

What to Say Instead of “Use Your Words”

“Use your words” seems to be the slogan for preschoolers these days. Do we want children to use their words? Of course! But this is a skill that needs to be taught. We need to show children *how to use their words*. In other words, **we need to teach them the words to use.**

When we tell children to “use their words,” we are assuming they are choosing not to. We are assuming that they have mastered the ability to pause, make a plan, and know what to say in that situation. Moreover, we are assuming they are totally in control when in fact, when we are stressed, our “thinking brain” goes out the window. Not getting a toy may seem insignificant, but situations like that can be highly stressful for a little one. Add to that the frustration of not being able to communicate and we have perfect storm. We can make life a little easier for them by **giving them the language and coaching them through the moment.**

Problem-solving and social-emotional skills take time to develop. But how do we teach these skills?

Model the language: Instead of telling children to “Use your words,” model the words you want them to use. Using language that is **specific and simple, tell them what to say.** For example, “Can I have it when you’re done?” These end up becoming teaching moments and children will start to internalize the language for solving problems.

Say it for them how they would say it: Learning language is a process. A little one may not have the words yet to ask. Or they may know what to say, but they could be too stressed to come up with the words in that moment. If a child is getting upset because they want something, instead of saying, “Use your words,” model for them what to say how they would say it (ex: “I want water,” “I want my toy, etc.”)

Model problem-solving: When we show children how we pause and evaluate possible solutions, we are *showing them* how we

work through problems. Next time you’re at the grocery store and realize they are out of something you need, model your problem-solving strategy out loud. For example, you could say, “They are all out of spiral noodles. That’s okay...We can use spaghetti noodles instead!” These “think alouds” show children that we all encounter problems and we can work through them.

Involve your child: Let the child be part of the problem-solving process. Using phrases such as “I wonder...?” or “What do you think we should do?” involves them in the solution

Model pausing: Impulse control can be challenging, even for us! It is especially hard for little ones that are still developing impulse control. Taking a pause before reacting is a life-long skill we can start teaching to young children. By modeling “taking a beat” ourselves, we show children how to pause, make a plan, and respond. Dr. Becky Bailey creator of Conscious Discipline recommends teaching children to STAR: **S**mile, **T**ake a deep breath **A**nd **R**elax.

Name the emotion: Developing a vocabulary for feelings/emotions can be a powerful tool for self-regulation. In their book, “Whole-Brain Child,” Dr. Dan Siegel and Dr. Tina Payne Bryson refer to this as the “name it to tame it” strategy. Giving language to big emotions can help calm us down and process what we are experiencing. For example, “I can tell you’re really frustrated!” You can also work on emotion vocabulary outside of the moment. Books are a great way to do this. One of my favorite books for targeting emotions is “The Way I Feel” by Jana Cain.



Brook Andrews
June 20, 2018
thedynamicspeech.com

inside...

From the Director’s Desk
Professional Development
News, Updates and Training Opportunities
Child and Adult Care Food Program
The Family Corner

page 2
page 4
page 5
page 6
page 7

From the Director's Desk

Imagine that you are the parent of a newborn child. Your six week leave from your job began the day your baby was born. While you wish you could take more time off, you cannot afford to. Finding a child care program that is regulated by New York State is a must for you because you have heard horrible stories of things that can happen to children in child care and you are scared to leave your child with someone you do not know, particularly because the child cannot speak to tell you what is happening each day. You have been calling area child care programs. Several programs have placed you on their wait list, several have said they do not have any openings for infants or toddlers and will not have any for the next two years. Many of the registered or licensed programs tell you that they do not accept children under the age of two.

This is the frightening situation that many parents are contending with right now in Otsego County and all over New York. Our staff has spoken to seasoned child care providers and businesses considering opening child care centers for their staff. All of those entities have said that they will not take children under two. With no available care, parents are making the difficult choice to leave their babies with unregulated providers who they are not comfortable with. Families that need the assistance of child care subsidies cannot use a provider who doesn't at least meet very basic health and safety standards, including staying within the number of children that is allowed by Social Services Law. If they cannot find someone who meets those guidelines, they often have to leave their jobs, even though they cannot afford to not work. Voluntarily leaving a job often means that they will be unable to get assistance through social services, and depending on the situation, could be sanctioned. The sad story gets worse from this point. One of the hardest parts of these stories is that people become so discouraged and lose their hope that things will ever get better for them, and you can see why.

The good news is that the child care crisis is on the radar of the Governor in New York State. Governor Cuomo has made working with local businesses and communities to identify childcare needs and develop potential solutions a priority for the Regional Economic Development Councils (REDCs).

Otsego County is part of the Mohawk Valley Regional Economic Development Council (MVREDC). The MVREDC has established an Access to Child Care Work Group. People involved in child care development are part of that work group, including staff from local Child Care Resource and Referral agencies in the region. The goal is to inform the larger group of what needs exist, what the barriers are to development, and to create a plan for possible solutions. Currently, a survey for parents to complete detailing their child care needs and barriers is being created to be disseminated in October. People working on the Access to Child Care Work Group will be tabling at local events and sharing the link on social media in the hopes of getting participation from working parents throughout the region. If you are interested in participating in the survey, as a parent, check our social media page in October for the link.

In Otsego County, we are always recruiting. Catholic Charities has a limited number of start-up reimbursement grants available for any child care program that gets a new registration or license, whether as a brand new program or the expansion of a program from one modality to a larger modality. We will provide technical assistance throughout the process of registration or licensure and we will make referrals to any known sources of funding or assistance such as the grant offered to providers yearly through the union for homebased programs CSEA/VOICE. Statewide there are organizations and committees working on creating and improving child care programs for children to help improve outcomes for children. Catholic Charities Child Care Support Services is a small part of a larger system working to make sure that children's well-being is a priority in New York.

Christy Houck

Statement on Legislation Removing Non-Medical Exemption from School Vaccination Requirements

On June 13, 2019, Governor Andrew M. Cuomo signed legislation removing non-medical exemptions from school vaccination requirements for children. The United States is currently experiencing the worst outbreak of measles in more than 25 years, with outbreaks in pockets of New York primarily driving the crisis. As a result of non-medical vaccination exemptions, many communities across New York have unacceptably low rates of vaccination, and those unvaccinated children can often attend school where they may spread the disease to other unvaccinated students, some of whom cannot receive vaccines due to medical conditions. This new law will help protect the public amid this ongoing outbreak.

What did the new law do?

As of June 13, 2019, there is no longer a religious exemption to the requirement that children be vaccinated against measles and other diseases to attend either:

- public, private or parochial school (for students in pre-kindergarten through 12th grade), or
- child day care settings.

For those children who had a religious exemption to vaccination, what are the deadlines for being vaccinated?

Children who are attending child day care or public, private or parochial school, and who had a religious exemption to required immunizations, must now receive the first age appropriate dose in each immunization series by June 28, 2019 to attend or remain in school or child day care. Also, by July 14, 2019 parents and guardians of such children must show that they have made appointments for all required follow-up doses. The deadlines for follow-up doses depend on the vaccine. The New York State Department of Health follows the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices catch-up immunization schedule and expects children to receive required doses consistent with Table 2 at the following link in order to continue to attend school or child day care: <https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

What is the deadline for first dose vaccinations if my child is not attending school until September?

Parents and guardians of all children who do not have their required immunizations are encouraged to have them receive the first dose as soon as possible. The deadline for obtaining first dose vaccinations for children attending school in the fall is 14 days from the first day of school. Within 30 days of the first day of school, parents and guardians of such children must show that they have made appointments for all required follow-up doses.

Your Child Care Business

Calls for child care referrals were steady over the summer. As we make follow-up phone calls with families receiving referrals, a common concern is that they are not getting phone calls back from providers. As you are receiving calls from potential families please remember to return their calls, even if you do not have any openings. Talking with potential families is a great way to not only start a relationship but is good business practice. You can let the family know that you currently have no openings but will add them to your wait list. Keep your wait list handy so that you can contact families to fill any vacancies that arise throughout the year.



QUALITYstarsNY is New York State's voluntary 5-Star early childhood Quality Rating and Improvement System. Since its inception, QUALITYstarsNY has focused its evidence-based practices to ensure young children in participating programs have access to excellence and their families can trust the level of quality in the programs they choose.

QUALITYstarsNY has 75 Standards of excellence that fall into four categories: Children's Learning Environment, Family Engagement, Leadership & Management, and Staff Qualifications & Experience. Assessment, coaching, professional development, and a wide range of resources are made available to each site, to earn higher star ratings.



Currently, QUALITYstarsNY operates in all 10 economic regions across the state and serves approximately 800 sites serving low income families in high-need communities. All regulated sites are eligible to apply for participation including child care, family child care, Pre-k in both centers and schools, and Head Start/Early Head Start. QUALITYstarsNY operates an extensive and comprehensive data system that tracks every investment in money, time, and effort to ensure accountability and to provide a greater understanding of what it takes to generate and sustain high-quality early education for young children.

Visit [QUALITYstarsNY.org](https://www.qualitystarsny.org) to read about how the project began, how it operates and how it continues to grow.



Professional Development

Upcoming Trainings

CPR Course

- **October 12, 2019 - 9:00 am**
\$10.00 per person.

Location: The Meadows Complex, 140 County Highway 33W, Cooperstown, NY 13326

SharedSource ECNY

- **November 21, 2019 - 6:00 - 7:30 pm**

Are you interested in learning about a tool that can help your program save time, reduce costs, and improve quality? Come and learn all about how SharedSourceECNY can help you do all this and manage your program more efficiently.

Location: Catholic Charities, Oneonta

Call to register: Catholic Charities (607) 432-0061

Respectful Practice for Infants and Toddlers

- **December 12, 2019 - 6:30 - 8:30 pm**

This training will cover seven relationship-based principles that have been adapted from the RIE Institute. These principles form the foundation for a culture of respect for infancy and early childhood. They help to build the relationships and capabilities of a truly authentic child; one who feels respected, strong, secure, confident, independent, and safe. Respect involves intentional caring in which the teacher puts aside her own ideas and motivations to truly understand the needs and wishes of the child. We will explore the many ways a teacher can demonstrate respect for infants and toddlers and their development.

Location: Catholic Charities, Oneonta

Call to register: Catholic Charities (607) 432-0061

Upcoming ECETP Webcasts

Town Hall Meeting: Child Abuse and Maltreatment

- November 6, 2019 - 6:45 pm - Catholic Charities
Register for Early Childhood Education Training Program Webcasts:
ecetp.pdp.albany.edu

Health and Safety Competencies For Becoming a FDC/GFDC

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. This is required training for becoming a Licensed/Registered Day Care Provider. This training spans multiple days and all days must be attended. You will receive 15 hours of training credit if your day care application is in process at the time of the training. Trainings are available at different times throughout the year at the child care resource and referral agencies listed on this page.

SUNY Training Strategies Group Funding for Training (518) 443-5940

- Medication Administration Training Grant Program
tsg.suny.edu/matgrant.shtm
- NYS Educational Incentive Program
tsg.suny.edu/eip.shtm

New York State Credentials

NYAEYC - Promoting excellence in early care and education services for New York State children and families, through education, advocacy and the support of the profession (Family Child Care, Infant/Toddler Care, Children's Program Administrator) - nyaeyc.org

Network for Youth Success - The New York State Network for Youth Success administers the New York State School Age Care (SAC) Credential, which promotes quality services to children and families by providing specific standards, training, and evaluation for afterschool professionals - networkforyouthsuccess.org

Find a Degree Program

Earlychildhood.org - Find a college near you that offers Early Childhood courses and degrees.

SUNY Learning Network - Find an online degree program - sln.suny.edu

Regulatory Information

Group Family Day Care / Day Care Center Office of Children and Family Services

155 Washington Ave., Albany, NY 12210

(518) 402-3038 | ocfs.state.ny.us

Family Day Care / School Age Child Care

Child Care Support Services, Catholic Charities

176 Main Street, Oneonta, NY 13820

(607) 432-0061 | charitiesccdcs.org

CCR&R Agency Training Resources

- **Delaware Opportunities - Hamden**
(607) 746-1620 | delawareopportunities.org
- **Family Enrichment Network - Johnson City**
(607) 723-8313 | familyenrichment.org
- **Capital District Child Care Coordinating Council - Albany**
(800) 521-5437 | cdcccc.org
- **Child Care Solutions - Syracuse**
(315) 446-1220 | childcaresolutionscny.org
- **Cornell Cooperative Extension of Oneida County - Oriskany**
(315) 223-7850 | cceoneida.com/child-care-council

Fingerprinting for Child Care Settings

L1 Identity Solutions

IdenToGo.com

(877) 472-6915

News, Updates and Training Opportunities

Health Care Consultancy & Medication Administration Training

Child Care Support Services has partnered with Otsego County Public Health Nursing to provide Health Care Consultancy Services to child care providers in Otsego County, as well as the Medication Administration Training/MAT Renewal Training.

To contact the HCC/MAT Trainer:
 Matt Johnson, RN, CHN
johnsonm@otsegocounty.com
 (607) 547-7518

Regional Infant/Toddler Technical Assistance Center

Serving:

- Child Care Resource and Referral Agencies
- Family Child Care Homes
- Group Family Child Care Homes
- Child Care Centers
- Legally Exempt Programs
- Families
- Agencies serving families and children

Contact an infant/toddler specialist:
518-426-7181
cdcccc.org

Child Development Associate

CDA Council - The Child Development Associate (CDA) Credential is the most widely recognized credential in early childhood education (ECE) and is a key stepping stone on the path of career advancement in early childhood education - cdacouncil.org

Accreditation

National Association for the Education of Youth Children - NAEYC's two quality assurance system levels equip programs with the tools to provide the best learning experiences for young children and provide the highest quality professional preparation of educators by meeting national standards of quality - naeyc.org

National Association for Family Child Care - NAFCC sponsors the only nationally recognized accreditation system designed specifically for family child care providers. Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation - nafcc.org

Online Learning

- ecetp.pdp.albany.edu
Select sign up for early childhood e-learning
- tsg.suny.edu/elearn.shtm
Various childcare learning opportunities to choose from
- carecourses.com
Book & Online Training for Early Childhood Professionals

Enhanced Rates for Legally-Exempt Child Care Providers!

\$\$\$\$

Legally-Exempt **family** and **in-home** child care providers may be eligible to receive an enhanced rate of reimbursement when they have completed 10 hours of training during the past 12 months in specific areas described in Social Services Law, and they submit satisfactory documentation to the enrollment agency!

If you are a Legally-Exempt provider and would like more information, call our office at (607) 432-0061.

Enrolled Legally-Exempt Providers...

Winning Beginning New York

Winning Beginning NY is a statewide coalition working toward the goal of high-quality, affordable and accessible early care and learning for all New York families. Its' members include parents, employers, children's advocates, service providers, labor unions, educators, pediatricians, law enforcement, research and community groups.

View the Winning Beginning New York State's Executive Agenda for 2018-2019:
winningbeginningny.org

How do you contact your legislators?

NY State Assembly: nyassembly.gov
 NY State Senate: nysenate.gov

The New York State Department of Health's **Child and Adult Care Food Program (CACFP)** pays for meals and snacks served to children up to age 13 enrolled in Legally Exempt homes. The major focus of CACFP is to serve nutritious meals and snacks in day care homes which care mainly for children from low income households. However, all Legally Exempt providers meeting eligibility guidelines may take part in CACFP! Please call our office for more information: (607) 432-0061.



The Otsego Committee on Child Abuse & Neglect and The Otsego County Child Advocacy Center

33rd Annual Conference

Parenting with Posttraumatic Stress Disorder: Breaking the Cycle of Generational Trauma

Friday, October 18, 2019 - 8:30 AM – 4 PM
 Otesaga Resort Hotel, Cooperstown NY
 For more information, please contact Wendy Fink:
 (607) 547-4355 | wendy.fink@dfa.state.ny.us

Child and Adult Care Food Program

Food for Thought

Go! Slow! Whoa!



Making smart and healthy food choices is as easy as Go, Slow, Whoa! Learning the difference between foods they can have every day and foods that should be special treats can help grow healthy kids and help children establish lifelong healthy habits.

GO FOODS!

Go foods can be eaten almost anytime and include fruits and vegetables.

Frequency: All meals

- Fresh, frozen or canned vegetables without any added fat or sauces
- All fresh, frozen, canned (in juice) fruits
- Whole grains
- Lean meat like chicken, turkey and tuna
- Low fat yogurt or cheese
- Egg whites

SLOW FOODS!

Slow foods may be higher in fat, sugar, sodium and calories.

Frequency: 1 - 2 times a day

- Vegetables with added fat or sauces
- 100% juice
- Fruit canned in light syrup
- Baked fries
- Baked chicken nuggets
- Dried Fruits
- Processed cheese

WHOA FOODS!

Whoa foods are the highest in unhealthy fat and added sugars.

Frequency: 1 - 2 times a week

- Pre-fried foods, like fish sticks
- Fruit canned in heavy syrup
- Waffles and pancakes with syrup
- Processed meats, hotdogs
- Muffins

National CACFP Sponsors Association - cacfp.org

Butternut Squash Mac and Cheese Cupcakes

Individual "cupcakes" of macaroni and cheese, enhanced with butternut squash.

Prep: 15 mins | Cook: 20 mins

Servings: 10 jumbo cupcakes or 20 regular cupcakes

Ingredients:

- 1 pound elbow macaroni
- 20 ounces butternut squash
- 2 cups whole milk
- 2 cups grated soft cheese
- 1/2 cup ricotta cheese
- 1/4 teaspoon salt
- 1 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 4 garlic cloves minced
- 1/2 cup diced onion
- 1 cup grated hard cheese
- 1 cup Panko breadcrumbs



Instructions

- Cook the macaroni according to the package instructions. Don't overcook it. It should be tender, but firm (5-8 minutes).
- Drain the macaroni and transfer it to a large bowl.
- Place the squash and milk in a large saucepan and cook over medium heat. Stir occasionally and bring to a boil.
- Transfer to a blender or food processor and combine until smooth.
- Transfer back to saucepan and stir with grated soft cheese and ricotta until the cheeses are all melted.
- Remove from heat and add salt, mustard, and cayenne pepper.
- Pour cheese mixture over the macaroni and stir to combine.
- Mix in the garlic and onions.
- Fill cupcake liners with the mixture. Because this is mac and cheese and not cupcake batter, you don't need to worry about the mixture rising. Don't be afraid to fill the liners in a heaping mound. The mac and cheese cupcakes will look more fun that way.
- In a small bowl, combine grated hard cheese, panko breadcrumbs, and oil.
- Sprinkle mixture over the top of the mac and cheese cupcakes.
- Bake at 375 F for 20 minutes or until topping is lightly browned.

The Family Corner

Explore the Season! Fall Family Fun!

Fall is one of my favorite times of year- the air gets crisper and colder, pumpkins are everywhere, and the fall foliage in our area is stunning! The changing season lends itself to so many wonderful learning opportunities with almost no prep work and using materials that are found right in your backyard- leaves!

Here are a just a few things you can do to explore and learn with leaves:

- Go on a nature walk and encourage children to collect leaves
- Observe and ask children to describe similarities and differences in sizes, shapes, colors, textures
- Sort leaves and create a leaf graph based on attributes
- Examine the parts of a leaf with a magnifying glass and discuss the reasons why leaves change colors in the fall
- Make leaf rubbings with crayons
- Paint leaves to make prints
- Make leaf collages on construction paper or contact paper for windows
- Strengthen fine motor skills by having children rip, cut, or hole punch leaves
- Have a supply of child size rakes so children can rake leaves
- Create a leaf sensory bin - add leaves, small twigs, acorns, small containers, pinecones, small pumpkins or gourds and tweezers

Here are several books that would make great lead-ins or extensions of leaf exploration: Red Leaf, Yellow Leaf or Leaf Man, both by Lois Ehlert, We're Going on a Leaf Hunt, Steve Metzger, Leaf Jumpers by Leslie Evans

Don't be afraid to use bigger, scientific words with children, it will help build their vocabulary and lead them in asking questions about words and concepts they want to learn more about.



Kim

Cullen Pumpkin Farm
587 Cullen Road, Richfield Springs

Highland Pumpkin Farm
653 County Highway 25, Richfield Springs

Middlefield Orchard
2274 NY 166, Cooperstown

Fly Creek Valley Corn Maze
1316 County Road 26, Fly Creek

Willy's Farm & Cider Mill
349 Badeau Hill Road, Schenevus



Free Online Child Care Referrals!

Are you a parent searching for child care in Otsego County?

You now have the ability to search for child care any time of the day or night!

Access to our online referral packet which includes information to help you make an informed child care decision!

Visit our Website!
www.CharitiesCCDOS.org

Parent Training Resources

Family Service Association

Family Service Association provides information, advocacy, and referral services for individuals and families in need.

277 Chestnut Street, Oneonta | (607) 432-2870

Family Resource Network

The Family Resource Network Inc. (FRN) provides family support services to families who have a child with special needs.

46 Oneida Street, Oneonta | (607) 432-0001



Child Care Support Services
A Program of Catholic Charities
of Delaware, Otsego and Schoharie Counties
176 Main Street
Oneonta, New York 13820

Scholastic Books!

Ordering books from Scholastic is a great, inexpensive way to add to your library of children's books! There are books for all age ranges and many books are less than 5 dollars! Book orders also have books collections based on author, seasonal favorites, and specialty topics. If you are interested in ordering books from Scholastic please let Kim know and she will send will you some flyers.



The Challenges of Finding and Using Child Care

"I would like for my son (kindergarten) to go to my day care provider after school, but have no way to transport him there, so I have opted for after school care at his school. This was not my first choice in child care but I did not have another option."

"Very hard to find child care for both children. After school care will be needed when both start school, but no one has the availability."

"Regulations are making it harder for home day cares to comply. I don't want to lose home day care as a result."

Cost & Availability
According to parents surveyed, cost and availability are among the top difficulties faced when looking for child care.
Here's what some parents had to say...

"We are considering switching programs next year because of the cost."

"Affordable part time childcare is so hard to come by!"

"I think that Oneonta needs more options for full time care at a reasonable rate."

"We need quality providers on and off hours especially for medical/healthcare providers."

"There is a significant need in this county for quality child care. Limited availability makes it very difficult for working parents; I almost couldn't return to work because I couldn't find child care. I also almost chose an unlicensed professional who I felt was an unsafe choice because it was our only option."