

Parent Connection

A Quarterly e-Newsletter for Parents

January-March 2012

In This Issue...

- Parent Education Opportunities
- Special Interests
- Recipes
- Seasonal Section

Child Care Council of Dutchess & Putnam, Inc.

Feature!

Feature Parent Education Opportunity:

Cub's Place: Meets monthly (See Calendar for dates and location)

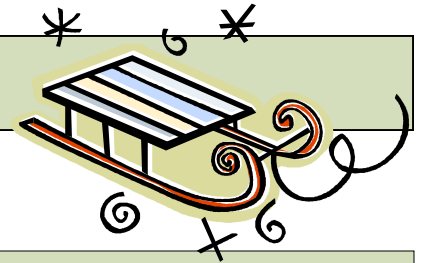
The mission of Cub's Place is to provide activities and support for children (grades k-5) in the Hudson Valley who are coping with a serious family illness or crisis.

The goal of Cub's Place is to provide a friendly, stress free environment where they can play and communicate with other children and adults. The children will be engaged in age-appropriate activities.

(More information—page 2)

Parent Education Calendar

Visit the parent education calendar for times and locations:
www.childcaredutchess.org/calendar.html



Special Interests

Bullying

Bullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the internet.

When Your Child Is Bullied

Help your child learn how to respond by teaching your child how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away.

Teach your child how to say in a firm voice.

- "I don't like what you are doing."
- "Please do NOT talk to me like that."
- "Why would you say that?"

Teach your child when and how to ask for help.

Encourage your child to make friends with other children.

Support activities that interest your child.

Alert school officials to the problems and work with them on solutions.

Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully

Be sure your child knows that bullying is never OK.

Set firm and consistent limits on your child's aggressive behavior.

Be a positive role model. Show children they can get what they want without teasing, threatening or hurting

someone.

Use effective, non-physical discipline, such as loss of privileges.

Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

When Your Child Is a Bystander

Tell your child not to cheer on or even quietly watch bullying.



Parent Education Opportunities

CCCDP is now implementing a parent education program to meet the unique needs of parents in our surrounding communities. Our goal is to connect parents with valuable community services and resources that offer information about parent education. Here are some parent education opportunities available in the community.

The Center for the Prevention of Child Abuse

The Center for the Prevention of Child Abuse aims to bring community-wide awareness about issues related to child abuse, while ensuring childhood victims receive necessary support and services. Visit their website for more information about parent education classes.

Call for more information. (845) 454-0595

Parent Empowerment Program

Men's Group - Tuesdays 4:30 PM & 6 PM

Women's Group - Mondays 10 AM & Tuesdays @ 4 PM & 6 PM

P.A.R.E.N.T.S. Plus

Men's Group - Tuesdays 4:30 PM & 6 PM

Women's Group – Mondays 10 AM & Tuesdays @ 4 PM & 6 PM

Special Needs Parenting Program is also available. Call (845) 454-0595

All parent education classes at 249 Hooker Avenue, Poughkeepsie, NY 12603



Vassar Brothers Medical Center

Vassar Brothers Medical Center is a 365 bed facility that has been serving New York's Mid-Hudson Valley since 1887. Located on the banks of the Hudson River, Vassar Brothers has established centers of excellence in cardiac services, cancer care and women and children's health services. Call for more information. (845) 454-8500 ext. 72385

*The following meets at Joseph Tower Auditorium—45 Reade Place, Poughkeepsie, NY 12601

Cub's Place (*For children who are coping with serious family illness or crisis*): Meets Monthly

Autism Support Group: Meets Monthly

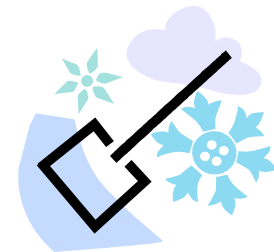
Juvenile Diabetes Support Group: Meets Monthly

ADHD Support Group: Meets Monthly (7-8:30 PM)

Asthma Support & Education Program* Meets Monthly (1-3:30 PM)

*Meets at 29 Fox Street, Poughkeepsie, NY, 12601

www.health-quest.org



Parent Education Opportunities (Continued)

Cornell University Cooperative Extension Dutchess County

The Family & Consumer Education Program, works to improve the well-being of Dutchess County families, individuals, youth and communities through education and change facilitation in the areas of financial management, nutrition, health and parenting. Call for more information. (845) 677-8223

Coffee and Conversation Group Locations and Meeting Times

Poughkeepsie Area (RAPP* Youth Meets) **second Tuesday** of every month from 6-7:30 PM @ St. Paul's Episcopal Church, 161 Mansion Street, Poughkeepsie NY, 12601

Eastern Dutchess (RAPP Youth Meets) **first Wednesday** of every month from 5:30 - 7:30 PM @ South Amenia Presbyterian Church, 229 South Amenia Road, Wassaic, NY 12592

Southern Dutchess (For Kin-givers Only) meets **third Thursday** of every month from 11-1:00 PM @ St. Mary's Church, 103 Jackson Street, Fishkill, NY 12524

*Relatives As Parents Program

www.ccedutchess.org



Astor Services for Children & Families

Astor Services For Children & Families is a community based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs. Astor serves children and families in New York State's Mid-Hudson Valley region and the Bronx. Call for more information about the social service resources available for parents and children.(845) 452-4667

www.astorservices.org

Craft Idea

If it feels like spring's taking too long to sprout, liven up a winter windowsill by making this mini greenhouse. Materials: Clear 2-liter soda bottle, Small flowerpot, Potting soil, Seeds, Saucer, Craft stick marker

Instructions:

1. Cut the top from a clear 2-liter soda bottle.
2. Find a flowerpot that fits inside the dome. Fill the pot with potting soil, then plant the seeds.
3. Place the pot on a saucer and poke in a craft stick marker. Slip the dome over the pot. Water as needed.

Seasonal Recipes

These edible valentines will win the heart of everyone in the family. They're also sure to be a hit as a classroom snack.

Ingredients: Watermelon slices, Orange slices, Bamboo kitchen skewers

Instructions: Use a heart-shaped cookie cutter on watermelon slices. Poke a bamboo kitchen skewer through each heart, then complete the arrow with an orange slice tip and



**Child Care Council of
Dutchess & Putnam, Inc.**

Connecting Children and Communities



Primary Business Address:
Abilities First Building
70 Overocker Road
Poughkeepsie, New York 12603

Phone: (845) 473-4141
Fax: (845) 473-4161
E-mail: childcaaredutchess.org

Who We Are...

Since 1970, The Child Care Council of Dutchess & Putnam, Inc. (CCCDP) has been an important resource between early childhood care and the community. CCCDP works to support and provide accurate child care information to families by promoting affordable, quality child care and by strengthening the early childhood workforce in Dutchess and Putnam Counties.

Recalls

Visit the link to Consumer Product Safety Commission for the latest information about toy and equipment recalls. www.cpsc.gov

Important New Crib Standards

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards took affect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

Special Interests

The First Dental Visit – A Walkthrough

Visiting the dentist for the first time can be a little scary, but you can help keep things calm! Review this list with your children to help prepare them for their first visit to the dentist!

What your child can expect:

- The hygienist will call your name
- Follow the dentist to the room where you will see the chair and have a bib put on.
- Dentist will wear a mask and gloves.
- You might get an x-ray taken
- Dentist will use a bright light to see your teeth.

- Your teeth will be counted with a tooth explorer.
 - Now for the cleaning! Your teeth will be tickled with either a toothbrush or a cool electric toothbrush that buzzes!
 - Rinse and spit in a little bowl!
 - The dentist will do one last look at your teeth.
 - All done! You will get a brand new toothbrush!
- Don't forget to schedule your next appointment!



For Resource Articles Visit *Hudson Valley Parent Magazine*

www.hvparent.com