



CHILD DEVELOPMENT COUNCIL

NETWORK NEWS

Volume 30 Number 1

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Letter to the Community

When my niece was young, I used to play this matching game with her. I would ask, "Is this one like the other?" She would say, "It is just like that one, only different." Today we announce a new name for the Council and it may seem familiar. We have shortened our very long corporate name to the portion that is most inclusive of all of our services. Officially, we are now doing business as the **CHILD DEVELOPMENT COUNCIL**.

We will continue to offer support for the growth and development of child care, assist moms and dads with their infants and toddlers, and coordinate services and parenting support to teen parents. The Warm Line (offering caregivers an anonymous place to call for help), financial and resource assistance for parents will continue.

NEW LOGO - The new logo is a refreshing example of the importance and vitality of the young lives in our community. It reminds me of finger painting. Did you know that simple activities like this are the early steps in lifelong learning? Play builds the pathways to mental and physical growth. Add the benefits of genuine connections to other people, and the recipe for a healthy and productive life is created for today, tomorrow and for their future.

THE IMPORTANCE OF BEING THERE - Several years ago the Council developed a set of posters showing teen dads in action with their children. The tag line says it all. *The importance of being there* highlights the role of the agency, as we visit families in their homes, in child care and as we assist the community to "be there" for the children. Our name may be different but our mission is just as vibrant as ever.

The board, staff and I wish you all a healthy and happy new year.

Susan Dale-Hall
Executive Director

*Promoting the healthy development
of children and families...*

At Home



In Child Care



In the Community



Scholarship = Good Business

Were you in business last year? Or did you run a child care program as a hobby? The Internal Revenue Service calls a 'business' an enterprise that doesn't lose money. When you compare money in to money out which is bigger?

It's smart to review program policies regularly. If you are lenient with collecting parent fees, the message to parents can be that there really are no deadlines, and that you don't need the money. Or if you are aware of families' financial problems and tell them they can pay you later, it puts child care at the bottom of the priority list. Talking about the situation gets harder as the bill gets larger. At some point what you do in practice becomes, in effect, a policy of your business.

Fortunately, the child care emergency scholarship fund is available to help - until your policies are re-written. Families apply to the fund when something disrupts their well-balanced finances and their child care payments to you get behind. The fund is limited, and the average award per family is about \$500 once a year.

If you are aware of a current or future financial problem get started today; talk to the family and tell them to call the Council for help. Unfortunately, child care bills can grow fast, especially with more than one child. Be proactive and nip the problem in the bud before it's out of control.

Funding for the scholarship program is provided by the City of Ithaca Community Development Block Grant Program and other public and private donations.

Tax Season

January starts another cycle of financial activities that culminate with April 15 - Tax Day. If you employ workers you are responsible for providing information about their 2008 earnings and taxes withheld. Everyone needs to file a state and a federal tax form; even if your earnings were small there still may be benefits you may be entitled to receive, such as the Earned Income Tax Credit.

Some childcare businesses can easily calculate a total and give parents an accounting of how much they paid in 2008 so that parents can claim child care expenses. It's also time to tally up what you spent to operate the child care business to figure out how successful your business is, and what changes to implement in the new year.

Please call the Council with questions about the financial aspects of your chosen profession. We plan to have a consultant available who can assist you during the next few months.



Economic Stress and Child Care

The downturn in the economy has hit many families hard. You, as a provider, probably notice your dollars buying less food, and supplies for activities have to be put on a back burner. The children in your care are probably noticing some stress, as well. Whether they know that a parent has lost a job, or notice that their parents seem worried or sad, the stress still affects them. As a provider, you help maintain a routine in their lives, which gives them security.

When you notice a child acting out of sorts or overhear a conversation between children, you can incorporate some conversations and activities in your day to help them feel better. Talking about what it means to be happy can lead to an art project with drawings about their feelings. Smiles can make you happy, hugs can make you happy, dancing can make you happy. You can also talk in general about how parents can take care of big problems. If a parent reveals a problem to you, ask them how their child is handling it and share any observations you may have of the child.

While very young children may show behaviors of acting out or withdrawing, older children may have enough information (told or overheard) to let their imaginations run wild. It's important to reinforce the idea that parents know how to take care of things. Taking your cues from what you hear, you can provide reassuring information in an age-appropriate way.

Children can be very resilient and adapt to an economic impact on their lives. They may show difficulty in some areas such as appetite or sleeping, but with reassurance from all the adults in their lives, they can weather this economic storm.

Child Health Plus Expands with Lower Rates

Effective September 1, 2008 children in families with annual incomes up to \$70,000 for a family of three (\$84,000 for family of four) are eligible for New York's Child Health Plus insurance program. Families with higher incomes can pay a full monthly premium which typically is less than private insurance. The program provides free or reduced cost health insurance for children up to 19 yrs. If a family is Medicaid eligible, Medicaid covers the costs. For more information call the Get Covered Info line at 272-9331 or contact Mothers and Babies Perinatal Network at 1-800-231-0744. Appointments are available locally on Mondays at Convenient Care and on Tuesdays and Thursdays at Child Development Council.

SACC Forums

Second Tuesdays
10:30 - Noon
at Child Development Council
January 13
February 10
March 10

Nursery School Network

Second Wednesdays
1 - 2:30 p.m.
January 14
East Ithaca Preschool
February 11
St. Paul's Nursery School
March 11
Child Development Council

Center Directors' Group

Second Thursdays
1:30 - 3:30 p.m.
at Child Development Council
January 8
February 12
March 12

NEW CACFP Participants:

Jessica Allison, GFDC
Christina Allen, FDC
Kimberly Gazzo, FDC
Tiffany Martinez, LE/FDC in process
Michelle Loveless, LE

NEWLY REGISTERED FDC PROVIDERS:

Robin Salisbury, Ithaca (new address)
Kimberly Gazzo, Dryden
Christina Allen, Groton
Melody Wilder, Freeville

Fossil Dough (contributed at the Nursery School Directors' meeting)

Enjoy making your own 'fossils' at home. Use different three-dimensional shapes to create your prehistoric treasures. If you're not a coffee drinker, ask parents or staff to contribute their grounds and leftover coffee to the project.

½ cup coffee grounds
1 ½ cup flour
½ cup salt
½ cup cold coffee



Mix first three ingredients. Add liquid coffee a little at a time to make a dry dough that you can handle without it sticking to your fingers. You may need to adjust the flour and liquid coffee to make a dough that is dry enough to be shaped into balls. If it is too sticky, the dough will not make a good impression of the object.

Start with a small ball of dough, about 2 inches in diameter. Insert an object that has an interesting shape - such as a shell with indentations or a hard plastic model of an animal. Mold the dough around the object, and then carefully remove the object. Set the fossil aside to dry. As the liquid evaporates, the fossil will turn from dark to light color. Be patient; it may take up to 2 days at room temperature for all the dark spots to dry out.

Once you've figured out the recipe, make more. It keeps in the refrigerator, but can get moldy if left on the counter. Experiment with larger balls of dough and larger objects. Of course, they will take longer to dry out.

Have You Heard?



Three experienced child care providers became radio personalities in late 2008. Registered family day care provider Becky Bordonaro and licensed group family day care providers Gregg Vorhis and Gloria Molina all contributed their voices to ads the Council developed in an attempt to recruit more caregivers for infants and toddlers.

The three ads were played regularly on local stations during November and December. Results have been encouraging; we're now working with some interested prospective providers who were inspired to call the Council because of the ads.

Thanks Gloria, Becky and Gregg!

One 1/2 to Two Years. Baby on the Run!!

The development of children from babies to toddlers is marked by many developmental leaps. Physically they are becoming much more coordinated, using their new found abilities to try to climb up stairs, couches and chairs. They learn to stand on tippy toes to reach the forbidden and can scooch under tables to hide. Language can take a leap forward, as well. They usually go from trying to say a few words to speaking in short sentences, "I do it!" being one of the favorites. As a toddler becomes more sure of herself, she also becomes more independent and will want to try to put her own shoes on, open doors and wipe up her own spills. This is the time to give her a couple of choices you can live with. Here are some more milestones from the Early Intervention Program at the Health Department. Parents can always call if they have a concern about their child's development.

- *They like to pull, push and dump things
- *They want to feed themselves
- *They can draw on paper with big markers or crayons
- *They can point to their ears, eyes, nose and hair
- *They recognize familiar pictures
- *They like to imitate adults



This is a fun time as long as expectations are realistic. Children don't share at this stage. They are very egocentric and think that if a toy leaves their hand it's gone forever. You can show examples of sharing and through repetition they will learn. Language is exploding and a toddler will be very interested in what you are saying. Explain everything you are doing. Point to objects and name them all the time. You'll see that "what's that?" changes into pointing and naming the objects themselves. Provide lots of physical activity, but also some quiet time, like reading or play-doh. And forget the power struggles and enjoy!



2009 Calendar-Keepers – Free!

We are very happy to be able to offer 2009 Calendar-Keepers to all Registered and Licensed Family and Group Family Day Care Providers at NO COST, due to money received from NYS. We still have a lot available, one per program, at our offices. The Calendar-Keeper is a calendar/record-keeping system for family child care providers. Included in the Calendar-Keeper are areas to record receipts, payments, fire drills, etc. in addition to monthly menus, recipes and activities. Please call our office to arrange to pick up your 2009 Calendar-Keeper. We do have to track each program that receives a Calendar-Keeper. If you have any questions, please feel free to contact Laurie at 273-0259 or laurie@childdevelopmentcouncil.org.

My name is Rebecca Curren and I am the new Eligibility and Referral Specialist with the Child Development Council. Before taking this position in late August, I was serving as an AmeriCorps VISTA at the Ithaca Youth Bureau, focusing on volunteer recruitment, retention and recognition with three mentoring programs. I earned my B.A. in Sociology and Women and Gender Studies from the University of Colorado at Boulder and hope to soon start working toward a Masters in Social Work. I am responsible for maintaining a database of licensed and registered providers in Tompkins County and helping parents and guardians find day care that best meets their needs.



Hello, my name is Margaret Firenze. I was born and raised here in Ithaca, in an environment where numerous children were cared for by my own mother in our home. After attending Cazenovia College, my mother and I combined forces to implement a Group Family Day Care where we provided child care together for ten years.



I am proud to now be a Child Care Specialist, working specifically with Legally-Exempt child care providers. I highlight my role with an emphasis on the health and safety needs of children in child care. I most enjoy being able to offer assistance to the providers and families with whom I work. I look forward to drawing upon my years of experience with children and families to add to the quality of care provided to the children in our community.

Hi, my name is Ann Turcsik. I have lived and worked in the Tompkins County area my entire life. I have two school age children that attend Ithaca schools. Prior to joining the Child Development Council I worked at a local insurance agency. As a Program/Administrative Assistant with the Council, I will be assisting with the Child and Adult Care Food Program and performing activities needed to implement and maintain the Child Care Resource and Referral Program. If you stop by the Council, you may see me at the front desk. I am thrilled to have joined the Council and hope to meet you soon.





Administrative Team -
(left to right)
Ann Turcsik, Diane Feldman,
Sue Dale-Hall, Sylvia Lott,
Chris Hart

Resource and Referral Team -
(Starting from top left)
Lynne Whetzel, Judy Kern, Margaret
Firenze, Maureen Reedy, Becca
Curren, Michelle Rankin, Jan Warren,
Laurie Hobler, Diana Crouch



Family Services-
(left to right)
Peggy Arcadi, Marie Boyer,
Judy Lauper, Gundy Lee,
Diana Sprague Gallagher

Did you know that you could be reimbursed for providing nutritious meals and snacks to the children in your care?

The USDA Child and Adult Care Food Program will reimburse child care programs for serving healthy meals and snacks.

If you have ever wondered what the Child and Adult Care Food Program is all about, we have answered some frequently asked questions for you here.

Call Judy Kern at 607-273-0259 for more information.

The goals of the CACFP are:

- ❖ To help you provide nutritious meals and snacks to children in your care
- ❖ To help the children develop healthy eating patterns that will stay with them



Who can enroll in the CACFP?

Family and Group Family Day Care providers (or those considered “in process”) can enroll. Legally Exempt Providers (or temporary Legally Exempt) can also enroll.

How much paperwork is involved?

Much of the paperwork involved in CACFP is paperwork you are already keeping as a provider. You can set up a system that works for you in several different ways. Some providers use a computer to track information.

How much is the reimbursement?

There are 2 reimbursement rates in CACFP to insure that everyone can benefit from the program. Those eligible will qualify for the higher Tier 1 rate. All others will be reimbursed at the lower Tier 2 rate. A Family Day Care provider caring for 5 children, at the Tier 1 rate, and providing breakfast, lunch and one snack per day, would receive almost \$400 per month.

Can one child/family participate and others not participate in CACFP?

All children enrolled in your child care program would participate in CACFP.

Do you have to use specific recipes and menus? Do I need to send in menus in advance for approval?

You can use your own recipes, and plan your own menus that work for you and the children in your care. You must follow the meal patterns, however, that include milk, fruits and vegetables, meat or meat alternates and bread or grains. Some providers find it easier to plan meals daily. Some may want to use cycle menus. Some may want to submit menus in advance. Use whatever method works for you.

Will I still be able to claim the cost of food for my day care program on my taxes?

Speak to your tax preparer. CACFP will probably not cover your total food costs, so it is possible to still claim some food costs. Helpful information can be found in Tom Copeland’s books through Redleaf Press.

How will CACFP assist me in helping children learn healthy eating habits?

CACFP provides resources including in-home visits 3 times per year, a monthly newsletter, and an annual training to help you. CACFP staff is available to answer any questions, with Nutritionist support from the NYS Department of Health.

The Three Chilies: Cold Weather Comfort Food

Top any of the chili recipes with shredded cheese, sour cream or crushed tortilla chips.

Easy Classic Beef Chili

1½ pounds lean ground beef
1 large onion, chopped
1 small green bell pepper, chopped
1 rib (1/2 cup) celery, chopped
1 teaspoon finely chopped fresh garlic
2 (14.5-ounce) cans diced tomatoes, undrained
2 (15-ounce kidney or other beans, undrained
1 (8-ounce) can tomato paste
1 to 2 Tablespoons chili powder
1½ teaspoons ground cumin
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground red pepper
Cook ground beef, onions, green pepper, celery and garlic in 5 quart saucepan over high heat until meat is browned (10-12 minutes). Drain off fat.
Stir in all remaining ingredients. Continue cooking until mixture comes to a boil (5-8 minutes). Reduce heat to low. Cook, stirring occasionally, for 30-40 minutes.



White Chicken Chili

4 chicken breasts, cut into bite size pieces
2 chopped cloves of garlic
1 medium onion, chopped
2½ teaspoons ground cumin
½ teaspoon oregano
2 Tablespoons oil
1 teaspoon cloves
½ teaspoon cayenne pepper
4 ounces diced green chilies, undrained
2 (15-ounce) cans white beans, undrained
2 cups chicken broth
Sauté first 6 ingredients until chicken is cooked.
Add the rest and simmer.



Easy Vegetarian Chili

2 pkgs/cans mixed vegetables
2 cloves minced garlic
2 (28-ounce) cans whole tomatoes, cut up
2 (15-ounce) cans kidney or other beans
1 cup cashews, peanuts or nuts of your choice
3 teaspoons chili powder
1½ teaspoons oregano
1½ teaspoons cumin
½ teaspoon salt
1 bay leaf
Mix all ingredients in a large saucepan and heat until flavors are blended.



Dr. Goel with Dr. Charles Randolph, Founder of American Mobile Dental.

American Mobile Dental van in Ithaca. Left to right Lynne Whetzel, CCRR Director (CDC); Carole Tortarici, Site Manager (AMD); Ed Lorch, Executive Director (AMD)



National Children's Dental Health Month - Fun and Free Things for Families

Every February since 1949 the American Dental Association (ADA) has sponsored National Children's Dental Health Month to raise awareness about the importance of oral health.

Developing good habits at an early age and scheduling regular dental visits help children get a good start on a lifetime of healthy teeth and gums.

The 2009 campaign features the adventures of the Tough Tooth Team. Free posters in English or Spanish, activity sheets, puzzles, a calendar and other educational aids are available at www.ADA.org. Materials can be ordered online, by phone, fax or mail.

Here are some other resources, local and national, to help families achieve good oral health.

Finding affordable dental care is an issue for many families. One answer is the big white van that parks near the Department of Social Services on West State St. in Ithaca. American Mobile Dental was founded in 2002 with the mission to "bridge the gap between affordability and accessibility." Founder Dr. Charles Randolph, a practicing dentist for over 37 years, was in Ithaca in November with other staff on the regular every-other-Monday visit. Dental teams in vans are operating in parts of New York and several other states; they partner with Head Start, Office of Children and Family Services, school districts and other business and community organizations. Reach the van staff at 1-877-24-TOOTH or learn more about this service at www.americanmobiledental.com.

The Tompkins County Health Planning Council, a program of the Human Services Coalition of Tompkins County, has researched options for lowering costs for dental work. The Guide To Finding Dental Coverage was produced in Oct. '08; get it at www.hsctc.org.

Kinney Drugs, Inc., in partnership with several dental organizations, will provide free dental health assessments for children in grades K, 2, 4, 7 and 10. Local volunteer dentists will be available from 10 am to 2 pm on Saturday, February 7 at 45 Kinney stores in New York. Those closest to us are Cortland, Marathon, Trumansburg, Dryden and Moravia. The complete list is available at www.nysdentalfoundation.org. The assessments are offered to facilitate a New York law, effective September 1, 2008, that encourages parents and guardians to obtain dental screenings for children when they enter school and in the grades noted above.

Activities and talking points geared to children are available from the National Food Service Management Institute to help teachers and parents involve children in making the choices that promote good healthy teeth. For example, ask children to name three things that teeth do. Can you? How about five foods that keep teeth healthy? Check out more ideas at www.nfsmi.org. Look at the Newsletters - Mealtime Memo for Child Care, issue 2008-06.

You can read the Network News on our website and talk to us by e-mail!

Please help us save on printing costs by signing up to receive a notification by e-mail when the Network News is ready to view on our website. Send your name, affiliation and email address to chart@childdevelopmentcouncil.org.

To correct mailing list problems, please send an e-mail to the above address or mail the information to Child Development Council, 609 W. Clinton St., Ithaca, NY 14850.



Winter Safety - Detecting Dangers Indoors

A recent tragic house fire in northern New York resulted in the deaths of four children and four adults. Fire officials, as well as the nurse from the school the children attended, have reached out to remind everyone - tell children and their parents to check smoke detectors (and carbon monoxide detectors) and batteries. The house that burned had no working smoke detectors.

Fire safety brochures are available from the NYS Department of State, Office of Fire Prevention and Control at www.dos.state.ny.us/fire. Locally, the Ithaca City Fire Department administers an injury prevention grant from the NYS Health Department that can help people who do not have a working smoke detector. Both landlords and homeowners are eligible; call 272-1234 for more information.

Save the Date!

April 20 - 26

Turnoff Week sponsored by the Center for Screen-Time Awareness. Make plans to do activities that don't involve sitting/watching/interacting with screens. Register and get ideas, an organizer's kit and more at www.screentime.org. Help combat childhood obesity.

Go Green at the Crayon Carnival



Saturday, March 7

Shops at Ithaca Mall

Join in the community wide event sponsored by Omega Phi Beta Sorority, Inc. A collective project of student volunteers, community members and local businesses will come together to present exhibits, workshops, informational booths and live demonstrations to Educate, Enhance and Empower Ithacans young and old alike. Look for the Child Development Council's display. Participants will explore environmental issues in a variety of activities. To participate, demonstrate, network or just enjoy a Saturday event, learn more at www.crayoncarnival.com.



CHILD DEVELOPMENT COUNCIL
609 W. CLINTON ST.
ITHACA, NY 14850

Non-Profit Organization
U.S. Postage - PAID
Ithaca, NY 14850
Permit No. 456



The Council will be Closed:
January 19 and February 16

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Diane Feldman, Fiscal Manager
Chris Hart, Program Assistant
Sylvia Lott, Executive Assistant
Maureen Reedy, Child Care Support Services Director
Ann Turcsik, Program/Administrative Assistant
Lynne Whetzel, CCRR Director

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Peggy Arcadi, Case Manager TP3
Marie Boyer, Case Manager TP3
Diana Crouch, Child Care Specialist CCSS
Rebecca Curren, Referral and Eligibility Specialist CCRR
Margaret Firenze, Child Care Specialist CCSS
Judy Kern, CACFP Specialist CCR&R
Laurie Hobler, Child Care Specialist CCSS
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