and group oriented.

Watch for our Fall line-up of interesting in-person workshops available in the September - December Professional Development Training Calendar.

We want to thank Assemblymember Kenneth Zebrowski for providing professional development funding to the child care community in Rockland. All classes were free to members of CCRR during March - June 2023.

# NEW EMPLOYEE SPOTLIGHTS



## Roxana Halo

### Infant and Toddler Mental Health Specialist

Roxana lives in Rockland County. She completed her Bachelor's degree in psychology at Dominican University. Roxana was a Teaching Assistant at Dominican University, on a volunteer basis. She also volunteered at the Center for Safety and Change, providing child care and facilitating support groups.

Later, Roxana graduated from Southern New Hampshire University with a Master's in Child and Adolescent Developmental Psychology. She worked at the Center for Safety & Change as an advocate in the Children's Department and shortly after as a coordinator. There, Roxana provided supportive counseling, crisis intervention, and facilitated support groups for children and youth who have been victims of different crimes. Roxana also provided child care and several administrative and direct services support to parents and families. Roxana has a psychology and mental health background and experience working with children and adults from different backgrounds in the Rockland community. She just started working as an Infant and Toddler Mental Health Specialist at Child Care Resources of Rockland and she is devoted to helping young children and caregivers live mentally healthier lives. Roxana is bilingual.



## Vicky Saravia

### Data and Operations Specialist

Vicky Saravia was born and raised in Rockland County. She acquired her Bachelor's and Master's degrees in Information Systems and Technology with a concentration in Computer Networks and Security. She worked at IBM as a Security Services Specialist, being the liaison between System Administrators, Network Administrators, and Desktop Support to maintain Anti-Virus and personal Firewall infrastructure, and to ensure the compliance and currency of the software version and anti-virus definitions. She has also worked as an Operational Specialist for a private security firm, being a direct resource for patrol officers, field supervisors, and Executive Management. She created reports on performance metrics to maintain awareness of deficiencies and performance trends. She is currently taking Information Technology Certification courses to better her skills in the ever-changing technological world and looks forward to using her knowledge base to fulfill CCRR's Data and Operations needs. Vicky is bilingual.



## Diana Santos

### Marketing and Public Relations Coordinator

Diana Santos holds a Bachelor's degree in Graphic Design. She is a former owner of a Group Family Child Care. She has over ten years of experience working in home-based and center-based child care settings. Diana worked for more than 8 years for the Clarkstown Central School District as a Food Service Supervisor and as a Teacher's Assistant. Her experience in child nutrition makes her a crucial part of the CACFP monitoring program team of CCRR. She is bilingual and enjoys helping the Latino community and volunteering for the American Foundation for Suicide Prevention. She says that working with children has taught her to see life the way they see it, with courage and curiosity, perseverance and joy. Diana is looking forward to helping providers and families with her experience in following their mission of raising children, OUR children, "Because it takes a village and I want to be part of it."



## Angela Reyes

### Director of Program Standards, Support and Professional Development

Angela Reyes has worked to support children and their families for over twenty years. As a trained Montessori infant and toddler specialist, she has spent the last nine years working with toddlers and their families at The Montessori Center of Nyack and then The Spring School in Tenafly, NJ. During the summers, Angela combined her love of children and the outdoors by working at Deerkill Day Camp in Suffern, NY while her children attended the camp. Prior to her work in early childhood education, Angela held the position of Director of the School Age Program at the Ossining Children's Center in Ossining and taught fifth and sixth graders at Central Park East I Elementary School in Spanish Harlem. Stepping out of the classroom, Angela is now focused on using her experience to support, enhance and promote early education and school age care within her own community of Rockland. She believes all children and families should have access to affordable and quality child care and education and is thrilled to join the staff of CCRR and work towards that goal.



## Jill Halpern

### Program Standards and Support Specialist

Jill says, that she has had the pleasure of working in the field of education for almost thirty years. She received her Master's degree in Special Education and is NYS certified to service children B-12th grade as well as Pre-K-6th grade. The beginning years of her career were dedicated to working with school-age children in special education capacities. She has dedicated the most recent twenty years to serving early childhood children and programs. Working directly in a program as the education coordinator, as a site director and then for the East Ramapo Central School District as a coordinator for Universal Pre-kindergarten; all afforded her excellent opportunities to develop and build on her understanding of best practices for young children as well as the importance of adhering to regulations. Jill says that growing up in Rockland County was great, so she and her husband chose to raise their two sons here as well. She has established collaborative, professional and strong community alliances here in Rockland. She looks forward to working for Child Care Resources of Rockland as a Standards and Support Specialist.



## Blanca Gerena

### Program Standards and Support Specialist

Blanca grew up in the Bronx and went to City College for one year before transferring to Mercy College in 1992, where she graduated with a Bachelor of Science Degree in 1997. After moving to Rockland County in 1994, she worked for the New York City Board of Education as a substitute Special Education teacher. Blanca taught 3rd, 4th, and 5th grade inclusion classrooms. After commuting between New York City and Rockland County for many years, Blanca decided to settle down in Rockland and began working for private child care programs in the county. She continued to work as a teacher in the East Ramapo School District, working in their Universal Pre-Kindergarten Programs. Blanca has 3 beautiful children and a beautiful granddaughter and is excited to begin a new part of her journey working as CCRR's Standards and Support Specialist. Blanca is bilingual.





# NEWS

## CURRENT PROJECT ► CREATING HEALTHY SCHOOLS AND COMMUNITY

By Diahann Darwood

Creating Healthy Schools & Communities (CHSC) is a five- year (2021-2026) public health initiative to help people live healthier lives. The Rockland County Department of Health, working with Child Care Resources of Rockland (CCRR), provides physical activity and nutrition tools to child care sites in North Rockland to implement policies and strategies that increase access to healthy foods and daily physical activity in early childhood education settings.



St. Gregory's Barbarino School,  
Principal Dana Spicer



Chavi Schwarzmer Group Family,  
Owner Chavi Schwarzmer



Pampered Family Daycare, Owner Claudine Desir



### IMPORTANT UPDATE

2023 - 2024 CACFP Reimbursement Rates Announced

**CACFP: National Average Payment Rates, Day Care Home Food Service Payment Rates, and Administrative Reimbursement Rates for Sponsoring Organizations of Day Care Homes (July 1, 2023 - June 30, 2024)**

Child Care Homes	BREAKFAST		LUNCH AND SUPPER		SUPPLEMENT	
	TIER I	TIER II	TIER I	TIER II	TIER I	TIER II
CONTIGUOUS STATES	1.65	0.59	3.12	1.88	0.93	0.25
ALASKA	2.63	0.92	5.05	3.05	1.50	0.41
GUAM, HAWAII, PUERTO RICO and VIRGIN ISLANDS	2.12	0.75	4.05	2.44	1.20	0.33

For more information, contact Chantel Pittman at ext. 633  
chantelp@rocklandchildcare.org or visit:  
<https://www.fns.usda.gov/cacfp/fr-070723>



**YOU'RE INVITED**

## Annual Meeting

Monday, September 18, 2023 • 8:00AM  
Rockland Community College, Ellipse Room  
145 College Road, Suffern, NY 10901

Call us at (845)425-0009 x0 to register

Continental Breakfast Free of Charge



# BREASTFEEDING FRIENDLY COMMUNITIES



Whether children were breastfed as infants and for how long may have an impact on their test scores when they are adolescents, according to new research.

The report, published Monday June 5, 2023 in the journal *Archives of Disease in Childhood*, followed about 5,000 British children from their infancy in the early 2000s to their last year of high school, according to lead study author Dr. Reneé Pereyra-Elías, a doctoral student and researcher in the National Perinatal Epidemiology Unit at the University of Oxford.

The children were divided into groups based on how long they were breastfed: not at all, a few months, or for a year or more, according to the study. Researchers then compared the children's results in the UK's General Certificate of Secondary Education testing in their final years of secondary school.

What the study team found was that there was a modest improvement in test scores associated with being breastfed longer, Pereyra-Elías said.

Compared with those who never had breast milk, children who were breastfed for at least 12 months were 39% more likely to have a high pass for both math and English GCSE exams and were 25% less likely to fail the English exam.

But that does not mean that every family must breastfeed their child, Pereyra-Elías said.

It isn't possible for every family to breastfeed, and those who don't should not be shamed or feel guilty that they might be putting their children at a disadvantage, he said.

The analysis is careful and especially strong due to the size of its sample, said Dr. Kevin McConway, professor emeritus of applied statistics at the Open University in England.

McConway was not involved in the research.

"Though the results are certainly interesting, you have to bear in mind the limitations that inevitably arise in research using observational data from major cohort studies," McConway added.

## The link between breastfeeding and test scores

The fact that the study was observational means it followed people's behavior rather than randomly assigning the behavior in question, McConway noted.

Consequently, the results only show a correlation between breastfeeding and test scores — not causation.

"It's not possible to be certain about what's causing what," he said.

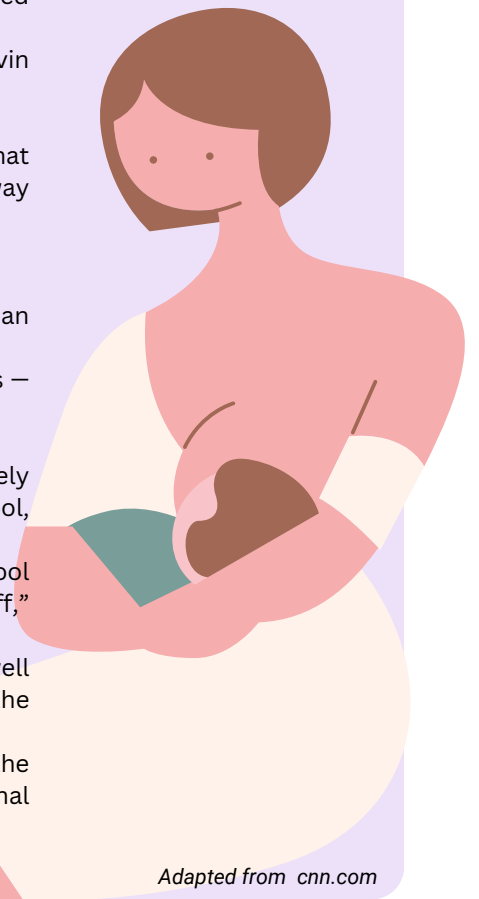
In the United Kingdom, mothers who have a higher socioeconomic position are more likely to breastfeed their children, and their children are more likely to do well in school, McConway said.

"That doesn't mean that it's the breastfeeding that causes the children to do well at school — obviously it could be some other aspect of the fact that their family is relatively well off," he added.

It could be that something about breastfeeding causes children to be more likely to do well on their exams, but it could also be that another independent factor influences both the chances that the child will be breastfed and do well on their tests, McConway said.

The researchers tried to control for many factors that might influence their results, like the mother's cognitive ability, but they couldn't account for everything in an observational study, Pereyra-Elías said.

"There may be some confounding factors," he said. "We did the best we could."



Adapted from [cnn.com](https://www.cnn.com)



# 2023 RBWN WOMEN OF ACHIEVEMENT HONOREE

## Vivian England, CCRR Board Vice-President

Vivian England is a seasoned expert in public administration. She is currently the Liaison to the Chairman of the Rockland County Legislature and for almost two decades she served as the Deputy Executive Director of the Center for Safety and Change.

Deeply committed to social justice Vivian was the Vice-Chair of the Rockland County Commission of Human Rights for over two decades. In addition, she is the Immediate-Past Chair of the Board of Leadership Rockland and led the effort to create Leadership Rockland's Diversity, Equity, Inclusion and Belonging Board Committee. She is also the coordinator for Leadership Rockland's Multi-Cultural Communities and Social Justice Day. One of her favorite quotes is "She who believes in justice cannot rest."

Self-described as "community centered" Vivian is the former Chair of the board of Cornell Cooperative Extension, and she currently serves on the boards of Leadership Rockland, People to People and [Child Care Resources of Rockland](#). She is also a Trustee for the historic St. Charles African Methodist Episcopal Church in Sparkill, New York.

Vivian is a recipient of the Spring Valley NAACP Unsung Hero Award, the Nyack Center's Woman of Leadership and Vision Award and The County of Rockland Above and Beyond Community Service Award.

She holds a Masters of Public Administration degree (MPA) and is a certified Professional in Human Resources (PHR).

Vivian resides in Valley Cottage with her spouse of 30 years and is the mother of two children.

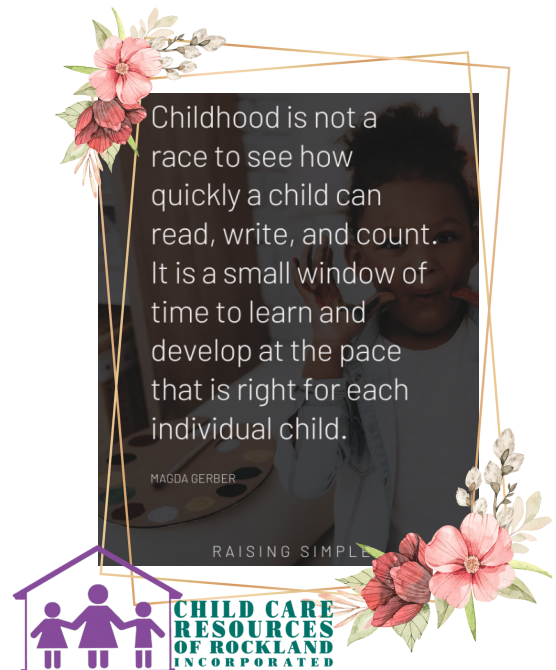


*Adapted from rbwn.org*

### County of Rockland Funded Project: STEAM

Currently CCRR has received funding from Rockland County to promote Intensive Technical Assistance in **Science, Technology, Engineering, Art, and Mathematics** (STEAM.) This includes providing teacher training and classroom materials related to these topics. It is a year-long funded project (January to December, 2023) to promote STEAM in the preschool and schoolage setting.

Through fun experiments, STEAM learning activities encourage children to hone their observation skills, find patterns, analyze results, and predict outcomes. Introducing this type of scientific thinking to little learners instills essential critical thinking skills, and helps them become better problem solvers and life-long learners.



## Important Dates

### OFFICE CLOSINGS

Labor Day:

Monday, 9/4

Columbus Day:

Monday, 10/9

Veterans Day:

Friday, 11/10

Thanksgiving:

Thursday, 11/23

Day After-Thanksgiving:

Friday, 11/24

Christmas Day:

Monday, 12/25

#### Executive Director

Keishea Allen x615

#### Interim Executive Director

Jane Brown x417

#### Director of Family, Community & Operations Services

Christina Espindola x610

#### Director of Program Standards, Support and Professional Development

Angela Reyes X418

Karen Ross x630

Elaine Trotta x451

## Staff Directory

#### Business Support Coordinator

Allison Wojciechowski x601

Cell: 845-422-7505

#### CACFP Coordinator

Chantel Pittman x633

#### Data and Operations Specialist

Vicky Saravia x458

#### Finance Coordinator

Kathleen Siuro x662

#### Health Care Consultant/Nurse

Kristin Saunders x612

Cell: 845-721-5351

#### Infant & Toddler Mental Health Specialist

Roxana Halo x613

#### Infant & Toddler Specialist/ Professional Development Coordinator

Jenny Spampinato x419

#### Legally Exempt Enrollment Coordinator

Ines Ortiz x411

#### Marketing & Public Relations Coordinator

Diana Santos x223

#### Program Standards & Support Services Coordinator

Edna Saravia x475

#### Program Standards & Support Specialists

Danielle Ball x620

Blanca Gerena x487

Jill Halpern x456

#### Quality Enhancement Specialist

Bonnie Parsekian x493

#### Quality Enhancement Specialist

Diahann Darwood x614

#### Resource & Referral Coordinator

Alice Rosado x421

**Legally Exempt  
Child Care Provider:  
Would You Like to Increase Your  
Income?**

With 10 hours of additional approved training,  
you can:

**Qualify for the "Enhanced Child Care Rate"  
AND  
Participate in the "Child and Adult Care Food  
Program"**

**For more information contact Ines Ortiz,  
Legally Exempt Coordinator  
845-425-0009 x411**

**Child Care Resources of Rockland, Inc.**

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**Support Child Care Resources of Rockland.**

**It's a WIN/WIN fundraiser!**

The 2023-2024 Football FUNdraiser will have a **\$5,000 payout**: Each weekly game will yield the following payout: \$50 at half-time, \$100 final score. The Super Bowl will have a \$2,300 payout as follows: 1st Quarter: \$300, 2nd Quarter: \$600, 3rd Quarter: \$300, Final Score: \$1,100. We appreciate your support!

**Good Luck! It may be YOU who wins big!**

Ready to get in the game?

Choose a Football Box, then purchase it, and continue the fun with the full slate of games + the Super Bowl.

(Please note: Games are subject to change due to unforeseen cancellations.) Boxes are \$100 and only 100 will be sold!

Don't delay, get yours today. **TO PURCHASE A BOX AND TO VIEW THE LIST OF GAMES**

**VISIT OUR WEBSITE AT [www.childcarerockland.org](http://www.childcarerockland.org)**



INFANTS \* TODDLERS \* PRESCHOOLERS \* SCHOOL AGERS

## Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News  
September- December 2023

### Promoting Fine Motor Development in the Infant and Toddler Classroom

Fine motor skills are having control of the small muscles in a child's hands and fingers that they can use together to perform movement. Development of these skills lay the foundation for day-to-day tasks such as holding utensils, coloring and so much more. Here are some great ways to practice infant and toddler fine motor skills.

#### Activity One (younger infants): Peel the Tape

Materials: Different colored painters tape and scissors  
What to do: Using scissors cut different colored painters tape in to various lengths and widths. Place the different size strips of painters tape on a flat surface. Using their pincer grasp, encourage infants to peel the tape!



#### Activity Two (older infants): Whisk Away

Materials: Bowl, Whisk and different colored medium to large size pom poms  
What to do: Provide toddlers with a whisk that has Pom Poms pushed in the middle. Encourage infants to take out the Pom Poms using their pincer grasp and place them in a bowl. For a challenge see if they can put the Pom Poms back into the whisk!



#### Activity One (Toddlers) : Fun with Silly Strings

Materials: Strainer and Pipe Cleaners  
What to do: Place strainer on a flat surface with Pipe Cleaners. Model for the toddlers, take one pipe cleaner at a time and string through the small holes on the sides of the strainer. Encourage toddlers to string the pipe cleaners through the holes.



#### Activity Two (Toddlers) : Run Away Pom Poms

Materials: Bowls, tongs, Pom Poms of various sizes and colors  
What to do: Place Pom Poms on a flat surface surrounded by different size bowls. Encourage toddlers to pick up the Pom Poms using the tongs and choose a bowl to put them in. For a challenge see if they can match the colored Pom Poms to colored bowls!



# INFANTS \* TODDLERS \* PRESCHOOLERS \* SCHOOL AGERS

## Fun & Educational Activities

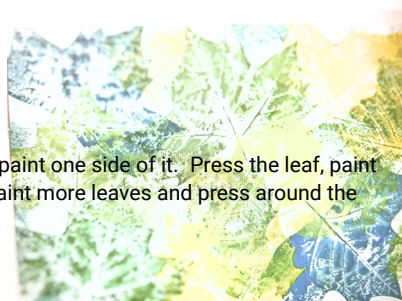
### Activity Ideas for Preschoolers

Leaf activities for preschoolers are perfect for introducing children to the world of science. In addition, they can help your preschoolers study nature and develop skills in math, counting, sorting, graphing, sensory input, and more. Here are two ways to turn leaves into art.

#### Leaf Prints

- Real leaves (a variety collected outside)
- Paper
- Tempera or poster paint and brushes
- A mat or newspaper

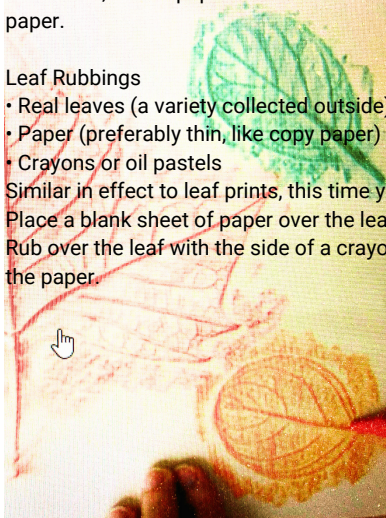
After you collect the leaves, choose one and paint one side of it. Press the leaf, paint side down, on the paper. Remove the leaf. Paint more leaves and press around the paper.



#### Leaf Rubbings

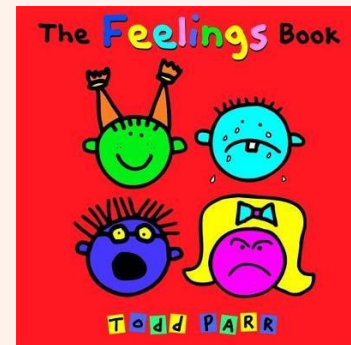
- Real leaves (a variety collected outside)
- Paper (preferably thin, like copy paper)
- Crayons or oil pastels

Similar in effect to leaf prints, this time you place the leaf on a surface, vein side up. Place a blank sheet of paper over the leaf. (Tape the paper down for younger children.) Rub over the leaf with the side of a crayon or oil pastel. Make more leaf rubbings around the paper.



### A Book Recommendation

Diahann Darwood, Quality Enhancement Specialist, recommends this book for children age group 2-5



Recognizing feelings in others and one's self!

Preschoolers who are emotionally aware and empathetic towards others tend to exhibit greater emotional resilience. They are better equipped to cope with challenging situations, setbacks, and stress. Recognizing and understanding emotions allows children to develop healthy coping mechanisms, seek support when needed, and bounce back more effectively from adversity.

### School Aged Activity (Parent Friendly)

#### Rock Decorating with Vibrant Markers!



Take a fun trip to the craft store! Get some smooth rocks and some vibrant permanent markers. Make an afternoon of rock decorating. Put them inside or outside.

Bonus: You can add a protective layer of Mod Podge!

Extend: Read Roxaboxen by Alice McLerran (age 3 to 7)

Roxaboxen is based on the childhood memory of the author's mother growing up in Yuma, Arizona. The story describes how this imaginary town came to be, what they did there, and who built it. The story is about a group of neighborhood children who play in the desert using rocks, glass and boxes to build houses, buildings, and businesses.