



Rockland Child Care News

January-April 2018

Tales for Tots: A Happy and Rewarding Experience

by Jean Delongis, Volunteer Reader



I was introduced to Tales for Tots through the Retired Senior Volunteer Program (RSVP) in 2003. I wanted to do something with children and was referred to Child Care Resources of Rockland and Marcia Scheer. I have been reading weekly to young children at Nyack's Little Schoolhouse since then and have loved every minute I have spent there. Christa Sampath, owner and director, has a well-trained and very special staff.

It has been a wonderfully happy and rewarding experience for me. The children are like sponges, listening quietly while I read and tell the many stories from books that I bring each time I visit. I look forward to each week when I open the door and I hear the children say, "Hi Miss Jean."

I am moving away from the area and can no longer read to the children but I am so happy to have been a part of this project. I have 14 years of wonderful memories to take with me to my new home. I only hope I can find a similar project there.

**YOU'RE NEVER
TOO OLD,
TOO WACKY,
TOO WILD,
TO PICK UP
A BOOK AND
READ TO
A CHILD.**

~ Dr. Seuss



Assembly
Member
Ken Zebrowski
reading at Tutor Time,
New City.



**A great, big thank
you to Assemblyman
Zebrowski for securing
a New York State Grant
to support literacy in
Rockland County!**

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Phyllis Tucker
Donna Perreca

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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

Gan Shirly
Happy Little Feet
Noelia O'leary
Olga Santos
Toddlerama, Inc.

CHILD CARE CENTERS

Children's Corner Learning Center
CCSD Childcare & Early Learning Program
Nanuet Family Resource Center
Tiny Scholar's World, Inc.
Viznitz Headstart

GROUP FAMILY CHILD CARE PROGRAMS

Joshua's Tree
Kiddie Kingdom
Kids in Action NY
Leading Labybugs 2
Little Hearts of Airmont
Safe at Play
Yolanda Avila Macas

SCHOOL AGE CARE PROGRAMS

Shelly's Playhouse, Inc.

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 JULY 18, AND NOVEMBER 15, 2017.

Jacquelin Abreu
Megan Adams
Esther Aufgang
Yolanda Avila
Sunita Badgujar
Christine Cahill
Kathleen Cuneo
Nicaury Delacruz
Ranice DeLoatch
Susan Dizzine
Wendy Dominguez
Elaine Donzella
Charmaine Edmundson
Dina Einhorn
Maria Estevez
Maria Estrella
Johanny Franco
Stephen Fromson

Angelica Gartner
John Gregory
Jan Jason
Myria Jean-Gilles
Georgia Lynch
Suzanne Mitts
Ann O'Donoghue
Evelyn Ortiz
Donna Perreca
Karen and Noah Sack
Elsa Sandoval
Karin Shaina
Velveth Silva
Nycole Smith
Victoria Stebbins-Frelow
Ann Taylor
Phyllis Tucker
Monique Williams
Genesis Young

Benim Scholastic Academy
Center for Safety and Change
Children's Corner Learning Center
Children of America-Stony Point
Children of Mary Nursery
Kidsnett
Kiryas Joel Early Head Start
Kiryas Joel Head Start
Liberty Learning Tree
Rockland Worksite Day Care
Smart N Academy
Smarty Pants
St. Paul's Christian Day School

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: Are You Prepared for Flu Season?



Did you know that the flu can be detected throughout the entire year in the U.S.?

According to the Center for Disease Control (CDC), flu activity increases in October and peaks around December through February, and activity can be detected as late as May. How can you keep the children healthy in your care as well as yourself? It's simple: get your flu shot and encourage parents to have their children vaccinated as well! We all understand that when a child falls ill, parents end up missing time at work and/or need to make alternative care arrangements. We can reduce this by educating parents as well as ourselves on the importance of the flu shot. The flu can cause serious complications and even death regardless of how healthy we are. In the 2016-17 flu season, 101 children died from the flu. The American Academy of Pediatrics (AAP) and CDC recommends that all people aged six months

and older should receive an annual influenza immunization (Berchermann, 2017).

How are you promoting the flu vaccine in your child care? You are required by the NYS Department of Health to post information regarding the flu in your program but what other information are you providing to parents? An article written by Dr. Berchermann on the Healthy Children's website is a great resource for parents as well as the public. Access this excellent resource at: <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Prepare-Your-Family-for-Flu-Season.aspx>.

Please share this information in your program and encourage all to receive their flu vaccination. Stay healthy! *Kristin G. Saunders, RN*

FIVE REALLY GOOD REASONS TO ELIMINATE ILLEGAL CHILD CARE:

1. FOLLOWS NO STANDARDS OR REGULATIONS WHEN CARING FOR CHILDREN
2. IS UNFAIR COMPETITION TO THOSE PROGRAMS THAT FOLLOW THE CHILD CARE LAWS AND REGULATIONS
3. MAY NOT BE PAYING TAXES
4. MAY NOT BE FOLLOWING LABOR LAWS
5. COULD BE HINDERING THE HEALTHY DEVELOPMENT OF YOUNG CHILDREN

TWO SIMPLE THINGS YOU CAN DO TO HELP WIPE OUT ILLEGAL CARE:

- ✓ Select regulated care. **If you need assistance finding licensed child care call us** at 845-425-0009.
- ✓ Report any suspicions of illegal care. Simply make a confidential or anonymous call to us, giving the address, days, hours of care and approximate number of children, and a licenser or registrar will go out to inspect.

YES, IT'S THAT SIMPLE!

...AND YOU COULD BE HELPING CHILDREN AND PARENTS TRANSFER TO REGULATED CHILD CARE. PLUS, YOU'RE HELPING THE ILLEGAL PROVIDER TO EITHER BECOME REGULATED OR CLOSE BEFORE THERE IS A PROBLEM.

MAT and H&S Registration: What You Need to Know!

Q I heard that registration for MAT and Health & Safety classes is no longer done on the CCRR website. How do I register?

A The new registration procedure for all MAT and Health & Safety classes is through the Early Childhood Education and Training Program sponsored by NYS OCFS.

1. Go to: <https://www.ecetp.pdp.albany.edu/index.asp>
2. If you have an account, log in using your username and password.
3. If you do not have an account, create one and then move on to # 4.

4. Log in and select: Apply for Health and Safety or MAT.
5. To locate the desired training enter Child Care Resources of Rockland in the keyword search.
6. This will bring up all scheduled Health & Safety classes and MAT classes. Select the desired class.
7. Complete any identifying information and confirm that it is all correct.
8. An email will be sent to the trainer and someone from our Operations Department will contact you for payment arrangements.
9. After payment is settled, you will receive an email confirming your registration.

Promoting An Acceptance of Diversity



Our thanks to the Rockland County Legislature for support of this project!

If you are interested in participating, please contact Debbie Silver: 845-425-0009 x459 or debbies@rocklandchildcare.org

Understanding and promoting an acceptance of diversity is critically important in our society today. If we start when children are very young, we should have a generation that cares about all people of all races, ethnicities, religions, colors, languages, genders, affiliations, etc.

As early childhood staff members spend so much time with children and their families, they need to better understand their role in promoting acceptance for all people. We are providing intensive technical assistance; training and materials to help staff in 12 early childhood classrooms around the county accept diverse families as well as promote an understanding of diverse cultures. Classrooms were excited to receive materials emphasizing diversity, including books, puzzles, dolls, multicultural art materials (paints, paper and markers), block accessories and CDs. CCRR specialists report observing teachers and children singing "Happy Birthday" in Spanish, using American Sign language, creating more realistic self-portraits using the art materials, and hosting a visit from a female fire fighter.



Harvey. Irma. Maria. Doing Our Part!

ROCKLAND DISASTER FUND

To help with meeting the basic needs of those affected by Hurricanes Harvey, Irma and Maria, Child Care Resources of Rockland staff members donated \$1020.

This past August, County Executive Ed Day held a press conference along with the Rockland County Voluntary Organizations Active in Disaster (RCVOAD) Executive Committee to announce that the Rockland Disaster Fund was being activated to accept monetary donations and CCRR wanted to help!

We were also delighted to donate a supply of Avon bug repellent and sunscreen to one of our sister agencies in Sarasota, FL, (see Facebook post). →

Keeping with our mission: *supporting the healthy development of all children...*



EMPLOYEE SPOTLIGHT:

Rachel Ambroziak, Quality Enhancement Specialist



What do you do at CCRR?

I am a Quality Enhancement Specialist and work with PreK and other early childhood programs. I am a CDA Professional Specialist and Trainer. I also supply the *Fun and Educational Activities* submission for this newsletter.

Tell us about yourself. Earlier in my career I graduated from a fashion designing school in Manhattan and worked in the field for about eight years, two years as a designer and six as a buyer. I went back to school when I tired of working the long hours in retailing and took courses in education. I continued taking courses as I worked in the education field and when I took a position to license an early child care program for a school district I was required to get my M.A. in Education. I continued in this field for several years licensing and experiencing the accreditation process. This brings me to my present position as a Quality Enhancement Specialist. Today I receive my greatest reward

when assisting teachers in creating an environment that promotes the love of learning.

Do you have a favorite hobby? I enjoy kayaking, cross country skiing, sewing, painting, hiking and relaxing doing yoga.

What did you want to be when you grew up?

As I previously mentioned I went to a fashion designing school and I believed I was going to be a designer of either women's clothes or stage costumes. I worked in the field of designing clothes for two years before I realized I didn't enjoy the world of competition. I often think about how much I have changed as I "grew up."

Do you have a philosophy by which you live?

I reviewed a few philosophical quotes before answering this one and the one that I felt best applied to who I am is "*Circumstances can change at any time so I try not to devalue or hurt anyone in this life.*"



PRE-K APPLICATIONS

will be available on our website on
January 31, 2018, after 5:00 pm.
childcarerockland.org



To apply for the 2018-2019 school year PreK program, submit the completed application no later than March 31, 2017.

ATTEND A PREK INFORMATION SESSION:

See page 8 for details.

Child Care Resources of Rockland
235 N. Main Street, Suite 11, Spring Valley, NY 10977
845-425-0009 | Fax: 845-425-5312

Children's Legislative FORUM March 2, 2018

8:30 am -10:00 am | 8:00 am Breakfast
at Rockland Community College

Sponsored by Rockland Children's Advocacy Network
Rockland Community College

ALL ARE INVITED TO DISCUSS HOW OUR CHILDREN
AND YOUTH ARE FARING IN ROCKLAND COUNTY



Kudos to Kristin G. Saunders, RN

A Child Care Provider Shares... I took my MAT training with Kristin yesterday and I want to take a moment to let you know that she is an amazing teacher.

I have been a provider for several years, but I still have many questions about the daily scenarios that come up and since she knows my daycare, she gave me tips on what would work for my situation.

Kristin gives personal experience tips that I could not have gotten from the manual or the videos. I will let other providers know that this is a must- have course with Kristin.

Thank you,

Geraldine Maguire
Ger's Home Away From Home Daycare

CHILD CARE RESOURCES OF ROCKLAND, INC

ENTER FOR A CHANCE TO WIN Walt Disney World HOPPER TICKETS!

4 One Day Hopper Tickets: includes same-day access to all four theme parks: Magic Kingdom, Epcot, Disney's Animal Kingdom, and Disney's Hollywood Studios. (\$648 value!)

Raffle Tickets:

1 for \$10 / 3 for \$25

Get yours today: 845.425.0009, x0
info@rocklandchildcare.org

Nutrition Corner - Setting Goals for the New Year

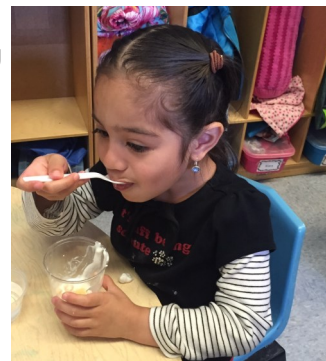
Happy New Year! The beginning of each year is a great time for reflection and change, reflecting on the things you did well in the previous year and making a list of the changes you wish to make in the new year. Changes may include incorporating more healthy foods in your diet, increasing physical activity each week, or simply drinking more water throughout the day. As you identify changes you would like to make and set goals for the new year, remember to think about the children in your care. Set goals for promoting health and nutrition in your child care facility.

S.M.A.R.T. Goals: When setting goals for your child care program, consider using the S.M.A.R.T. criteria. **Specific** – Goals are clear so that you know exactly what is expected. **Measurable** – Goals are specific, providing a concrete way to measure progress. **Achievable** – Goals are challenging but still attainable. **Realistic** – Goals are doable. **Timely** – Goals are timely, providing enough time for each goal to be achieved but not too much time so that goals do not lose momentum. Check out this example of a S.M.A.R.T. goal: "I will offer three different fruits and/or vegetables to the children over the course of each day."

Goal Setting: There are several areas you can focus on when making goals for both you and your child care program.

Set goals for being a better role model for the children in your care.

Young children often mimic the behaviors of those around them. If they observe you making healthy choices, they are more likely to make the same choices. Commit to sitting and eating meals with the children family-style and maintain a positive attitude during mealtimes and when introducing new foods. Commit to participating in physical activities with the children.



Set goals for promoting healthy eating habits. More children are overweight and obese, often due to overeating and limited physical activity. Many habits are learned at an early age, but when children learn how to choose healthy foods early, they are more likely to continue choosing healthy foods as adults. Commit to providing healthy foods that look and taste good. Focus on variety and plan menus that have at least three different colors. Encourage children to try new foods, but never force children to try food or to eat all of their food.

Set goals for incorporating more physical activity throughout the day. Physical activity has a variety of benefits, both short and long term. When children participate in physical activity on a regular basis, they are more likely to maintain a healthy weight. In addition, physical activity is a great way to release natural energy. Commit to providing both indoor and outdoor physical activity opportunities. Choose fun, noncompetitive activities that allow all children to participate.

Set goals for increasing nutrition education. Nutrition education is one of the most important and successful ways for helping children develop healthy eating habits. When children know where new foods come from, participate in preparing simple meals or snacks, and are engaged in fun activities, they are more likely to want to try new foods. Nutrition education is also a great source for introducing children to a variety of subject areas, such as math, science, and foreign languages.

Commit to including nutrition education in your curriculum each day. Focus on ways you can include nutrition education throughout the day, such as during circle time, free play, or teacher-led activities. Commit now to set S.M.A.R.T. goals for this year. Your role in promoting a healthy lifestyle can impact children, not just while they are growing up, but for the rest of their life.

Congratulations!

Child Care Professionals who recently received their CDA

Lurline Gillespie
Nadia Mureb
Maria Rosario

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

FREE INCOME TAX PREPARATION BY AARP TAX-AIDE

FEBRUARY 1, - APRIL 17, 2018

PROOF OF IDENTITY REQUIRED

SPRING VALLEY: MLK Center: Mon: 10am-2pm

Finkelstein Library: Mon: 10am-2pm, Wed: 4-7pm

Salvation Army: Sat. 10am-2pm

NYACK: Nyack Library: Mon: 10am-2pm

GARNERVILLE: King's Daughters Library, Rosman Center:

Tues: 3-7pm, Th: 10am-2pm, Sat: 10:30am-2:30pm

NEW CITY: New City Library: Tues & Sat: 10am-2pm

SUFFERN: Leo P. Lydon Building: Tues: 10am-2pm

Suffern Library: Wed & Sat: 10am-2pm

NANUET: Nanuet Library: Wed: 10am-2pm (This is a Facilities Self-Assistance –FSA—site.)

THIELLS: North Rockland High School: Wed: 2:30-6:30pm:

Feb. 7, 14, 28; Mar. 7, 14, 21, 28; Apr. 11

PEARL RIVER: Pearl River Library: Friday: 10am-2pm

VALLEY COTTAGE: Valley Cottage Library: Fri 10am-2pm

Must bring all documentation, tax returns, forms, receipts, etc.

Returns will be prepared on a first come, first served basis. You must sign in an hour before closing!



2018 PreK PARENT INFORMATION SESSIONS

In early February we will be hosting several Universal Pre-Kindergarten (UPK) and Statewide Full-day Pre-K information sessions for parents who have a child who will be 4 years old on or before December 1, 2018 and live in the following school districts:

**Clarkstown | Nanuet | North Rockland | Nyack
Pearl River | Suffern Central | South Orangetown**

REGISTRATION IS REQUIRED

Check our website for dates or contact us:

845-425-0009 x0 | info@rocklandchildcare.org

Warmest thanks to our Tales for Tots dedicated volunteers, pictured below with some of the many books we were able to purchase thanks to Assemblyman Zebrowski.



2017 EARLY CHILDHOOD AND SCHOOL AGE CONFERENCE

On November 4, 2017, 160 participants attended our 43rd Annual Conference for a day full of learning and laughter, and we are very grateful to all who were able to attend! Here are some workshop comments shared on the evaluation forms:

All the information was very helpful to me personally and professionally.

Presenter was well experienced and informative, and gave good ideas on how to discuss difficult situations.

Opened up my beliefs and opinions to self-efficacy.

I learned new ways to work with dual language learners.

Help children to breathe and calm down. Respect their feelings. Give them words for their emotions.



We hope to see you next year!

Fun! Amazing! Definitely something to take with you. Learning should always be fun!

Participant reflection on the keynote presentation.

THANK YOU NYS ASSEMBLYMAN KEN ZEBROWSKI FOR HELPING TO MAKE THIS YEAR'S CONFERENCE A GREAT SUCCESS!



The *Judy Kesselman Memorial Fund* for Early Childhood Programs was created to perpetuate Judy's love of the natural environment to **benefit young children in Rockland County.**

Judy dedicated her life to helping teachers, children and parents develop an understanding, respect, and love of the natural world. She brought vast knowledge and overflowing enthusiasm to the workshops and courses she taught, as well as enormous amounts of materials!

As a way to honor Judy and her wonderful contributions, we have established the Judy Kesselman Memorial Fund for Early Childhood Centers as a way to perpetuate her love of the natural environment to benefit young children in Rockland County. More information is forthcoming.

If you are a staff member in an early childhood center and would like to learn more about the projects in Judy's honor and how to apply for funding, please contact Marcia Scheer: marcias1020@yahoo.com

Comings and Goings

Office Closings

Jan. 1: New Year's Day
Jan. 15: Martin Luther King, Jr. Day
Feb. 19: Presidents' Day

Save the Date

Mar. 2: Children's Legislative Forum
Apr. 26: Children's Champions Awards
June 1: Annual Meeting

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



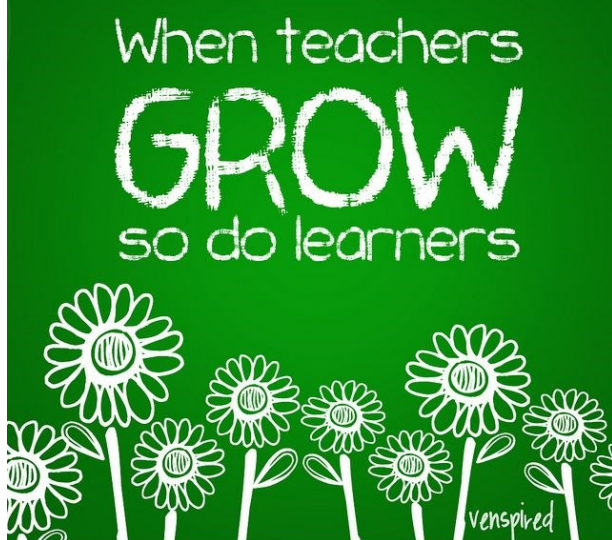
2018 PROFESSIONAL DEVELOPMENT SEMINARS AND TRAININGS

How will you grow this year?

Check out our offerings!

Contact us today!

Sign up by phone, online, or in person.



Staff Directory

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Jane Brown x417

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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

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Elaine Trotta x421

Legally Exempt Enrollment Coordinator Program Standards and Support Services Coordinator

Ines Ortiz x411

Fia Hill Murray x487

CACFP Coordinator

Teresa Ortega x633

Standards and Support Specialists, and Registrars

Priscilla Blanco x458

James 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

Contact us:

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

Hours: M-F 8:30 am—5:00 pm

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

info@rocklandchildcare.org
www.childcarerockland.org

INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGERS

Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News
January-April 2018

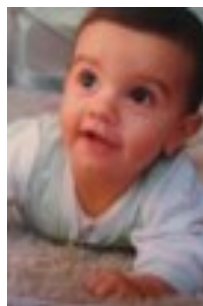
Infants Stimulating Your Infant's Brain

Stimulating your child's brain during the early years and providing situations where your child can explore helps them to learn things that get them in touch with their environment. Items for an infant to observe in his/her environment do not have to be store-bought. Now that the gift buying holiday is over, offering something you or a family member has made for your baby is twice as important.

Activity: Visual, Hearing and Tactile Experience

Materials: Paper towel or toilet paper tubes cut into 1 - 2 inch rings, a low basket or shallow pan

What to do: Fill the basket or pan with the paper tube rings, and play in front of your baby while in tummy time, propped on a pillow or sitting on your lap with hands free to play. Encourage baby to push and bump her hands up against the rings or use the wall of the container to help your baby grasp them. Variations: Swap out the cut tubes with ribbon strips or bath puffs to provide a different tactile sensation. Golf balls are fun fillers, as they make a great noise when placed in a metal pan.



Check out this great baby video with music and nursery rhymes for the indoor days ahead:
<https://youtu.be/lgQ10jfgJUE>

<https://happyhooligans.ca/22-things-make-cardboard-tubes/>

Toddlers Sound and Word Games

Your toddler can develop an early understanding of how sounds form words by playing sound and word games. These fun activities help toddlers see the connections between various sounds and the words that they make. Introduce your toddler to and encourage the idea of rhyming by reading and reciting nursery rhymes. The following rhyme is great to recite as your child holds a favorite bear or other animal while moving and singing along with you:

Teddy bear, teddy bear - turn around, teddy bear, teddy bear - touch the ground
Teddy bear, teddy bear - shake your hips, teddy bear, teddy bear - blow a kiss
Teddy bear, teddy bear - jump up high, teddy bear, teddy bear - see me smile
Teddy bear, teddy bear - give a hug, teddy bear, teddy bear - lots of love

www.puckett.org CELLpractices



Activity: Bean Bag Toss

Physical games encourage decision making about when and how to move the body. Tossing objects at targets can give your toddler both pleasure and confidence.

Materials: Large laundry basket, plastic sandwich bags or socks, package

of dry beans

What to do: Make beanbags to toss by fill plastic sandwich bags(doubled and sealed with plastic tape) or socks tied off at the end. Store the bags out of reach when finished.

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

info@rocklandchildcare.org
www.childcarerockland.org

INFANTS • TODDLERS • PRESCHOOLERS • SCHOOL AGERS

Fun & Educational Activities

Preschoolers

Learning New Skills

At this age children are anxious to learn new skills and stretch their cognitive abilities. The basic skills they will acquire in pre-school will give them a good handle on their fine and gross motor skills and speech, preparing them for future educational experiences.

Activity: Sensory Spelling Word Practice Cards

Materials: Cereal or cracker boxes, white glue, sand

What to do: Cut rectangles from the boxes about 5"x3" to create the cards - no need to be exact. Write out spelling words with white glue (use small amounts of glue and make sure the lines are thin). Sprinkle sand on the wet glue. Dump the excess sand off the cards over plates so that you can reuse the sand. Let the spelling cards dry overnight. You can also make cards using letters on the boxes.

When dry, explore the word and/or letter cards through sight, sound, and touch. Next, tell the child to close or cover her eyes and use her fingers to touch the letter or word in order to guess what it is.

These words can also be written on cardboard and taped on the floor. Have the child jump on a letter or word in bare feet to music. Have fun learning through movement.



<https://childhood101.com/sight-words-activity-ideas/>

School Agers

Exploration and Discovery

The school age years are considered a time of eager exploration and discovery. Contact with the larger world will expand a child's environment beyond the family. This is critical for establishing independence, gaining confidence and forming new friendships. During this time a child will experience tremendous physical, social, emotional and cognitive growth.

Activity: My "Pop Up" Book About My Family and Friends

Materials: Construction paper, writing paper, glue, pencil, markers, any additional art materials. Work with your school ager to tell a story about an experience. Assist them in writing the words and decide what illustrations the child wants in the book. After the words and pictures are complete, follow the directions for making the pop up part.



What to do: Cut two long identical strips of paper. Put one end on top of the other end so they make an "L" shape. Fold the bottom strip up and over the top strip. Now the bottom strip will be on the top. The shape is still an "L." Continue criss-crossing the strips of paper over each other until you have created an interlocking springy pile. Put the picture on top with glue. Make as many as you want. Use the construction paper for the front and back cover which you have decorated and titled.



This personalized story book is so special!



<https://imaginationsoup.net/2012/01/30/easy-kid-writing-idea-pop-up-book/>

Child Care Resources of Rockland, Inc. is a contract agency of the County of Rockland, the 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.