



Let's Go Outside! Enriching the Outdoor Environment

The outdoor learning environment is more than just the space and the equipment available. How the space is used and the range of learning experiences for children is the glue that holds effective outdoor learning programs together. The learning options are endless and new ones will evolve as the environment is used differently and creatively for learning.

Prop boxes/play crates

Prop boxes, also called play crates, can be used to extend individual interests of children from indoors to outdoors. Prop boxes are containers for loose parts that are organized to offer a specific play theme such as dress-ups, water play, sand play, or block and animals; a bubble crate, a digging and garden crate, or a boot and fun shoe crate could be made. Developing a system for offering prop boxes will help set the stage for appropriate use of materials and can become part of the morning setup.

Establishing a play crate system takes time. Encourage child care providers to enlist the help of children. Children can collect materials and suggest themes for prop boxes. In "Creating Play Crates for the Outdoor Classroom," Odoy and Foster (1997) suggest some basic questions to consider:

- Who will maintain the crates and make sure they contain safe and usable materials and are well stocked?
- When will safety checks take place?
- Who will set the crates out in the morning?
- Who will decide which crates will be offered and when to rotate crates?
- Will crates be shared among classrooms, or will each classroom have its own?
- Where will crates be stored?

Transition area

It is important to make a smooth transition when taking a group of children outdoors. Providing a transition area can help make going outdoors easier for children and teachers.

- Inform children 15 minutes, then 10, then 5 minutes before time to get ready to go outside so they can mentally detach from their current activity.

- Passive play opportunities such as seats, "perches" from which to observe, with binoculars, periscope, or telescope.
- Decks, patios, semi-structures that can be used for construction play, blocks, art.
- A "bring it with you" area—to bring outdoors the activity the child is currently engaged in indoors, for example, a table to support an art project, snack, or writing activity.
- A stage for bringing out puppets and dress-ups.
- Water containers or a water table to give dolls baths or wash dishes in the dramatic play area.

Observation opportunities

The outdoor environment should provide a wide range of observation opportunities for children. Here are some examples.

- **Birds**—Observing and discussing the birds in the environment is an experience many children enjoy. Building a bird watch is a fun way to successfully observe.
- **Insects**—"Bugs" stimulate curiosity in children and a wide range of reactions from teachers. Children want to explore and learn about bugs. Providing a means to do that—butterfly nets, insect containers, a butterfly garden—can offer the opportunity.
- **Weather**—Observing wind direction or cloud formations, measuring rainfall or snowfall, and checking a thermometer for temperature changes are all ways to engage children in observing weather.
- **Plants**—Plants serve a unique and essential role in the outdoor learning environment. Plants—flowers, shrubs, trees, grass, moss, fruit and vegetables provide wonderful learning opportunities and a wide range of other functions in the play environment.

Let's Go Outside!
Enriching the Outdoor Environment
By: Janet R. McGinnis
SUNY Early Childhood Education
And Training Program

inside...

From the Director's Desk
The Child Care Connection Trainings
Community News and Training Opportunities
What's in the Regulations
Child and Adult Care Food Program

page 2
page 4
page 5
page 6
page 7

From the Director's Desk

At the end of April I was lucky enough to be able to attend the NYSAEYC conference in Verona with two other staff members. The days were long but I came away with two workshops that will make a difference in my family as well as to the people I can share the information with.

The first workshop was a training of the trainer called Eco-Healthy Child Care. A trainer from another CCR&R in New York had arranged this training and had pushed for every CCR&R to send someone. The program was free and this is not a woman who takes no for an answer and you just have to love her for her persistence. I didn't even try to say no, I just signed Jo and me up to take the workshop. I have to admit, I was not expecting much. You hear a lot about "going green" and things you can do. I was mistaken when I thought the information would be redundant and boring. It was anything but that. We came away with information and materials to share. We came away with new knowledge to help us to understand why we are always being told things are bad that have been cleared for use by agencies of our government. We came away with some myths being busted and/or clarified. We came away with valid alternatives to use in place of things that are not so good. We will be presenting this training to all of you soon. Keep your eyes opened.

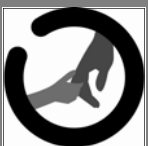
The second workshop that I attended and loved was called Wired to Be Warriors. This training was about the brain development of boys/males. Brain development is an area that I have not attended a lot of formal training. I have read some articles and picked up tidbits but have not taken workshops and classes surrounding brain development. It is fascinating to me and amazing to learn the things that are being discovered in the brain. We were given research information and techniques to use with all children but particularly with boys. Research shows that boys' brains develop differently. Their bodies and brains work and process their chemicals (hormones) differently (in most cases though there are always exceptions). It was said that we should recognize and honor the maleness of boys and the femaleness of girls. Some people think that this is stereotyping or being sexist but in fact boys and girls have fundamental differences that go beyond their anatomies. It is fascinating to hear about the different developmental rates and the different ways that things are processed by boys. The more that is learned about the brain, the more fascinated I become. For example, research tells us that 90% of brain development has occurred by the time a child reaches five years of age and that 80% of that development occurs by the age of three. However, this development looks different when you consider boys and girls. Boy's brains develop significantly slower than girl's brains. This does not mean that

girls are smarter than boys, just developmentally more advanced, which is why we often hear that it is better for boys to be a little bit older when starting school. I could go on about this and look forward to getting better educated about the brain and brain development.

I feel that I must point out that I do not favor girls over boys or visa versa. I have two daughters and a son. What I am in favor of is valuing the differences and uniqueness of each child, boy or girl and building on that. In looking at just the few facts that I have provided here, you can clearly see why early childhood can be viewed as the most important time in a person's life. It is also easy to see why the quality of early care is so important, whether that time is spent with a parent, a nanny, a child care provider or some combination of people. I have to say that ideas of quality vary and what is right for me may not be right for you. There are things that are considered the most important elements to quality however, and I am aware that we have providers on both ends of the spectrum and all the way along it. Regardless of whether or not we have QUALITY-starsNY fully operational throughout the state, we need to provide the best care that we are able and I would say that we are all able to do better when we are shown how and have some assistance. Realistically we know that we also need funding to make this happen. However, there are many changes that can be made without a lot (if any) money. We can start there.

We are working towards quality assurance, so please do not think the care providers are the only ones being asked to do this work. It is hard, it is exhausting, it is stressful and it is frustrating. It is also rewarding and when looked at as part of the big picture, it will be a good thing, something that we can be proud of. I think that you will all be able to say the same thing as you strive for quality improvements. We do not like all of it, neither will you. Life is like that. But in the end, if we can all look at the big picture and say we made things better for even one child, then it will have been worth it.

Christy Houck





QUALITYstarsNY has a webpage. Keep up-to-date with the initiative and the field tests that are taking place!

<http://www.qualitystarsny.org>

Heat Exhaustion and Heatstroke

During hot, humid weather, the body's internal temperature can rise and can result in heat exhaustion and heatstroke. If not quickly treated heat exhaustion can progress to heatstroke, which requires immediate emergency medical care and can be fatal.

Signs and symptoms of heat exhaustion:

- Nausea, sometimes vomiting
- Fast, shallow breathing
- Irritability
- Headache
- Increased sweating
- Cool, clammy skin
- Elevation of body temperature to less than 104 degrees Fahrenheit (40 degrees Celsius)

Signs and symptoms of heatstroke:

- Severe, throbbing headache
- Weakness, dizziness, or confusion
- Difficulty breathing
- Decreased responsiveness or loss of consciousness
- Little or no sweating
- Flushed, hot, dry skin
- Elevation of body temperature to 104 degrees Fahrenheit (40 degrees Celsius) or higher

What to do:

If the child has a temperature of 104 degrees Fahrenheit (40 degrees Celsius) or more, or shows any symptoms of heatstroke, seek emergency medical care immediately. In cases of heat exhaustion and while awaiting help for a child with possible heatstroke:

1. Bring the child indoors or into the shade.
2. Undress the child.
3. Have the child lie down; elevate feet slightly.
4. If the child is alert, place in cool (not cold) bath water, or sponge bathe the child repeatedly. If outside, spray child with a garden hose.
5. If the child is alert, give frequent sips of cool, clear fluids (clear juices or sports drinks are best).
6. If the child is vomiting, turn his or her body to the side to prevent choking.
7. Monitor the child's temperature.



Recall Alert!
The US Consumer Product Safety Commission (CPSC) announces the following recalls:

- Step2: Push Around and Whisper Ride Buggies
- C&T International/Sorelle: Drop-Side Cribs
- Simplicity Cribs: Aspen 4-in-1, Chelsea Deluxe 4-in-1 Convertible Sleep System, Graco 4-in-1 Ultra Sleep System, Graco Aspen 3-in-1, Simplicity Crib and Changer Combo, Simplicity Ellis Deluxe 4-in-1 Convertible Sleep System, Simplicity Nursery-in-a-Box Convertible Crib
- Graco(r)-branded drop side cribs made by LaJobi: Ashleigh Drop Side, Hampton Drop Side, Jason Convertible Drop Side, Kendal Drop Side, Lauren Drop Side, Rachel Convertible Drop Side, Sarah Drop Side, Shannon Drop Side, Tifton Drop Side
- Step2: Basic Rhythms Drum
- Le Hing Inc.: Baby Walkers
- Gund Baby Paperboard Books: "Animals" (item number 059174), "Numbers" (item number 059175) and "Colors" (item number 059176).
- Evenflo: Top-of-Stair Plus Wood Gates
- Infantino: SlingRider Baby Slings
- Graco: Harmony High Chairs

For more recall information:

- ➔ Call CPSC at (800) 638-2772.
- ➔ New Federal Website launched: www.recalls.gov
- ➔ CPSC's website: www.cpsc.gov OR
- ➔ Contact The Child Care Connection for more information on how to view the recalls online.

Storytime

Important elements to remember when telling stories:

- Shyness can be overcome
- Tale to tell: story selection is important
- Orator: vary your tone and pitch during the telling
- Room environment: the right environment is vital
- Your audience: Know them well and adapt the story accordingly
- Timing: change the pace and speed of the story to keep it moving
- Imagination: use your creativity to enhance any story
- Materials can add extra fun to your story
- Excitement: You can make any story better if you tell it with enthusiasm.

SUNY Training Strategies Group

Child Care Services' Training Schedule

Important: For trainings located at Catholic Charities, 176 Main St., Oneonta, please use the rear entrance, unless otherwise noted, opposite the parking garage on Water Street. There will be no food allowed in the training room.

Make it and Take It

- **June 24: 6:30 - 8:30 pm:** Catholic Charities, 176 Main Street, Oneonta. First in a quality series. Infant/Toddler Specialists Wendy and Sarah will present a hands-on workshop creating developmentally appropriate materials for use with infants and toddlers. Materials and CEUS will be provided. **Please use Main Street entrance. Limited to 15 participants. No cost. Registration deadline 6/18.**

Small Business and Planning

- **July 6: 7:00 - 9:00 pm:** Catholic Charities, 176 Main Street, Oneonta. Guest presenter: Bill Ritter, Assistant District Director for Upstate NY, past Chapter Chair for Business Administration and Project Management Background. **No cost. Registration deadline: 6/29.**

Infant/Child CPR

- **July 14: 6:00 - 9:00 pm:** Fox Education Center, Wellness Conference Room, Route 7, Oneonta. **Cost: \$25.00. Registration deadline 7/7.**

VOICE Information Session

- **July 27: 7:00 - 9:00 PM:** Catholic Charities, 176 Main Street, Oneonta. **Please use Main Street entrance. No Cost. Registration deadline: 7/20.**

Health and Safety Training

- **August 10 & 11: 9:00 am—5:00 pm:** First Baptist Church, 73 Chestnut Street, Oneonta. This is a required training for people in process of NYS Child Care Registration and licensing. **Cost: \$250.00. Rebate of \$225.00 available. Registration deadline: 8/3.**

Provider Roundtable

- **August 18: 7:00 - 9:00 pm:** Catholic Charities, 176 Main Street, Oneonta. **Please use Main Street entrance. No cost. Registration deadline: 8/11.**

**Please see
"COMMUNITY TRAININGS"
on page 5
for more FREE TRAINING
Opportunities!**

SUNY VIDEOCONFERENCES

Call SUNY to register: (518) 443-5940

www.tsg.suny.edu/videoconferencing.shtm

*Free training for child care providers sponsored by NYS OCFS and SUNY Early Childhood Education & Training Program. Videoconferences begin promptly at 6:45 pm at Catholic Charities, 176 Main St., Oneonta. Participants **must** register for all videoconferences through SUNY.*

Please Note: Those registered for videoconferences should use the rear entrance, opposite the parking garage on Water Street. **There will be no food allowed in the training room.**

Summer Safety

- June 3 6:45 pm—9:15 pm

Funding Sources

SUNY Training Strategies Group (518) 443-5940

- Medication Administration Training Grant Program
www.tsg.suny.edu/matgrant.shtm
- NYS Educational Incentive Program
www.tsg.suny.edu/eip.shtm
- Health and Safety Training Rebate
www.tsg.suny.edu/hs_rebate.shtm

OCFS Compliance Grants for Family Day Care and Group Family Day Care within Otsego County:

- The Child Care Connection of Catholic Charities
(607) 432-0061 / (866) 814-1117
childcare@charitiesccdo.org

OCFS Start-Up and Health and Safety Grants for Day Care Centers and School Age Child Care Programs:

- Early Childhood Development Programs RFP
(518) 473-6233 / www.ocfs.state.ny.us

Regulatory Information

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

155 Washington Ave., Albany, NY 12210
Ph: (518) 402-3038 / Fax: (518) 473-0492
www.ocfs.state.ny.us

Medication Administration Training

**For more information
or to register for a class
call Public Health Nursing:
(607) 547-4230**

For more information on MAT Training,
or for a MAT Training Voucher
visit:

www.tsg.suny.edu/matgrant.shtm

Training Series

Please call
The
Child Care
Connection
for more
information
or to
register at

(607) 432-0061
or
Toll-free in
Otsego Co:
(866) 814-1117

Community News and Training Opportunities

Health Care Consultancy

Child Care Connection offers Health Care Consultants through Otsego County Public Health Nursing for registered or licensed programs in Otsego County. The Health Care Consultant and her phone number is as follows:

- **Jean Lilja (607) 547-4383**

SUNY Educational Incentive Program

(518) 443-5940

www.tsg.suny.edu/eip.shtm

The **Educational Incentive Program (EIP)** can be used to pay for all types of training, from college courses, to workshops, CPR & First Aid classes and full day conferences. You can receive a 2010 EIP application from Catholic Charities or online at www.tsg.suny.edu/eip.shtm. Child Care Connection staff can help you complete the application if you have questions. Applications should be completed as soon as you know you will be taking a training so that your application can be approved prior to the start of the training. Training certificates will need to be sent as proof of training attendance.

Mandated Reporter Training

The New York State Office of Children and Family Services now offers FREE 24/7 online Mandated Reporter Training in Child Abuse and Neglect/Maltreatment Identification. You can register anytime by visiting www.nysmandatedreporter.org, selecting "Courses Offered" and then clicking to register for "Self-Directed Online Training." This 2-hour web-based training is fully narrated and interactive and features learning exercises customized for the Child Care profession. As you complete each 10-15 minute section, the application saves your progress and allows you up to 30 days to complete the entire course. A certificate of completion is sent online to persons completing the course. You will receive a credit for 2 hours of training on this topic. For technical help registering, contact Shannon Flynn at 518-408-4666.

Save the Date

July 26, 2010

First annual Swing "Fore" Kids Sake

Golf Outing to benefit

Prevent Child Abuse New York

Celebrating it's 30th year anniversary

For more information contact:

Jennifer Dailey at (518) 445-1273

Otsego County Public Health Nursing Services

Immunization Clinic services are open to the public. Children under 18 years of age must be accompanied by a parent or legal guardian (for informed consent). It is very important that you keep track of your child's shot record and bring it with you every time you come to the clinic. **Please call Public Health if you have any questions. (607) 432-4410 in Oneonta or (607) 547-4230 in Cooperstown.**

Please contact Otsego County Public Health Nursing for the Summer 2010 Immunization Clinics

Fingerprinting for Day Care Providers

Fingerprints for day care providers and day care center staff are now being processed digitally. All those who need to be fingerprinted must contact L1 Identity Solutions to schedule an appointment. You may schedule your appointment on line by visiting www.L1enrollment.com or by calling 1-877-472-6915. **Waivers will continue to be done locally at our office.**

Community Trainings

World's Strictest Parents

- **June 3 and June 10: 9:30 am—12:00 pm:** Family Services Association, 277 Chestnut Street, Oneonta. To register call 432-2870. Ask for Mary or Carolyn

Saving Energy, Saving Dollars

- **June 8: 7:00 pm—9:00 pm** Cornell Cooperative Extension, 123 Lake Street, Cooperstown. No cost. To register call 547-2536.

Summer Time Fun

- **June 17: 9:30 am—12:00 pm:** Family Services Association, 277 Chestnut Street, Oneonta. Learn about local summer activities. To register call 432-2870. Ask for Mary or Carolyn.

Red Cross First Aid for Child Care Providers

- **June 23: 6:00 pm—10:00 PM:** American Red Cross, 396 Chestnut Street, Oneonta. No cost. To register call 785-7207. Limited space.

Infant/Child/Adult CPR

- **June 26: 9:00 am—5:00 pm:** American Red Cross, 396 Chestnut Street, Oneonta. No cost. To register call 785-7207. Limited space.

What's in the Regulations...

417.5/418-1.5 safety

417.5 Safety

(f) (1) Each family day care provider must ensure that barriers exist to prevent children from gaining access to any swimming pool, drainage ditches, wells, ponds or other bodies of open water located on or adjacent to the property where the group family day care home is located. Such barriers must be of adequate height and appropriately secured to prevent children from gaining access to such areas.

(2) Each family day care provider must ensure that adequate barriers exist to prevent children from gaining access to unsafe, dangerous or hazardous areas or devices. Such areas and devices include, but are not limited to, holes, pits, wood and coal burning stoves, fireplaces and permanently installed gas space heaters.

(g) (1) The use of spa pools, hot tubs and fill-and-drain wading pools is prohibited. The use of non-public and residential pools is also prohibited except in those instances where a provider can demonstrate the ability to operate and adequately supervise the use of a non-public or residential pool in a clean, safe and sanitary manner. The provider must receive Office approval prior to use of a non-public or residential pool for children in day care.

(2) To receive approval from the Office of the use of a non-public or residential pool, a provider must:

(i) provide to the Office documentation demonstrating that there will be adequate supervision of all children in care while children use the pool, in accordance with the requirements of section 417.8 of this Part;

(ii) submit documentation acceptable to the Office demonstrating that consistent, safe and adequate water quality of the pool will be maintained; and

(iii) submit a written pool safety plan acceptable to the Office that sets forth adequate safety standards for use of the pool.

(3) Providers must obtain prior written permission from the parent for their child to use the pool. Permission notes must include the following:

(i) Name and age of the child;

(ii) Address where the pool is located;

(iii) The depth of the pool at its deepest point;

(iv) Dates or months the child is permitted to swim in the pool; and

(v) Signature of parent and date signed.

(4) A trained person as described in paragraph (4) of subdivision (a) of section 417.8 of this Part must be present at the pool whenever the pool is in use by day care children.

(5) Providers approved to use non-public or residential swimming pools for children in day care will maintain those records required by the Office as a condition of approval of use of the pool.

(h) Public swimming pools and adjacent areas used by the children must be constructed, maintained, staffed and used in accordance with Chapter 1, subpart 6-1, of the New York State Sanitary Code, and in such a manner as will safeguard the lives and health of children.

418-1.5 Safety

(a) Suitable precautions must be taken to eliminate all conditions in areas accessible to children which pose a safety or health hazard.

(b) The provider must submit a written plan for the emergency evacuation of children from the premises for each shift of care provided (day, evening, night), using a form furnished by the Office, or an approved equivalent form. Primary emphasis must be placed on the immediate evacuation of children. The plan, as approved by the Office, must be posted in a conspicuous place in the center. The approved emergency evacuation plan must describe the following:

(1) how children and staff will be made aware of an emergency;

(2) primary and secondary evacuation routes;

(3) methods of evacuation, including where children and staff will meet after evacuating the building, and how attendance will be taken;

(4) roles of staff; and

notification of authorities and the children's parents.

(e) Porches, decks and stairs must have railings with a barrier extending to the floor or ground to prevent children from falling. Acceptable types of barriers include, but are not limited to, banisters, intermediate rails, and heavy screening.

(f) Child day care centers must provide and use barriers to restrict children from unsafe areas. Such areas include, but are not limited to, swimming pools, open drainage ditches, wells, holes, wood and coal burning stoves, fireplaces and permanently installed gas space heaters.

(g) The use of non-public swimming pools, spa pools and all fill-and-drain wading pools is prohibited.

(h) Public swimming pools and adjacent areas used by the children must be constructed, maintained, staffed and used in accordance with Chapter 1, subpart 6-1, of the New York State Sanitary Code, and in such a manner as will safeguard the lives and health of children.

(o) Outdoor equipment such as swings, slides and climbing apparatus must be installed and used in accordance with the manufacturer's specifications and instructions, be in good repair, and be placed in a safe location. Such equipment and apparatus may be used only by the children for whom it is developmentally appropriate.

(p) Clear glass panels must be marked clearly to avoid accidental impact. Glass in outside windows less than 32 inches above the floor level must be of safety grade or otherwise protected by use of barriers to avoid accidental impact.

For more information on NYS OCFS Day Care Regulations, visit:

www.ocfs.state.ny.us



Child and Adult Care Food Program Food for Thought

Safe at the Plate

How you handle food matters. With enough warmth, moisture, and nutrients, one bacterium that divides every half hour can produce 17 million progeny in 12 hours.

Putting food in the refrigerator or freezer stops most bacteria from growing. Exceptions: *Listeria* (typically found in lunch meats, hot dogs, and unpasteurized soft cheeses) and *Yersinia enterocolitica* (typically found in undercooked pork and unpasteurized milk) grow at refrigerator temperatures.

Rules for Leftovers

2 hours—2 inches—4 days

- 2 hours from oven to refrigerator. Refrigerate or freeze leftovers within 2 hours of cooking. Otherwise throw them away.
- 2 inches thick to cool it quick. Store food at a shallow depth—about 2 inches—to speed chilling.
- 4 days in the refrigerator—otherwise freeze it.
- Use leftovers from the refrigerator within 4 days.
- Exception: use stuffing and gravy within 2 days.
- Reheat solid leftovers to 165 degrees Fahrenheit and liquid leftovers to a rolling boil. Toss what you don't finish.

Other Helpful Tips

- Buy fresh-cut produce like half watermelon and bagged salad greens only if it's refrigerated or surrounded by ice.
- Separate raw meat, poultry, and seafood from other foods in your shopping cart and refrigerator.
- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs and mushrooms) or cut or peeled produce in a clean refrigerator at a temperature of 40 degrees Fahrenheit or below.
- Wash your hands for 20 seconds with warm water and soap before and after preparing any food.
- Wash fruits and vegetables under running water just before eating, cutting, or cooking, even if you plan to peel them. Don't use soap (it leaves a residue). Produce washes are okay, but not necessary.
- Scrub firm produce like melons and cucumbers with a clean produce brush. Let them air dry before cutting.
- Discard the outer leaves of heads of leafy vegetables like cabbage and lettuce.
- Don't eat sprouts unless they are thoroughly cooked. Children, the elderly, pregnant women, and anyone with a weakened immune system should avoid raw sprouts.
- Drink only pasteurized milk, juice, or cider.
- Cooking any food to 160 degrees Fahrenheit will kill any e-coli.

*Nutrition Action Newsletter
March 2010*



Banana in a Blanket

1 (8-inch) flour tortilla ♦ 2 tablespoons peanut butter ♦ 2 tablespoons jelly ♦ 1 small banana, peeled

Place tortilla on a paper towel in the microwave and heat until soft and warm, approximately 10 seconds. Spread peanut butter and jelly on tortilla. Place banana at the edge of the tortilla and roll up.

Recipe shared by Stephanie Hoffer of Caledonia, Michigan



Easy Lowfat Cheesy Sauce

2 1/4 cups low fat or nonfat milk, divided ♦ 3 tablespoons cornstarch ♦ 1/2 cup reduced-fat sharp cheddar cheese ♦ 1 teaspoon prepared mustard

Warm 2 cups milk on medium-low heat in a saucepan. Mix cornstarch with 1/4 cup milk in a small bowl. Add cornstarch mix to the warm milk and stir until smooth. Cook for 3-4 minutes, stirring continuously. Once the sauce has thickened, stir in cheese and mustard. Heat until smooth. Serve over vegetables, such as broccoli, chicken or pasta.

www.allrecipes.com

Minute Menu / WebKids Reminders!

The new Healthy Child / Infant Meal Pattern is effective as of January 1, 2010. Please remember:

- No more than **one serving** of juice a day.
- Cheese food / spread are not allowed as a meal alt for infants.
- No flavored milk for children 1-5 years.
- Whole milk only for children 1-2 years.
- 1% or skim milk for children 2-18 years.
- No more than two servings of sweet-grain products and or sweet cereals may be served per week.
- Yogurt must be fat-free/low-fat and without artificial sweeteners.
- Water must be served with snack if no other fluid component is offered.





The Child Care Connection
A Program of Catholic Charities
of Delaware & Otsego Counties
176 Main Street
Oneonta, New York 13820

Safety Belt Fit Test

Child passenger safety is not just for infants and toddlers— it's a lifetime commitment. Around age four, a typical child is close to outgrowing a car seat.

Test all children under age 13 to be sure they are big enough to safely wear the adult safety belt without a booster seat:

- 1) Have the child sit all the way back on the vehicle seat. Check to see if the knees bend at the seat edge. If they bend naturally, move on to the next step. If they do not, return to the booster seat.
- 2) Buckle the lap and shoulder belts. Be sure the lap belt lies on the upper legs or hips. If it stays on the upper legs or thighs, move on to the next step. If it does not, return to the booster seat.
- 3) Be sure the shoulder belt lies on the shoulder or collarbone. If it lies on the shoulder, move on to the next step. If it is on the face or neck, return to the booster seat. **DO NOT** place the shoulder belt under the arm or behind the child's back.
- 4) Be sure your child can maintain that correct seating position for as long as you are in the car. If your child begins to slouch or shift positions so the safety belt contacts the face, neck or stomach, return your child to the booster seat until all the test steps can be met.

Require your child to use a safety belt in every vehicle, whether or not you are there to remind him or her.

Source: SAFE KIDS, Volume 1

Kids Don't Float

Swimming, especially during the summer months, provides hours of enjoyment and exercise for children. But water and children can be a dangerous mix when inadequate supervision and an unsafe environment are also present. Globally, drowning is the second leading cause of death to children ages 14 and under. In the United States, drowning remains the second leading cause of injury-related death among children ages 1—14.

Kids should learn to swim. You know your own children best, but many kids can start taking swimming lessons around age 4. Check with your local department of parks and recreation, American Red Cross Chapter, or YMCA to find a certified instructor. Look for classes that include emergency water survival techniques.

Even a child who can swim should never be in or around water without supervision, even for a moment. A lifeguard isn't enough—too many people to watch at once. A responsible adult should be designated to serve as a "water watcher," paying undivided attention to the children in the water and not doing anything else—not talking on the phone, eating, reading, chatting with other adults or watching over other children. Being a water watcher doesn't have to be a chore. It can be fun, and adults can take turns watching children in 10 to 20 minute shifts. Have more water watchers when there are a lot of children around or when they are swimming in a large body of water. Ideally, the water watcher should be certified in infant and child CPR.

Source: SAFE KIDS, Volume 1