

CHILD CARE COMMUNITY NETWORK

January/February/March/April 2014

A publication of CHILD CARE RESOURCES OF ROCKLAND, INC.

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.

Child Care Resources of Rockland is a contract agency of the County of Rockland, NYS Office of Children and Family Services, NYS Department of Health, NYS Education Department and the United Way of Rockland County. Additional funding for Special Needs Services is provided by Family Support Services, Mental Health Services, and the Office for People With Developmental Disabilities. CCRR is supported by Rockland Community College.



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info@rocklandchildcare.org
www.childcarerockland.org

Hours of Operation: M-F 8:30am-5:00pm

FORTY YEARS!!!! AND READING TO CHILDREN IS STILL WHAT IS BEST!!!!

Wow, it is so hard to imagine Phyllis Helbraun sitting in her house with a phone and a file cabinet, trying to help parents find a quality child care setting for their children – especially when there were so few child care programs available then.

However, it is not hard to imagine that children were read to, just like today. In fact, reading to young children is still considered the single most important activity we can do to help children with their development of language, creativity, listening, reading, writing, social skills, emotional responses and compassion for others.

It really does not matter whether we have the Common Core, canned curriculums, and hours of filling out worksheets; or requirements for standing on line, taking tests, saying “I’m sorry” or sitting in time out. What matters is a cozy setting with a fabulous book and a nurturing, loving adult to read. Give kids more of the wonderful world of children’s literature with amazing photos and illustrations, with or without words along with the time to hear and see the books over and over again.

Why are we so caught up in junky worksheets, coloring books, tests, TV, video games, phones and computers? Why are we not spending our money on books? And why are we not spending our time with children, not things or technology?

Where will we be forty years from now? 2054 looks like a long ways away. Many of us will not be on earth, just like Phyllis Helbraun is no longer with us. BUT, I hope we are reading to children in 2054, just like Phyllis read to children in 1974 and just like I am reading to children in 2014.

Please do the best for all children – read to them!

Jane Brown



UNIVERSAL PRE-KINDERGARTEN (UPK)

Applications for the 2014/2015 Universal Pre-Kindergarten School Year will be available January 31, 2014.

Your child needs to have been born between December 1, 2009 and December 1, 2010 to be eligible to participate.

If you would like an application:

- Visit www.childcarerockland.org to download and print
- Mailed to you, call Jenine Valentino at (845) 425-0009 x460
- You may come to our office Monday through Friday, 8:30am – 5:00pm for a printed copy

Deadline submissions to be included in the lottery:

Applications must be received or postmarked by March 31, 2014

Nurse's Notes Kristin G. Saunders, RN AAP Advises Physicians to Use Antibiotics Judiciously

The American Academy of Pediatrics (AAP), in collaboration with the Centers for Disease Control and Prevention released a clinical report published in the December 2013 issue of *Pediatrics*, "Principles of Judicious Antibiotic Prescribing for Bacterial Upper Respiratory Tract Infections in Pediatrics." The report advises physicians to use stringent diagnostic criteria to distinguish between viral and bacterial infections with the goal of reducing unnecessary antibiotics prescriptions. The report focuses on three of the most common pediatric upper respiratory infections: ear infections, sinus infections and strep throat.



Studies have shown that as many as 10 million antibiotic prescriptions are written each year for infections they are unlikely to help. Recent evidence shows that prescriptions for broad-spectrum antibiotics have increased, even when no antibiotics are needed or when a narrow-spectrum antibiotic would work. Overuse of antibiotics contributes to antibiotic resistance, making infections more difficult to treat.

Symptoms of the common cold, which is viral in nature, often persist for 10 days. According to the AAP, physicians treating such illnesses should focus on relieving symptoms and not prescribe antibiotics.

During November 18-24, 2013, the AAP joined the Centers for Disease Control and Prevention and its public health and professional partners in observing Get Smart About Antibiotics Week. Each year in the United States, at least 2 million people become infected with antibiotic-resistant bacteria. According to the CDC, at least 23,000 people die as a direct result of these infections, and many more people die from other conditions that were complicated by an antibiotic-resistant infection. Improving antibiotic use has many important benefits, including improved cure rates, fewer adverse drug events, and reduced antibiotic resistance.

Tips for Record Keeping from the NYS Department of Taxation and Finance

If you're a taxpayer who has applied for the Child and Dependent Care Credit, it's important that you maintain good records. The Tax Department may ask you to produce records that prove the amount of child care expenses claimed on your income tax return. The Department will use that information to confirm that you're entitled to the credit.

1. Keep receipts and other documents

Be sure to keep documents that support the amount of child care expenses you claimed. Examples of supporting documentation include:

- copies of any checks and money orders that you used to pay expenses. Be sure to copy the front and back of the cashed check or money order
- itemized statement issued by a licensed child care provider
- cash receipts received at the time of payment that can be verified by the Tax Department

2. If you are receiving public assistance

You may only claim the actual amount you paid to the child care provider for the cost of child care. You may not claim expenses that were paid on your behalf by a social service agency. You would need to provide a copy of the placement notice from the Administration for Children's Services or the Department of Social Services indicating the placement date and your parent fee.



Employee Spotlight

Fia Hill Murray is our “Employee in the Spotlight” this quarter. Fia is our Registration Supervisor. Our Registration staff helps new Family Child Care Providers and School Age Child Care Programs and existing programs stay in compliance with the regulations. As a trainer, Fia recently received the New York State Early Learning Trainer's Credential and said, “It was a lot of work!”

When we asked Fia about her family she said, “My husband Howell Murray works for the New York Times in the Business Day section of the paper and draws comics in his spare time.” Fia and Howell have two children. “Our daughter Lisa is a certified music therapist and works for Hospice of New York and our son David works at the Upright Citizen's Brigade, an improv comedy theater and school in Manhattan.”

Fia told us that her favorite hobby is music. “It's more than a hobby; it's kind of a way of life for me. I've always loved to sing and started playing the piano when I was 10.” In high school, Fia taught herself the guitar. She says, “I'm one of those people that always has a song playing in my head.”

Fia told us that when she was little, she wanted to be a teacher. Then in the 4th grade, she wanted to be an archeologist and go to Egypt. But most importantly, she says, “I always wanted to be a famous musician like Beethoven or Paul McCartney or Joni Mitchell.”

Her philosophy is “the glass is always half full.”



LOL Comedy Night Success! Thank You

Child Care Resources of Rockland's LOL Comedy Night FUNdraiser held on September 19th was a HUGE success with over 150 attendees. **Pat McCool, Ellen Karis and Mike Keegan** brought the house down with their outstanding humor and wit. The room was rolling with laughter! Many thanks to Paulette Scatassa and her staff at the Pearl River Hilton for providing such a welcoming atmosphere and accommodating all of our needs. Much gratitude to **John Gregory and Mindy Mandel-Werner** for MC'ing and welcoming all of our guests. And a BIG thank you to all of our amazing volunteers and sponsors:



Dr. Eddie Fisher
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Good Humor Sponsor

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Rick Schubert
Sandi Davis, ABS
Debbie Silver
Bill Shaw, Eidman Agency, Inc.
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Annual Conference



Jeffrey Friedberg, Bossy Frog singing *15 Songs Every Kid Should Know: What Songs, Why Know Them and How to Play* to some of the participants at our 39th Annual Early Childhood and School Age Care Conference held at Rockland Community College on November 2nd. Child Care Resources of Rockland, with the Early Childhood Program at Rockland Community College proudly presented this conference which provided early childhood and school age care professionals the opportunity to receive up to 5 hours of required professional development. We especially want to thank our Keynote Speaker, Gigi Schweikert, for taking the time to be with us and share some of her experiences, and a HUGE Thank You to Orange & Rockland Utilities for sponsoring our conference this year.

Free Parent Seminars

Parenting is the hardest job you will ever have and one where you learn as you go along! Child Care Resources of Rockland is pleased to offer parent seminars to increase your skills and knowledge, as well as provide support. **These seminars are FREE for families!**

If there is a topic you would like to see presented in future training calendars, please call 845-425-0009 x223 or email Kit Saiz at kits@rocklandchildcare.org.

Please note: These seminars are geared to the needs of parents and families. Therefore, child care providers will not be able to receive a training certificate. However, providers are welcome to attend in their role as parents!

Monday, February 10

Can Music Therapy Help My Kid? The How's, Why's and What's of Music Therapy for Children 18 months to 18 years

Are you looking for creative ways to help your child build social, emotional, motor or cognitive skills? Does your child have developmental delays or behavioral or social challenges? Would an expressive outlet help him/her develop confidence and/or communication skills? Would learning to sing, play an instrument or move to music provide joy to your child? Certified music therapist and award-winning children's musician, Jeffrey Friedberg MA, MT-BC, will give an overview of how and why music therapy works! He will discuss different approaches to music therapy and resources in the community. He will present practical music activities that you can do at home to help your child grow and develop. Jeffrey has practiced music therapy for 20 years and has a music therapy private practice in Nyack, NY. In addition, he performs music for children and families with The Bossy Frog Band.

Tuesday, April 29

Children and Stress

Through discussion, activities and scenarios, parents will have the opportunity to identify some causes of children's stress, consider how to handle stress in the lives of their children and how to respond to their children when stress occurs. This seminar will be presented by Jane Brown (CCRR).

Both of these seminars will be held at 873 Route 45, Suite 103, New Hempstead, NY 10977

Time: 7:00pm – 8:30pm

How to Design your Training



Many early childhood professionals are getting their required training on-line or through the mail. Distance learning does have some positive things going for it – it is convenient; you don't have to leave the house; you can do the training at your convenience (even at 2AM in your pajamas!); some trainings are even offered at no cost.

While some people might say distance learning is the wave of the future, renowned professional trainer Bob Pike disagrees. He says, "If content is king, then caring and connection needs to be queen." He believes that content is not all that is needed in a training process; caring, connection and context are also needed. These important components of training cannot always be conveyed through distance learning experiences.

Can a person in an early childhood classroom learn to be caring without ever being in a room with other people? It may be possible to learn the content (and meet all your licensing requirements), but as Pike believes, competency in working with other adults (and with children) requires people and interpersonal communication skills. Teaching and working with children is all about people skills, which can only be taught by interacting with other people. That's the caring piece, and it's the social component of our work. That can't be taught online.

So while we understand the positives of distance learning, remember that the people side of learning is just as important. We need content AND caring/connections. As you design your training, look to see where the caring and connection sides of your plan are. If you presently take all your training through videos and distance learning, you might want to reconsider getting more of the "people" training in. CCRR can help you find that balance!

Check out our new 2014 training calendar to see the workshops we offer! Call us to find out about EIP scholarship money (Educational Incentive Plan) that can help you pay for training. Just call 845-425-0009 x459 to hear more about what we offer! Keep the caring and connections piece a large part of your professional development!

6 Tips for Handling a “Picky Eater”

Sara Henry, RD

If your child is a "picky eater", feeding time can be a stressful and frustrating time of the day. Every child is different and experiences fluctuations in appetite and food preferences from time to time. Try to remain calm and to remember that "food jags" are common and will usually pass with time. Consider using these tips when working through a "picky eating" phase:

1. Take into account what your child is consuming over a period of days instead of each meal. Although it may seem as though your child is not receiving adequate nutrition, he or she is likely consuming somewhat of a balanced diet.
2. Do not force a child to finish the food on his or her plate. This may encourage overeating and may promote unhealthy eating behaviors later in life. This mindset interferes with the body's natural ability to detect hunger and satiety, and may promote overweight or obesity down the road.
3. Set reasonable time limits for the start and end of a meal. Remove the plate quietly once the child has completely lost interest in the food rather than forcing the child to clear the plate or engaging in an argument.
4. Respect a child's food preferences and requests. For example, allow foods to be eaten plain or for foods to not touch on the plate if preferred. This will reduce unpleasant arguments at meal times, and these behaviors will likely diminish as the child ages and matures.
5. Try to limit the amount of meal and snack choices offered. Too many options can be overwhelming and may also promote "picky eating" and an inability to adapt to many typical social scenarios. When introducing new foods, try to introduce one new food among familiar foods. For example, if your child loves broccoli and chicken but has not yet been introduced to sweet potatoes, then offer this new food among the familiar and favorite foods.
6. Include children in the shopping process and in food preparation. Children are more likely to try new foods and to enjoy eating if they are included in the entire process and made to feel involved. Make meals and snacks fun!

Special Needs

Thanks to the Office for People with Developmental Disabilities (OPWDD) for generous funding that has allowed us to share, with many parents and teachers, information gathered through informal observations of classrooms or individual children when concerns come up.

Funding from OPWDD made it possible for us to offer on-going training and technical assistance to 6 center and home-based child care programs through their participation in the 2013 Special Needs Inclusive Care Series. Training topics included;

Defining, Describing, Developing: The 3 D's of Autism and Social Communication
Autism Spectrum Disorders: Characteristics and Treatment
The ABC's of Behavior – Parts 1 and 2
Parents As Partners

In addition, we were able to provide 15 hours of customized on-site technical assistance to each program. Participation in this series allows providers an in-depth opportunity to examine their own capacity to offer appropriate individualized care to most all children and their families.

If you are interested in more information about having an observation done in your classroom or participating in future training and technical assistance opportunities, please contact Gwen Brown-Murray, Special Needs Services Coordinator at (845) 425-0009 ext 613.

Infant Toddler

Providing Outdoor Play for Infants and Toddlers

As the snowy weather and cold, winter months are upon us, do you find it more challenging to get your infants and toddlers outside? Winter time may feel like a difficult time of the year for your little ones to engage in daily outdoor play. From the stress of getting all those little hands and feet into mittens and boots to parents who do not send in appropriate winter clothing, it may seem like there are too many challenges to overcome.



However, along with the cold weather comes stuffy, closed up classrooms which allow an increase in germs spreading among children and staff. Many people believe going outside in cold or wet weather can cause colds or sickness; however, colds and flu are caused by germs, like bacteria and viruses. Therefore, when children and staff spend long hours together indoors, illness spreads easily as everyone rebreathes germs throughout the day. One way to freshen the air indoors is to open the doors and windows in the classroom for 15 minutes before the children arrive. This allows the fresh air to circulate throughout the classroom and clear some of the germs out of the air. Fresh air is beneficial and outdoor play, even when it is cold outside, can help keep children and staff healthy.

CCRR Would Like to Welcome the Following New/Renewed Licensed/Registered Child Care Programs

Family Child Care Programs

Rachel Stern

Group Family Child Care Programs

Kelly Flaherty
Nancy McCarthy
Chaya Kaufman
Debra Raho
Shaindel Spitzer
Barbara Sussman
Edward Inayat

Child Care Centers

Kidsnett Child Care Program
Airmont's Angels Preschool Explorers

School Age Care Programs

Nanuet Family Resource Center at Highview
Nanuet Family Resource Center at Miller

Attention: New Family and Group Family Child Care Providers.

Are you a new family or group family child care provider, in business for 2 years or less? Or have you been registered or licensed longer than one licensing period but never enrolled or cared for any children in your home?

Join this growing NEWBIES Network to share and discuss with other family and group family child care providers issues and concerns that impact your child care business. For specific information about the meetings and trainings see Child Care Resources of Rockland's 2014 Winter/Spring Training Calendar.

If you have any questions, please call Jim Callahan at (845) 425 -0009 x221 or email Jim at jimc@rocklandchildcare.org

Questions & Answers

Q. I heard that the Family/Group Family Child Care Provider Regulations have changed. What does this mean for me?

Answer: New Child Care Regulations for 2014, The Family Child Care regulations (417) and Group Family Child Care regulations (416) along with the Definitions (413), have been rewritten and will go into effect on May 1, 2014. These regulations are currently available on the Office of Child and Family Services web site at www.ocfs.state.ny.us.

The Center regulations (418) and School Age Center regulations (414) have already been "cross-walked" to be consistent with the changes in the 417 and 416 regulations and are currently being reviewed for their individual changes. They will be released for a comment period and then implemented later in 2014.

In addition, the updated Federal Regulations, known as the Federal Rules, will be released in early 2014. The Federal Rules set the ground floor for states to develop their regulations. Also coming up in 2014, New York State will review the Social Services 390 law which is the statute that defines child care in the state.

Need Help? Child Care Resources of Rockland will be holding three information sessions for Family and Group Family providers to review the changes on February 25th, March 10th and 31st. We will do the same for Center and School Age Center staff dates TBA. You need only select one session and the cost will be \$10 and a training certificate will be provided. To register call (845) 425-0009

Do you have ideas that have worked for you?
Do you have a question for our Q&A column?
Send it attention Newsletter to:
info@rocklandchildcare.org



Comings and Goings

CCRR would like to say a warm goodbye to Susan Torres-Bender. We wish her both happiness and success in the future.

CONGRATULATIONS!

We are pleased to announce the
2012-2013 CDA Recipients

Clara Boyce	Annmarie Noury
Erika Catalan	Claribel Peralta
Francia Cruz	Shannon Perez
Nicaury DeLaCruz	Donna Perazzo
Darnett Davis	Lucia Ramirez Brown
Melissa Dauber	Adriana Ravel
Rodia Dorcely	Rita Rodriguez
Veronica Guignard	Alba Rosario
Jessica Jimenez	Sugeidy Santos
Magalie Legerme	Ruben Sanchez
Miriam Morgado	
Kimberlee Nostro	
Deborah Shamsid-Deen	

Prepare for the 2014 Tax Filing Season Now!

Did you know that your family may qualify for thousands of dollars back in tax credits for 2013? You could qualify for up to \$2,100 from the federal Child and Dependent Care Tax Credit and up to \$2,310 from the New York State Child and Dependent Care Tax Credit. To get these credits you MUST FILE A TAX RETURN!!!

Go to <http://irs.treasury.gov/freetaxprep/> to find out where you can get FREE help with **federal** taxes. Find out where to get free help with your **state** taxes by contacting the New York State Department of Taxation and Finance at (518) 457-5181.

Visit The Office Of Temporary and Disability Assistance website to get more information about the New York State Child and Dependent Care Tax Credits
<http://otda.ny.gov/workingfamilies/cdctc.asp>

You would need to provide a copy of the placement notice from the Administration for Children's Services or the Department of Social Services indicating the placement date and your parent fee.



Cut Out and Post!

CCRR CLOSING INFORMATION

Wednesday January 1st – New Year's Day
Monday January 20th – Martin Luther King's Birthday
Monday February 17th – President's Day

SAVE THE DATE

February 28th – Children's Legislative Forum
March 29th – Spring Fling
April 23rd – Children's Champions Dinner

CCRR STAFF DIRECTORY

Executive Director

Jane Brown x417

Director of Family Connections and Universal Prekindergarten Services

Kit SaizdelaMora x223

Family Connections Coordinator

Alice Rosado x495

UPK Coordinator

Jenine Valentino x460

Family Connections Specialist

Arlene Thomas-Strand x661

Director of Professional Development And Quality Enhancement Services

Debbie Silver x459

CDA Coordinator

Ellen Mitchell x456

Quality Child Care Campaign Coordinator

David Del Campo x451

Special Needs Coordinator and Infant/Toddler Specialist

Gwen Brown-Murray x613

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Child Care Aware® of America Member



Child Care Resources of Rockland, Inc. has successfully completed the Best Practice Certification process and has demonstrated the competence in the field of Child Care Resources and Referrals in New York State.



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MEMBERSHIP NEWS

Child Care Resources of Rockland, Inc. is funded through a variety of sources: the County of Rockland, NYS Office of Children and Family Services, NYS Department of Health, NYS Education Department, the United Way of Rockland County and the support of our members. Additional funding for Special Needs Services is provided by Family Support Services, Mental Health Services and the Office for People With Developmental Disabilities. We would like to thank those family/group child care providers, center-based programs, school age care programs, parents and the members of the community-at-large who paid membership between 8/19/13 through 12/9/13:

Arlene Aleman
Christine Cahill
Victoria Caramante
Wendy Dominguez
Dawn Koch
Mindy Mandel-Werner
Elizabeth Marcus

Avril McCormack
Peggy Nwoso
Vivian Rivera
Tracy Senecal
Michelle Smith
Kathleen Thompson
Sophia Zuniga

Cricket Town
MLK Multi-Purpose Center
Patty Cake Playhouse
Preschool Playhouse, Inc.
St. Paul's Christian Day School
Warwick Day Care Center

RETURN SERVICE REQUESTED

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



Membership Form

Name of Individual _____
Name of Program/Organization _____
Mailing Address _____
Email Address _____

Please check the appropriate category:

- ☐ Individual Membership (\$45)
☐ Family Child Care Provider (\$45)
☐ Group Family Child Care Provider (\$55 for provider and 1 assistant, and \$12 for each additional staff). Please provide a separate sheet with names of all staff members included in membership.
☐ Center-Based Program (\$60 for 1-5 staff, \$12 for each additional staff member not to exceed \$400). Please provide a separate sheet with names of all staff members to be included in memberships.

Payment Method:

☐ Check ☐ Visa ☐ MasterCard ☐ Discover

Account Number _____

Exp. Date _____ CVC (last 3 digits on back of card) _____

Billing Address _____

Cardholder's Signature _____



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Included in this newsletter
are a few activities and
games to do with your
children and the children in
your care. Enjoy!

Visit Our Website
www.childcarerockland.org
and subscribe to receive our
newsletter via email!

You can also get email
updates on upcoming
events, professional
development opportunities,
and more.
Sign Up Today!



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 a Family
Connections Specialist

Newsletter Activities

Infants **Foot Prints**

Materials: Large sheets of paper, washable paint, soft brushes or sponges

Preparation: Pour paint into cups or bowls

Procedure: Hold up baby's feet and count their toes. Sing "this little piggy". Brush or sponge paint on their feet while talking about how it feels. Then gently press their feet onto the paper in several directions. Cut the paper into the shape of a giant foot.



I See the Moon

Materials: A large paper cut out of the moon

Preparation: Tape the paper moon to a window.

Procedure: Sing the following rhyme: "I see the moon. The moon sees me," I love the moon, and the moon loves me, pointing to yourself and then the moon. Replace the words I and me with the baby's name the second time you sing it.

Toddlers **Match the Lids**

Materials: Different sized jar lids, 2 identical magazines

Preparation: Cut out sets of two of the same pictures for lids. Glue them to the insides of the lids that are the same size. Glue different pictures to two other matching sized lids until all of the pictures are used.

Procedure: Put one set of the lids in front of the child. Hold one up at a time and name the picture. Then find the matching picture and name the picture again. Talk about the size of the lids and describe the colors, etc. In the picture. See if the child starts to look for matches on the other lids.

Simple Sorting

Materials: Collection of two different kinds of toys (cars and animals), in 2 boxes

Procedure: Say these are all mixed up can you put the animals in this box and the cars in the other one for me? If the child can do it talk about and describe each item he picks up and why he put them where he did.



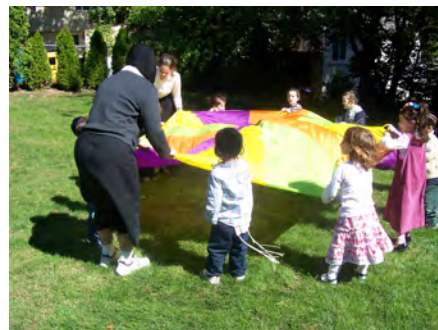
Preschoolers

Can Catch

Materials: Three cans with different sized openings, many balls of varying sizes.

Preparation: Secure edges of cans with tape for safety.

Procedure: Show children how to throw the balls into the cans. Have them guess which balls will fit in each of the cans and ask them why they think it will fit. Then have them test their hypothesis.



Catch and Review

Materials: Balls and markers

Preparation: Write numbers and draw corresponding dots on the top, bottom, and two sides of a ball

Procedure: Sit children in a circle and roll the ball to a child. See if they can identify any of the numbers. Continue until everyone has had a chance. When you are finished, wipe off the numbers with alcohol wipes and write different numbers as children learn them.

School Age

Stained Glass vases

Materials: Glass jars or bottles in various shapes and sizes, multi colored tissue paper, brushes and liquid starch

Preparation: Cover the art table with newspaper, put out the tissue paper, liquid starch, brushes and glass jars.

Procedure: Have children cut or tear the tissue paper into small shapes. Brush the tissue paper shapes onto the outside of the containers using the starch. Press down loose corners with extra starch. Cover the container entirely. Let dry.



Newspaper Shapes

Materials: Newspapers, masking tape, and scissors, pictures of various polyhedrons

Preparation: Read about, research Polyhedrons (three dimensional shapes with many faces)

Procedure: Have children experiment with making the various three dimensional shapes using only newspapers and tape.



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