



CHILD CARE COUNCIL

Serving Columbia, Greene and Ulster Counties

Child Care Council Staff:

Team Leader - Carroll Sisco, (845) 331-7080, ext. 131

Ulster Physical Location: 39 John Street, Kingston, NY 12401

Ulster Mailing Address: PO Box 3718 Kingston, NY 12402

Phone: 845-331-7080 Fax: 845-331-0526

cccouncil@familyofwoodstockinc.org

Ulster County Staff: (845) 331-7080

Hours: Monday-Thursday, 8am–5pm & Fridays, 8am - 4pm

Program Directors - Kerry Wolfeil, ext. 133

Assistant Program Director - Penny Dombrowski, ext. 132

Registrars - Bonnie Kudlacik, ext. 138 and Diann Keyser, ext. 135

Parent Counselor - Jessica Markle, ext. 126

Food Program - Cindy Eggers, ext.130 and Tamar Reed ext. 137

Legally Exempt Enrollment - Penny Dombrowski, ext. 132 and Tamar Reed, ext. 137

Trainings - Diann Keyser, ext. 135

Reception - Margie Knox

Columbia & Greene County Staff (518) 822-1944

HOURS: Monday-Thursday, 8am–4pm & Fridays, 8am - 3pm

Columbia/Greene Location: 160 Fairview Ave. Suite 207 Hudson, NY 12534

Phone: 518-822-1944 Fax: 518-822-8233

ccccg@familyofwoodstockinc.org

Program Director - Cheryl Brush-Elsinger, ext. 105

Assistant Program Director - Suzanne Holdridge, ext. 101

Registrars - Suzanne Holdridge, ext. 101 and Carey Braidt, ext. 103

Parent Counselor - Kristin Scace, ext. 104

Food Program - Carey Braidt, ext. 103

Trainings - Carey Braidt, ext. 103

Legally Exempt Enrollment - Laurie Vogel, ext. 102



Funded by :

NYS Office of Children & Family Services , USDA Child and Adult Care Food Program , The United Way, National Assoc. of Child Care Resource & Referral

FAMILY'S CHILD CARE COUNCIL

Infant Activities



THE FIRST YEAR

2013/2014

What's inside:

- *From Infant to Baby*
- *Sing Songs*
- *Activities for Babies*
- *Keeping Babies Safe*

Newborn Infant

Babies can start attending a child care setting when they are six weeks old. At this time babies are watching objects that come into sight, starting to make cooing noises, “oh” and “ah,” smile, and lifts head when on tummy.



- Grasp toys, stiffen legs (if held to stand), reaches for objects, imitates sounds, recognizes familiar people, and brings hands together.
- Will roll over, taste everything, recognize food sources, and respond to sounds.

Infant to baby

Sleeps through the night or several hours in a row, sees objects across the room, pays attention to toys, makes more sounds “mama” and “dada,” rolls over to travel across the floor, opens mouth for the spoon, copies facial expressions, and responds to cues.

- Oral exploration continues, hand eye coordination (can now put food in own mouth), plays peek a boo, blow raspberries, and reads emotions.

Put up gates now, he's getting mobile, a little explorer, everything he can find is a learning experience. Chews on toys, teeth are coming, rolls around, can sit by himself, babbles to self and others, reacts to separating from parents, and sleeps on more of a schedule.

Talk to baby now and expect a reaction, simple phrases, understands object permanence, moves toys from one hand to the other, and stands while holding on,.



Knows “no” and short instructions, greets and waves, says short words and names, recognizes familiar people, claps hands, sings songs, shakes head, walking, dancing, reading books, opens and shuts cabinets, climbs on toys and furniture, feeds self, and lets you know when done.



resources

Hudson Valley Foundation for Youth Health and Family of Woodstock
Fun learning Activities– Tips for Child Care Providers 2006



Milestones Baby.more4kids.info/2007/11/baby-milestones-the-first-year



Shaken Baby Syndrome

ocfs.ny.gov/main/publications/Pub5004text.asp

Sudden Infant Death

ocfs.ny.gov/main/publications/Pub5006text.asp



ITUNES link

<https://itunes.apple.com/us/album/babys-best-toddler-songs-40/id158205083>

Mission Statement:

To support the community by expanding and promoting high quality Child Care that meets the needs of children & their families.

Visit our website www.familyofwoodstockinc.org

Keeping Babies Safe

Infant Care revolves around keeping the baby clean, fed and comfortable. During the first year of a baby's life they are learning how the world works and how they fit in. Keeping Babies safe includes taking steps to prevent Sudden Infant Death and Shaken Baby Syndrome.



In the beginning, babies start totally dependent on others to help satisfy their needs and become more independent every day. By offering consistent responsive activities during the day infants learn to trust the adults in their lives.

Infants are learning and exploring all the time and will play with whatever they happen to find. By providing interesting props for infants to explore you are assuring that they will not happen upon items that may be harmful.

For infant safety, put yourself at the child's level and check for safety. Toys should match the child's ability with a little challenge for development.

Infants explore with all their senses. Select infant toys that are easy to clean and sanitize. If the items can go through the dishwasher or the washing machine then it will be easy to keep clean.

Toys should be big enough and well constructed so that no pieces will become choking hazards. Avoid materials with sharp spikes or pins that have become exposed, long cords or strings. If the cord is over 12 inches, cut it shorter.



"A young child uses words like toys, and discovers the magic of how some words are stimulating for those who hear them and others are soothing", says Enrique Gonzalez Gomez. Children learn through play so use those playful moments to introduce songs and nursery rhymes. Music and rhythms help develop memory skills and make learning easier. Songs with a beat help stimulate young children, so sing songs and listen to recorded music.

"Twinkle, Twinkle Little Star"

"Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky!"

"You Are My Sunshine "

A beloved lullaby and a hit song for musicians like Ray Charles and Bing Crosby, this melancholy tune has a memorably sentimental chorus:

"You are my sunshine, my only sunshine.
You make me happy, when skies are gray.
You'll never know dear
how much I love you,
please don't take my sunshine away"

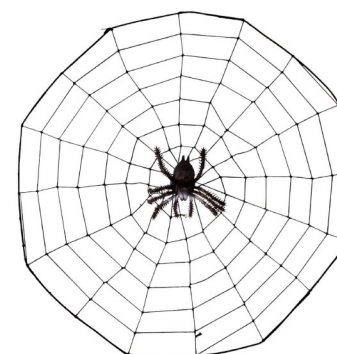
"The Alphabet Song"

Talk about mixing learning and fun! "The Alphabet Song," sung to the tune of "Twinkle, Twinkle, Little Star," is short and easy to remember.

"A-B-C-D-E-F-G,
H-I-J-K-L-M-N-O-P,
Q-R-S-T-U-V-W-X-Y and Z.
Now I know my A-B-Cs,
Next time won't you sing with me."

Itsy-Bitsy Spider

The itsy-bitsy spider
Climbed up the water spout
Down came the rain
And washed the spider out
Out came the sun
And dried up all the rain
And the itsy-bitsy spider
Climbed up the spout again



FILL UP THE BOX

GOAL:

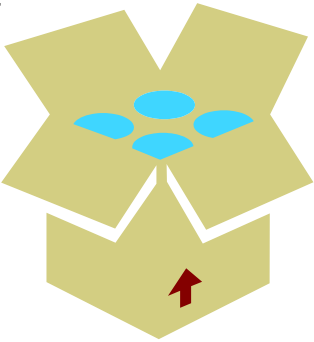
- 1. Learning the one by one action, this is a prerequisite to learning to count
- 2. Developing ability to maneuver small items

SET UP AND MATERIALS:

- 1. A box, such as a shoe box
- 2. Items of various sizes, such as small blocks or beads, that will fit through a hole in the box

PROCEDURE:

- 1. Cut a hole in the top of the box big enough for the items to go through.
- 2. Show baby how the items can go in the hole and then be retrieved again.



NICE SHINY PANS

GOALS:

- 1. Eye hand coordination
- 2. Body awareness
- 3. To encourage arm motions

SET UP AND MATERIALS:

- 1. Two aluminum pie pans

PROCEDURE:

- 1. Make baby aware of his reflection in the pie pans.
- 2. Encourage baby to reach for, pat or bang his reflection.
- 3. Show baby how he can bang the pie pan together.



LITTLE BIRD

GOAL:

- 1. Body image awareness
- 2. To encourage arm motions

SET UP AND MATERIALS:

- 1. A soft firm surface where baby can lie.

PROCEDURE:

- 1. Lay the baby on a soft, solid, flat surface on their back.
- 2. Move baby's arms up over his head and down again. Do one arm at a time, then both together, and then go back to one at a time. Varying the motions will keep the baby interested. Next time, put baby's arms out to the side, together and separately, as you did when putting them over baby's head.
- 3. You can sing the following jingle while doing the motions:
Little bird, little bird, fly about
First fly in, and then fly out
Start down low, and then go up high
Little bird, little bird, learn to fly



Sudden Infant Death Syndrome (SIDS) is the diagnosis given for the sudden death of an infant under 1 year of age that remains unexplained after a complete investigation. SIDS is the leading cause of death in infants aged 1 month to 12 months.

These tips have been developed to reduce the risk of SIDS. Studies have shown that by following these guidelines you will lessen the risk of SIDS.

- Place baby on his or her back to sleep. Infants who fall asleep on their stomachs should be gently turned onto their backs.
- Make sure that child care providers, grandparents, babysitters and any other caregiver place your baby on his or her back to sleep.
- Place baby on a firm mattress, preferably in a safety-approved crib. Do NOT use pillows, comforters or stuffed toys in the baby's crib. Make sure that the mattress fits snugly into the crib frame and that the crib's slats are less than 2 ½ inches apart.
- Be careful about sleeping with infants, especially on small surfaces. A small sleeping area and the sharing of that space with one or more adults or siblings increases the risk of the infant becoming entrapped in bedding or smothered during the shifting that may occur during sleep.
- Temperature must also be considered for your baby's comfort. Use safe sleepwear without strings or ties, making sure your baby is not over bundled. It is recommended that room temperature not be set higher than 70 degrees Fahrenheit.
- Some "tummy time" during awake hours is good for your baby. This helps to strengthen your baby's neck and shoulder muscles.

Remember, smoking is hazardous to your health as well as to your baby's health and development.

Shaken Baby Syndrome (SBD) is a preventable, acquired traumatic brain injury that is caused by the brain moving back and forth inside the skull.

Shaken Baby Syndrome can result in the death of a child.

These Tips have been developed to help prevent the occurrence of SBS.

- Never, ever shake a baby.
- Make sure everyone in contact with your baby is aware of the dangers of shaking infants, even in play.
- Anyone could shake a baby - a mother, father, sibling or child care provider.
- Always support a baby's head. Make sure everyone who holds your baby knows how to properly support his or her head, when holding, carrying or playing with your baby.
- Holding your baby is important. However, when your baby is crying and you feel frustrated and unable to comfort your baby, consider that your baby may need a diaper change, be hungry, be too hot or too cold or may actually be sick.
- If nothing seems to work and you feel unable to cope with your baby's crying, place your baby in a safe place, like a crib or playpen, and take a break. You may also want to call a friend for support or contact your pediatrician for further guidance.