



Steuben and Schuyler's most trusted child care resource.

## Parent Newsletter

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### Feel Better about Breastfeeding and Going Back to Work

Continuing to breastfeed while returning to work is a great way to benefit your baby's health and stay close. It can be a difficult transition but there is help along the way.



#### ➤ Find a Breastfeeding-friendly certified day care provider

There are several questions you can ask potential child care providers (e.g., child care centers, family day care homes) to assess whether or not they will support you in breastfeeding. Luckily for you, you are not the only one who wants to make sure your child care provider supports breastfeeding. The NYS Child and Adult Care Food Program (CACFP) is committed to promoting and supporting breastfeeding and is working to make child care providers across New York more breastfeeding friendly. CACFP has child care providers complete a self-assessment based on the Baby Friendly Hospital 10 step assessment. Once the CACFP designates the child care center/home as breastfeeding friendly, they are certified for three years and provided with a certificate.

#### ➤ Make a plan

So you have found a trustworthy day care provider who is breastfeeding-friendly, and you are probably thinking, "Ok, now what?" The best part about having a CACFP breastfeeding-friendly certified day care provider is that you can expect an atmosphere that is flexible and welcoming. Don't be afraid to discuss your concerns with your provider. Be sure to sit down with him/her and develop a time table for your normal feeding schedule and include how much your baby is consuming with each feeding. You might also ask the provider if they are okay with you stopping by their center to nurse your baby if your schedule allows it. Most breastfeeding-friendly providers should be more than happy to accommodate your needs, as well as keep you informed about your baby's progress throughout the day.

#### ➤ Ask your provider about CACFP

Children of all ages that are cared for by providers participating in the CACFP benefit by being fed nutritious USDA regulated meals that ensure their proper development. Day care providers receive nutrition education and support services from their CACFP sponsor that help them serve nutritious meals and create a positive eating environment for children. You as a parent can then benefit by being assured that your child receives high quality meals. With proper nutrition, your child is less likely to experience illness and fatigue and will develop at a normal physical and intellectual pace.

*For more breast-feeding support and resources visit:*

<http://breastfeedingpartners.org/>

*For more on CACFP visit:*

<http://www.cacfp.org/>

## It's Finally Okay to Play with your Food!

Getting your child to eat healthy doesn't have to be a hassle. Have your child use his/her imagination to create fun animals and landscapes made from healthy food choices! Feel free to share your child's "artwork" on our social media pages!

### ➤ Happy Little Trees

Cut large slices off the sides of red, orange, and yellow bell peppers. Place the slices skin-side down and use a cookie cutter to cut out circles from each. Add a pretzel stick to each circle for the trunk, and cut other pretzels on the diagonal to create branches. For the grass, slice a cucumber into rounds, and cut each piece in half.



### ➤ The Mane Event

Center a pancake, about 5 inches wide, on a plate. Decorate with mandarin orange slices, half a strawberry, and blueberries (you can trim the ends so that they'll sit flat), as shown. Pour a few teaspoons of chocolate syrup into a Ziploc bag and snip off a corner. Pipe on a mouth and whiskers.



Find more Creative ideas at:  
<http://www.parents.com/recipes/familyrecipes/snacks/treat-of-the-month/?slideId=57090>

## What does Quality Child Care Mean?

Quality Child Care involves more than simply the custodial care very often associated with "babysitting." Child Care Aware® of Steuben and Schuyler is partnering with local libraries to celebrate **Week of the Young Child, April 24-28, 2017**. This important week will showcase the resources we have available in our area that promote quality education for the growing minds of our children. Visit our Facebook and Twitter pages, to see a list of hosted events for Week of the Young Child.

Don't forget to show your day care provider how much they mean to you and your child on **Provider Appreciation Day, May 12, 2017**. Check our social media pages for ways we were recognizing our providers. Don't forget to #QICNY!



You can learn more about the statewide *Quality Investments for Children* initiative and how you can work to promote quality educational services by visiting: <http://bit.ly/QIC-NY>.

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[www.proactioninc.org/CCA](http://www.proactioninc.org/CCA)

Email [ectork@proactioninc.org](mailto:ectork@proactioninc.org) to receive quarterly parent tips and calendars.

### Visit our social media pages:

Facebook: *Child Care Aware of Steuben and Schuyler*

Twitter: @CCAoSny



Child Care Aware® of Steuben and Schuyler is a member of Child Care Aware® of America, Winning Beginning NY and the Early Care and Learning Council. Child Care Aware® of Steuben and Schuyler is nationally Quality Assured and NYS Standard of Excellence Certified.