



Schoharie County
Community Action Program, Inc.
Building stronger, healthier communities and empowering families that experience economic and social challenges through strategic partnerships, education, services, and compassion.

The Parent Connection

Tips, Tricks, and Tidbits

SCCAP's Child Care Resource and Referral's Quarterly Newsletter
July-September 2021

What makes a good parent?

A good parent strives to make decisions in the best interest of the child.

A good parent doesn't have to be perfect. No one is perfect.

No parent is perfect.

No **child** is perfect either ... keeping this in mind is important when we set our expectations.

But it doesn't mean that we shouldn't work towards that goal.

Set high standards for ourselves first and then our children second. We serve as a role model to them.

Here are 8 tips on learning effective parenting skills.



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8 Good Parenting Tips

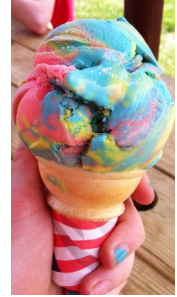
- Be a good role model
- Love them and show them through action
- Practice kind and firm positive parenting
- Be a safe haven for your children
- Talk to your child and also listen to them carefully
- Reflect on your own childhood
- Pay attention to your own well-being
- Keep things in perspective and remember your parenting goal



Many of these tips are not quick or easy. And probably no one can do all of them all of the time. But if you can keep working on them, even though you may only do part of these some of the time, you will still be moving in the right direction.



8 WAYS TO CELEBRATE NATIONAL ICE CREAM MONTH



1. TAKE A TRIP TO YOUR LOCAL SCOOP SHOP -Nothing brings back childhood memories quite like a special trip to the local scoop shop with friends and family on a warm summer night. So, make a point to treat yourself (and the kids) to a trip down memory lane and visit your local scoop shop during National Ice Cream Month for a scoop of everyone's favorite flavor in a fresh waffle cone. Even the smallest moments can make great memories that last a lifetime.

2. TRY A NEW FLAVOR -Everyone has their own favorite flavor (what's yours?). We know it can be tempting to reach for your go-to flavor out of habit, but National Ice Cream Month is the perfect opportunity to try something new!

3. COME UP WITH YOUR FAMILY'S SIGNATURE SUNDAE -It seems like just about every scoop shop has a special menu of ice cream sundaes to choose from these days—they're pretty creative too! Why not create your own signature sundae? Gather the family around the table and create something special that incorporates everyone's favorite flavors.

4. HOST AN ICE CREAM SOCIAL -Share your love of ice cream with friends and family by hosting an ice cream social for everyone to enjoy! Who wouldn't enjoy an ice cream sundae on a Sunday?! Pick up a few cartons of ice cream and have everyone bring some fun toppings to share and create a sweet build-your-own-sundae bar. You could even have everything on hand to make your family's own signature ice cream sundae for others to try.

5. SURPRISE SOMEONE SPECIAL WITH AN ICE CREAM SUNDAE KIT -Another fun way to share your love of ice cream with others is to create a special pick-me-up that includes everything needed for someone to make their own ice cream sundae—an ice cream scooper, some toppings (hello fudge sauce), and of course, ice cream. Whether it's a special friend, a coworker, family member or neighbor, this special surprise is sure to sweeten anyone's day.

6. MAKE A DELICIOUS DESSERT -Ice cream sundaes, sandwiches and milkshakes, oh my! There are plenty of fun ways to enjoy ice cream. And while ice cream is good all by itself, in a cone or loaded with sprinkles (lots of sprinkles), there are tons of other ice cream recipes just waiting to be enjoyed.

7. TURN YOUR LEMONADE STAND INTO AN ICE CREAM STAND -Lemonade stands and summer go hand-in-hand, but so does ice cream. So, why not put a fun twist on this classic activity by mashing up two summer favorites. For National Ice Cream Month, help your kids turn their lemonade stand into an ice cream stand and treat neighbors to a sweet treat.

8. EAT ICE CREAM FOR BREAKFAST -Sure, the real "Eat Ice Cream For Breakfast Day" might be celebrated the first Saturday in February, but National Ice Cream Month provides another great excuse to enjoy ice cream for breakfast. You can tell mom we said it was okay. After all, it is the most important meal of the day. So, feel free to skip the milk and use ice cream instead.



12 Tips for Raising Confident Kids

How to build self worth in children and help them feel they can handle what comes their way.

- 1. Model confidence yourself.** Even if you're not quite feeling it! Seeing you tackle new tasks with optimism and lots of preparation sets a good example for kids. That doesn't mean you have to pretend to be perfect. Do acknowledge your anxiety, but don't focus on it—focus on the positive things you are doing to get ready.
- 2. Don't get upset about mistakes.** Help kids see that everyone makes mistakes and the important thing is to learn from them, not dwell on them. Confident people don't let fear of failure get in their way—not because they're sure they won't ever fail, but because they know how to take setbacks in stride.
- 3. Encourage them to try new things.** Instead of focusing all their energy on what they already excel at, it's good for kids to diversify. Attaining new skills makes kids feel capable and confident that they can tackle whatever comes their way.
- 4. Allow kids to fail.** It's natural to want to protect your child from failure, but trial and error is how kids learn, and falling short on a goal helps kids find out that it's not fatal. It can also spur kids to greater effort, which will serve them well as adults.
- 5. Praise perseverance.** Learning not to give up at the first frustration or bail after one setback is an important life skill. Confidence and self-esteem are not about succeeding at everything all the time, they're about being resilient enough to keep trying, and not being distressed if you're not the best.
- 6. Help kids find their passion.** Exploring their own interests can help kids develop a sense of identity, which is essential to building confidence. Of course, seeing their talents grow will also give a huge boost to their self-esteem.
- 7. Set goals.** Articulating goals, large and small, and achieving them makes kids feel strong. Help your child turn desires and dreams into actionable goals by encouraging her to make a list of things she'd like to accomplish. Then, practice breaking down longer-term goals into realistic benchmarks. You'll be validating her interests and helping her learn the skills she'll need to attain her goals throughout life.
- 8. Celebrate effort.** Praising kids for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome. It takes hard work to develop new skills, and results aren't always immediate. Let kids know you value the work they're doing, whether they're toddlers building with blocks or teenagers teaching themselves to play the guitar.
- 9. Expect them to pitch in.** They might complain, but kids feel more connected and valued when they're counted on to do age-appropriate jobs, from picking up toys to doing dishes to picking up younger siblings from a play date. Homework and after-school activities are great, but being needed by your family is invaluable.
- 10. Embrace imperfection.** As grown-ups we know perfection is unrealistic, and it's important for kids to get that message as early as possible. Help kids see that whether it's on TV, in a magazine, or on a friend's social media feed, the idea that others are always happy, successful, and perfectly dressed is a fantasy, and a destructive one. Instead, remind them that being less than perfect is human and totally okay.
- 11. Set them up for success.** Challenges are good for kids, but they should also have opportunities where they can be sure to find success. Help your child get involved with activities that make him feel comfortable and confident enough to tackle a bigger challenge.
- 12. Show your love.** Let your child know you love him no matter what. Win or lose the big game, good grades or bad. Even when you're mad at him. Making sure your child knows that you think he's great — and not just when he does great things — will bolster his self worth even when he's not feeling good about himself.



Water Safety Tips for Summer

With the promise of summer comes more time spent near and in the water. Here are some tips to keep your family safe while enjoying all types of water activities.

Use Physical Barriers: Make sure all swimming pools (including inflatable above-ground pools) are surrounded by a fence that is at least 4-feet high and has a self-closing, self-latching gate. The fence should not have openings (either underneath or between the slats) that are more than 4 inches. Empty smaller pools after every use per the Statutes and Regulations pertaining to Early Childcare Codes 417.5 and 417.3.

Install Alarms: Install alarms on all doors that lead outside. These alarms make a sound when the door is opened to warn adults that a child might have gone outside. Put pool alarms in the water itself. These alarms sound an alert when there are waves in the water, which could mean that someone has fallen into the pool.

Swim Time is Family Time: Teach young children that being in or around the pool is only done with adults around – never by themselves. Put away all pool toys when swim time is over so that children are not tempted to go near the pool unsupervised.

Check with your local codes officer for more clarification.



Action of the Week

Put away pool toys when you're done swimming.

Children and inexperienced swimmers could be tempted to play near the pool or get into it when adults are not around. Clear the pool and pool deck of all toys when you're finished swimming.

#COVID19
#StayAtHomeSafety



CDC recommends easy options for sun protection:

Sunscreen

- ◆ Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- ◆ Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.
- ◆ Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Clothing

- ◆ Wear clothing to protect exposed skin.
- ◆ Loose fitting long sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.
- ◆ If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hats

- ◆ Wear a hat with a wide brim to shade the face, head, ears, and neck.
- ◆ For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

Sunglasses

- ◆ Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- ◆ Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- ◆ Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.

Shade

- ◆ Seek shade, especially during midday hours.
- ◆ You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

The Benefits of Play for Children



Benefits of Spending More Time Playing with Children

- **Active play is critical for kids' physical development.** It helps children hone their coordination, balance, gross-motor skills (large movements like crawling and walking), and fine-motor skills (smaller movements like picking objects up).
- **It's children's way of creating imaginary worlds, characters and plots that match their emotional state, helping them learn to express and regulate their feelings.** Through play, kids learn to cope with their emotions as they act out fear, frustration, anger and aggression in a situation they control. It's also a chance for them to practice empathy and understanding.
- **Cooperative play helps kids hone their social skills as they figure out how to negotiate group dynamics.** It helps them learn how to collaborate and compromise with others, recognize and respond to others' feelings, share, show affection, resolve conflicts, and adhere to the rules. In turn, these important early lessons help children understand the roles and rules of society!
- **Self-directed play gives kids the opportunity to hone their decision-making skills.** Selecting a game, focusing on that activity, and seeing it through to the end, is an important element of cognitive control, and helps sharpen their planning skills and attention spans.
- **Increased Spatial Awareness.** When you explore outside at a young age you're more aware of your own body and the environment around you. This translates later in life to better balance and a better sense of awareness around you.
- **Increased Energy.** When exploring outside, kids are more inclined to be more in tune with their environment and observe more. This takes a lot of energy and oftentimes children will have increased energy outside.
- **More Respect for the Natural World.** By spending more time outside at a young age, children are more likely to understand the respect for the outside world and our need as humans for the outside elements.
- **Play gives kids a chance to truly let their imaginations run wild and create worlds of their own that they have control over.** Whether it's a make-believe game or an arts & crafts activity, play provides children the freedom to explore new possibilities and think outside the box ... to come up with unique ideas as well as creative solutions to challenges they face.
- **By playing with others, children learn the art of communication.** They come to recognize facial expressions and body language. They figure out how to strike up and carry on conversations, and how to express their thoughts and desires in a way that won't cause problems and put a stop to the group game.



25 Things to Do With Your Kids This Summer

Summer break, summer holidays, summer vacation... call it what you will, for kids, there are no sweeter words. As a parent, while you may be thrilled to have your child at home (and to be done with packing lunches for a while), you also may be waiting on pins and needles for those two dreaded words: *I'm bored*.

Here are some ideas to help have some fun this summer...

1. Pick your own...whatever. Find a farm with blueberries, strawberries, tomatoes, flowers, etc., and get picking.
2. Play outside in the rain. Smell the rain on the pavement; splash in puddles; make mud pies.
3. Make your own rain. Douse everyone with the hose or sprinkler.
4. Cook out...frequently. Go beyond the burgers. Try veggies or fish. The kids might like them more if they come off the grill!.
5. Make "s'mores." Chocolate + marshmallow + graham cracker = summer
6. Camp out. First-timers, try backyard camping.
7. Camp in. Put the sleeping bags on the floor and have a family slumber party.
8. Stargaze. Invite friends and make a party of it.
9. Catch lightning bugs. And then watch them flicker away into the night.
10. Rearrange the furniture. Give the kid's graph paper and have them draw out a plan first.
11. Take family naps together. Parents can snooze too!
12. Make your own pizza. Try this kid-friendly recipe.
13. Invite friends over for a game night. Have a kids' games table and an adult one too.
14. Go to the demolition derby. And expect to see some major crashes.
15. See an air show. And hope for no crashes.
16. Stop to smell the flowers. (Go to a botanical garden.)
17. Talk to the animals. (Go to the zoo.)
18. Get wet. (Go to a water park.)
19. Have a puzzle race. Use 100-piece puzzles and see who finishes first.
20. Play a card game. Maybe crazy eights, spoons or poker. Take your pick.
21. Decorate your walkways with chalk.
22. Take a hike. Choose a route near your house or take a drive to a more distant park.
23. Plant a butterfly garden. Watch the butterflies flutter by.
24. Make fresh lemonade. Maybe even sell it at a lemonade stand!
25. Take a road trip to a nearby city. Spend the night if you can or just make it a day trip





Kids and Bicycle Safety



Bicycle riding is fun, healthy, and a great way to be independent.
But it is important to remember that a bicycle is not a toy; it's a vehicle!
Be cool – follow some basic safety tips when you ride.

Safe Riding Tips

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly.

Remember to:

- **Wear a Properly Fitted Bicycle Helmet.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration publication *“Easy Steps to Properly Fit a Bicycle Helmet.”*
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check that your brakes work.
- **See and Be Seen.** Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **Control Your Bicycle.** Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.
- **Watch for and Avoid Road Hazards.** Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- **Avoid Riding at Night.** It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.
- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.
- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).



Interested in becoming a Child Care Provider?

The Child Care Resource and Referral Center can help you get started running your own child care business!

For more information give us a call at:

Dawn Garvey (518) 234-2568 x3123
Melissa Bevins (518) 234-2568 x3016



The Child Care Resource and Referral Center

Offers parent education opportunities! We are here to answer all your questions about children and child care!

(518) 234-2568

TOLL FREE (866) 849-2402

OR

Email us at :

childcare@sccapinc.org

OR

Visit our office located at:

Schoharie County

Community Action Program

795 East Main Street, Suite 5

Cobleskill, NY 12043

OR

Visit us online at:

www.sccapinc.org

The Child Care Resource and Referral Department at SCCAP will be offering SafeSitter Trainings this Summer!

Children from ages **12 to 16 years** are welcome. The training will include basic CPR/ First Aid, as well as numerous topics that encompass the responsibility of caring for young children. The name and age of the child, parents' name, and a contact number will be needed when registering.

**Please call Melissa Bevins at (518) 234-2568 x3016
for more details.**