

WHAT KIDS CAN LEARN FROM GARDENING

There is a wealth of knowledge and learning opportunities to be found right in your own backyard. Children can learn a variety of skills while having a ton of fun just growing things in a garden. Gardening helps kids learn about math and science concepts in a way that builds both self-confidence and responsibility. Gardening is also a great way to get some outdoor time with the whole family and what kid doesn't love playing around in the dirt!

Skills Kids Gain

When you think about what kids gain from gardening, the most obvious is learning how to grow things, but this is just the beginning. The act of caring for plants helps children learn responsibility. In order to keep the plants alive, they need to be watered regularly, they need fertilizer or plant food, and they need the right amount of sunlight. Making sure that the plants in the garden get enough of the things they need helps children practice being responsible.

Gardening also helps children understand the concept of cause and effect. If a plant in the garden is watered, it grows; if it isn't watered, it dies. If the weeds in the garden are allowed to grow unfettered, they will overtake the plants and the plants will die. Weeding the garden helps ensure that the plants can access the food, water, and sunlight they need to thrive.

Nurturing a plant from seed to harvest also helps children develop a sense of self-confidence. They can see and even eat the literal fruits of their labor. There is no better way to create a sense of a job well done than to help a child grow their favorite vegetable from seed to table.



Growing something themselves also helps children create an understanding of what goes into making the food that ends up on their dinner plate. This connection provides other great learning opportunities on topics like nutrition and healthy eating. Gardening can also help children learn about important scientific concepts like weather and agriculture.

How to Get Kids into Gardening

In today's technology-filled world, it can be hard to convince children that going outside and getting a little dirty in the garden can be great fun. Since you don't want to force them to participate and risk turning them off entirely, you can try these suggestions to get your children out and into the garden.

- **Keep things simple and start small.** Kids don't need to be involved in every gardening task or decision to get the benefits.
- **Stay age appropriate.** Younger children can help with planting seeds, pulling weeds, watering, and feeding. Older children can help with everything from planning and designing the garden to harvesting and preserving.
- **Get them their own tools.** Make it easy and fun for children to help with gardening tasks by getting them gloves that fit their hands and tools that are suited to their size.
- **Give them their own space.** Whether it's a few containers on the porch or a couple rows in the family garden bed, children will love having plants that are all their own.

From:
www.fillyourplate.org

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From the Director's Desk

Quality child care programs are those that are safe, reliable, and care for children's physical, intellectual, and social emotional development in an appropriate manner. These programs rely on dedicated, trained individuals who plan and deliver caring, nurturing, and challenging experiences in environments purposefully set up to encourage curiosity and imagination. Programs like the ones described above can be in a center away from home or in a home based child care program. Regardless of the setting, to adequately support development of the whole child, programs have to have access to different types of materials, curricula, and information.

High quality programs are expensive to build and to maintain. It is difficult to find and keep excellent knowledgeable staff and to keep them trained in the latest research and practices. In the last newsletter, we discussed the need for funding to support the child care work force. Now we will look at a viable way to fund programs and the reasons why it makes sense.

The business community, those that employ the parents of the children attending child care, have the means to fund the development of quality child care programs. Businesses lose time and money when they lose staff whether through staff call outs or the loss of trained employees due to a lack of stable, quality child care.

Let us consider both perspectives involved. First, that of the parent who doesn't have a good and stable child care arrangement. Some of the things that they are facing is that the person caring for their child may not be able to care for the child that day, if they have a child care arrangement. They may not be able to find child care for their child due to the child's age, the location of where they live in comparison to where there is available child care, or due to the hours and days when the parent has to work. If they don't have reliable child care they may have to choose between leaving their child with someone unfit to provide child care or calling out of work. To make things more difficult, they may lose their job if they call out of work, so they are choosing between the well-being of their child and the job that is paying for their home, heat, and food.

Now, let us consider the perspective of the employer who has a business to run and who needs a certain amount of staff present to run

the business. When they have a staff person who doesn't have reliable child care, their staff person may be pre-occupied at work. They would likely be less productive than those who come to work and need only consider what needs to be done while they are there. The employee who doesn't have a stable child care arrangement often has to call out due to lack of child care. This leaves the shift short, requires other staff to do more than their share of the work, or leaves things undone and carried over for the next shift. It puts their productivity behind. This can cause conflict among the staff, as well as conflict between staff and management. In addition, it may keep an employee from reaching their potential and the business from the benefit of that unseen potential. Turnover from staff leaving due to lack of child care costs the business time and money from losing their training investment in the employee.

Businesses who want to hire a workforce that will be loyal and want to stay, and possibly move up in the company, are looking at creating child care options for their workforce. This could be by creating a partnership with a local child care program where the business would invest in the child care program and the program would offer priority for available child care slots to staff of the business. Another option is to offer to help with the cost of child care by offering a reimbursement for payments made, paying a percentage of the cost or offering a pre-tax flexible spending account for dependent care as one of the available benefits for staff. Some businesses start their own child care programs that staff are able to use. Depending on the needs of a particular business' staff, all are viable options and anything is a help to the staff struggling with child care payments that can be as much as paying for college tuition. These investments in child care show the staff that you care about their family and that you are invested in helping them to be successful at work.

In New York State, each county is represented by a Child Care Resource and Referral (CCR&R) Agency. CCR&Rs help to develop child care options in their communities and help parents looking for care become educated about the types of things to look for in a quality child care program. They offer technical assistance and training to child care programs to further quality assurance, and they help to educate their communities about the needs and offerings for child care locally. Child Care Resource and Referral Agencies are willing to help businesses by discussing and helping to develop appropriate child care ... *Con't*

From the Director's Desk... continued
supports that will meet the needs of both the staff and business.

No matter which position you are in, there are no easy choices to make. Child care is a complex issue with many things to consider. Quality child care options are costly; there is liability and risk involved. Just making sure that a program is in compliance with the regulations can be a full-time job. Does the financial piece of this for employers considering providing a quality child care program for staff balance out with the benefit of having the staff at work and doing their job so that the company can profit? The largest consideration is the one that says we are dealing with people and their lives. The quality of life (and work) goes up for people when they know that their children are being cared for in their absence. It is also worth mentioning that the social-emotional well-being that this type of peace of mind creates for all of those involved, including the children, also carries worth, not only in dollars and cents but also in the happiness and well-being of the future people in the world and workforce. It is easy to see how all of these things are interrelated and depend on each other to thrive, which I would argue is the reason that these issues are not only parenting issues or social service issues but should be considerations in any business plan.

Child Care Support Services Employer Services

Child Care Support Services helps employers by providing referrals for child care options, as well as conducting informational seminars for employees.

Our services include:

- On-site seminars about how to find available child care
- Assessment of employee child care needs
- Assistance in developing a child care center on-site or near your business
- Resource and referral services for all employees seeking child care
- Information about child care subsidies that may be available

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

New York State Pyramid Model

The New York State Pyramid model is an evidence-based framework proven to be an effective approach to building social and emotional competence in early care and education programs. This model places emphasis on building positive relationships, developing supportive and nurturing environments, teaching social skills, empathy and emotional vocabulary, and providing individualized supports when needed and includes eight modules.

There are modules for professionals working with parents of infants and toddlers and a workshop series for parents of children age two and above. The infant and toddler modules are aimed at trainers, teachers, home visitors, caregivers, and family child care providers who work with infants and toddlers. The preschool modules are appropriate to use as professional development for providers, administrators, teachers, and caregivers who work with older toddlers and preschoolers. These two modules are designed for Family Child Care providers in a home setting who serve mixed ages, which includes a total of 20 hours of training.

There are two parent modules called Parents Interacting With Infants (PIWI) and Positive Solutions for Families. PIWI focuses on practices for supporting infant and toddler development and placing emphasis on parent-child interaction. The Positive Solutions for Families is used to help parents to promote positive and effective parenting behaviors to in turn promote children's social and emotional development and address the challenging behavior and mental health needs of their children.

The Pyramid Model data demonstrates that both adult and children are more likely to have a stronger positive relationship with their school as a result of using this model. Children are more likely to spend more time learning rather than being disciplined, expelled or suspended. This model allows parents to become more involved in their child's education and report developing skills that have been beneficial in raising their children.

Professional Development

Upcoming Trainings

Free Full Day Infant Toddler Training Workshop

Location: SUNY Cobleskill
April 27, 2019

→ Focus on infant development at this free, full-day training hosted by the Regional Infant Toddler Technical Assistance Center and SUNY Cobleskill.

For more information contact:

Capital District Child Care Coordinating Council
(518) 426-7181 | cdcccc.org

Mandatory CACFP

Location: Catholic Charities, Oneonta
May 8, 2019 - 6:00 - 8:00 pm

→ 1st of 2 trainings for 2019 for CACFP participating providers.

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

Infant & Toddler Language and Literacy

Location: Catholic Charities, Oneonta
May 16, 2019 - 6:30 - 8:30 pm

Guest Presenter: Kathleen Harland, Regional Infant Toddler Specialist

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

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.

- **Delaware Opportunities - Hamden**
(607) 746-1620 | delawareopportunities.org
→ Apr. 30 & May 1 & 2
- **Family Enrichment Network - Johnson City**
(607) 723-8313 | familyenrichment.org
→ June 4, 6 & 11
- **Capital District Child Care Coordinating Council - Albany**
(800) 521-5437 | cdcccc.org
→ Apr. 3, 5 & 9
- **Child Care Solutions - Syracuse**
(315) 446-1220 | childcaresolutionscny.org
→ Apr. 27 & May 1 & 4

Training Resources

- **Family Enrichment Network**
(607) 723-8313 | familyenrichment.org
- **Capital District Child Care Coord. Council**
(800) 521-5437 | cdcccc.org

SUNY Training Strategies Group

Funding for Training
(518) 443-5940

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

Online Learning

www.ecetp.pdp.albany.edu

Select sign up for early childhood e-learning

www.tsg.suny.edu/elearn.shtm

Various childcare learning opportunities to choose from

www.carecourses.com

Book & Online Training for Early Childhood Professionals

Regulatory Information

Group Family Day Care / Day Care Center

Office of Children and Family Services
155 Washington Ave., Albany, NY 12210
(518) 402-3038 | Fax: (518) 473-0492

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 | charitiesccd.org

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

News, Updates and Training Opportunities

**Fingerprinting for
Child Care Settings**
L1 Identity Solutions
IdenToGo.com
 (877) 472-6915

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
www.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

Enrolled Legally Exempt Providers...

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.



ITA Projects

We are currently underway with this years ITA Project—Family Style Meals. Another ITA Project will take place after July 1st. If you have an idea for a project you would like to be a part of, please let Kim know!

(607) 432-0061

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



Catholic Charities of Delaware, Otsego and Schoharie Counties' **Summer Food Service Program** is looking for **volunteers** in Oneonta!

July 8th - August 23rd
 Meal prep and/or meal service needed
 Hours between 9 - 1:30
 Contact: Christy Houck (607) 432-0061

Child and Adult Care Food Program

Food for Thought

Area Farmers' Markets

Shopping at local Farmers' Markets is the best way to eat what is available in season and locally grown. Those who qualify for W.I.C. are able to receive supplemental farmers' market coupons through the Farmers' Market Nutrition Program. A variety of fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs may be purchased with FMNP coupons.

Cooperstown Saturday Farmers' Market

101 Main Street in Pioneer Alley

Morris Farmers' Market

Guy Rathbon Park, Main Street

Oneonta Farmers' Market

Mueller Plaza, 205 Main Street,

Richfield Springs Area Farmers' Market

Spring Park, Main Street

What's in Season?

Arugula - May through September
 Asparagus - May & June
 Beets - June through December
 Broccoli - June through November
 Carrots - June through September
 Chard - May through November
 Fava Beans - May & June
 Fiddleheads - April & May
 Garlic Scapes/Green Garlic - May & June
 Kale - June through November
 Herbs - April through September
 Kohlrabi - June & July, September & October
 Lettuce - May through October
 New Potatoes - May
 Parsnips - April & May
 Radishes - May through September
 Rhubarb - May through July
 Scallions - May through September
 Spinach - May through September
 Strawberries - June



Quick Quesadillas

Ingredients

- **2 1/4 cups** Spinach, frozen, chopped (2 1/4 cups thawed and drained yields 1 1/2 cups)
- **1 cup** Dark red kidney beans, canned, no salt added, drained and rinsed or kidney beans, dry, cooked
- **1 teaspoon** Garlic powder
- **1/2 teaspoon** Onion powder
- **1/4 teaspoon** Chili powder
- **4** Whole-grain tortillas, 8" (at least 51 gm each)
- **1 1/2 cups** Mozzarella cheese, low-fat, shredded
- Nonstick cooking spray

Directions

1. Thaw, drain, and squeeze excess liquid from spinach. Yields: 1 1/2 cups (7 1/2 oz.)
2. Preheat oven to 350 °F.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing using gloved hands (at least 50% of the beans should appear whole). Be careful not to over-mash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
 - a. Place half of the tortillas on a baking sheet. Spread 3/4 cup of spinach on each tortilla. Top each with 3/8 cup of bean mixture and 3/4 cup of cheese.
 - b. Place remaining tortillas on top.
 - c. Spray outside of filled quesadillas with nonstick cooking spray.
8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher for at least 15 seconds.
9. Cut each quesadilla into 6 wedges.
10. Serve 2 wedges or 1/3 quesadilla.

Optional: Serve with sliced or mashed avocado, cilantro or salsa.

CACFP Crediting Information: 2 wedges (1/3 quesadilla) provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 cup vegetable, and 1 oz. equivalent grains OR Legume as Vegetable: 1 oz. equivalent meat alternate, 3/8 cup vegetable, and 1 oz. equivalent grains.

Reminder!



The first of two opportunities to attend the mandatory CACFP training in 2019 is coming up on May 8th! See the information on page 4 and call to register.

The Parent Corner

Community Maternity Services

(607) 432-0061 ext. 113

CMS is an agency which has provided home-based support services to families and their children in Otsego County since 1971. Today, they have three types of educational programs: Maternity Outreach, Parent Education, and NYS Parent Education and Awareness Program.

The Maternity Outreach Program

Designed for pregnant and/or parenting teens and young adults. Some of the services we offer in this program are: goal directed counseling, childbirth preparation, adoption, advocacy for education, life skills, parent education, referrals for pre and post natal care, nutrition education, child development education, and milestone testing for children. Referrals for this program can come from any entity.

NYS Parent Education and Awareness Program

A program designed to provide information to assist the parent and children through the changes created by a separation or divorce. This is a fee based service and costs \$35. The course is approximately 2 hours long and referrals can come from any entity.

Share Your Story!

The Early Care and Learning Council (ECLC) is a statewide, not-for-profit membership organization that represents the 35 Child Care Resource & Referral (CCR&R) programs across New York State.

ECLC wants to hear about...

Quality

- How has the quality of care affected your child care options?
- How has the quality of child care impacted your child(ren)'s social, emotional, physical or cognitive development?

Cost of care

- How has the cost of care influenced your ability to find child care?
- How do child care subsidies support your family?

Availability/Flexibility of care

- How has the availability of care in your area affected your work or home life? Are there wait lists or insufficient supply in your area?
- How has the availability or lack of child care options affected your work or home life?

Where do these stories go?

Testimonials are shared during visits with lawmakers in Albany to advocate for better early education policies. They help illustrate the difficulties that families in New York go through, or the positive effects that a high quality early learning experience has had on their child.

Share your story:

earlycareandlearning.org/share-your-story.html

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

Upcoming Parent and Child-Friendly Events

Earth Festival

April 13th - 11 am - 3 pm

Milford Central School

An Environmentally focused interactive event for children and adults!

Mario the Maker Magician

June 15th - 2:00 pm

Foothills Performing Arts Center

Reserve your FREE Tickets:

foohillspac.org

BUILDING HEALTHY FAMILIES 7TH ANNUAL

COMMUNITY BABY SHOWER

**SATURDAY, MAY 4
9:00 - NOON**

Everything you want to know about pregnancy, birth, breastfeeding, fatherhood, babies, and beyond.

Free infant health and safety information and resources provided by medical practices, child development specialists, and human service agencies.

Door Prizes & Games for the Whole Family

**ONEONTA FOXCARE CENTER
ONE FOXCARE DRIVE**





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

Young Children

- Read books and nursery rhymes aloud together
- Talk daily about home and community life
- Sing, draw, and tell stories

Older Children

- Play word games
- Discuss word meanings
- Point out interesting or unfamiliar words
- Ask questions before, during, and after reading

Adolescents

- Talk about learning and connect to school
- Offer a literacy rich environment
- Model reading and writing

Supporting Your Child's Literacy Development at Home

Take part in literacy experiences at home. Taking part can develop your child's reading ability, comprehension, and language skills. It could also improve your child's interest in reading, attitude towards reading, and focus.



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<https://improvingliteracy.org/> | twitter.com/NCILiteracy | facebook.com/improvingliteracy



On March 12, 2019 area family child care and group family child care providers were engaged in a training on Family Style Meals – the idea that children are able to serve them-

selves at meal times. Imagine the surprise when the participants arrived to find sand boxes and sand tools for exploration! As they used the tools in the sand there was a great discussion about how the skills that children use when playing in sand are the exact same skills they will use when involved in Family Style Meals - from selecting the right utensils for scooping and serving, to working on manners such as 'please and thank you'. All who took part in the training received free gifts to help get them started on their journey into Family Style Meals and will have opportunity to receive additional on-site training with a Child Care Specialist.

