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February

NEWSLETTER

2022

Newsletter for Niagara County Child Care Providers, Parents & Child Advocates

# Happy Valentines Day



*St. Valentine's Day, a new beginning!*

**Valentine's Day** is a great time to celebrate with everyone around us, especially children. First, to let children know that you love them and show them how to express love and kindness to others. It's something about when a child expresses affection, it melts the toughest of hearts.

A few weeks back, I read a quote from New York City's new mayor. It's a good reminder of who we are as a country. If nothing else, we are a resilient people.

**To paraphrase New York City's Mayor Eric Adams:**

We've allowed people to beat us down so much that all we did was wallow in COVID. That's all we did and we no longer believe. We are a people of resiliency. And all of these messages out there of what is going to happen... what is going to happen: we're going to survive."

So, let's find that resiliency again and do I dare say, find our humanity. **Valentine's Day** is the perfect day to reach out to others to let them know they are valued, appreciated and yes, loved. In the act of loving and encouraging others, we love and encourage ourselves.

So who could use a **valentine**?

Residents of nursing homes  
Seniors in your neighborhood  
Food pantries, etc.

Nurses, police, fire department, etc.  
Patients at Children's Hospital or VA

We are a resilient and caring people!

**Happy Valentine's Day!**

Carolyn



### Valentine's Day Quotes for Kids:

- We're a part of this family. You're just as wonderful as can be. **Happy Valentine's Day!**
- You're always on my mind and in my heart. **Happy Valentine's Day!**
- Sweet treats on **Happy Valentine's Day** help us remember to be sweet to each other. And you're one of the sweetest kids ever!
- Life is filled with lots of things that make it all worthwhile, but none is better than your little smile.
- Life can be a zoo and it can be full of fun. Here's wishing you **Happy Valentine's Day!** that's a super amazing one!

**Valentine's Day**, also known as **Saint Valentine's Day** is celebrated all over the world on February 14<sup>th</sup> every year. **Saint Valentine** was a Catholic priest from Rome, living in the third century. **Valentine's Day** is celebrated differently in different places, but what remains similar throughout the world is the act of expressing love. Some people consider this day to be about romantic love only; however, many others treat it simply as a day of love and express their affection towards friends, family, kids, elders and lovers as well.

### What is **Valentine's Day** and why do we celebrate it?

**Valentine's Day** is a fun day to celebrate with kids. It's a day to show those that you love just how much you care about them. I know, that you don't need a special day to do this, but why not celebrate it anyway!

- How to express affection to your kids on **Valentine's Day**?
- However, the best way to express affection to your kids is by sending them love filled quotes or writing special quotes as **Valentine's Day** messages for kids in their greeting cards, with hope for their wishes to come true.

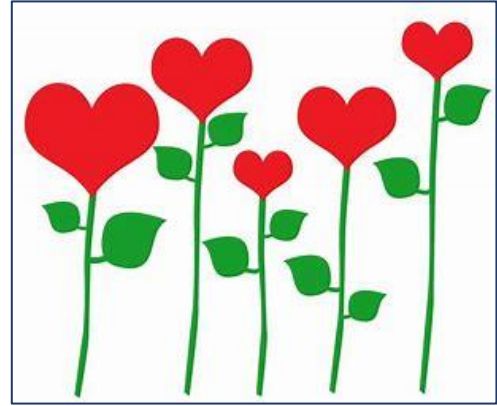
# Craft Projects



# Heart-Shaped Valentine Animals









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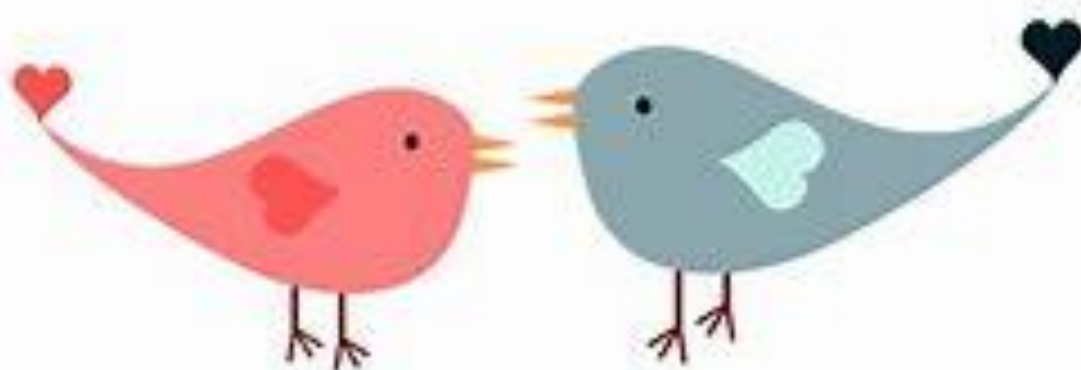


**Happy  
Valentines  
Day!**



# Valentine Jokes for Kids

What do you call two  
birds in love?

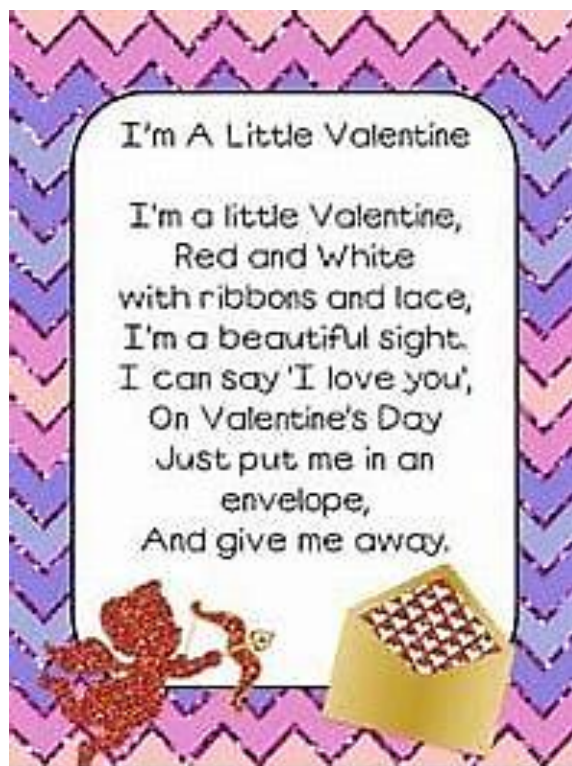


**Tweet-hearts!**

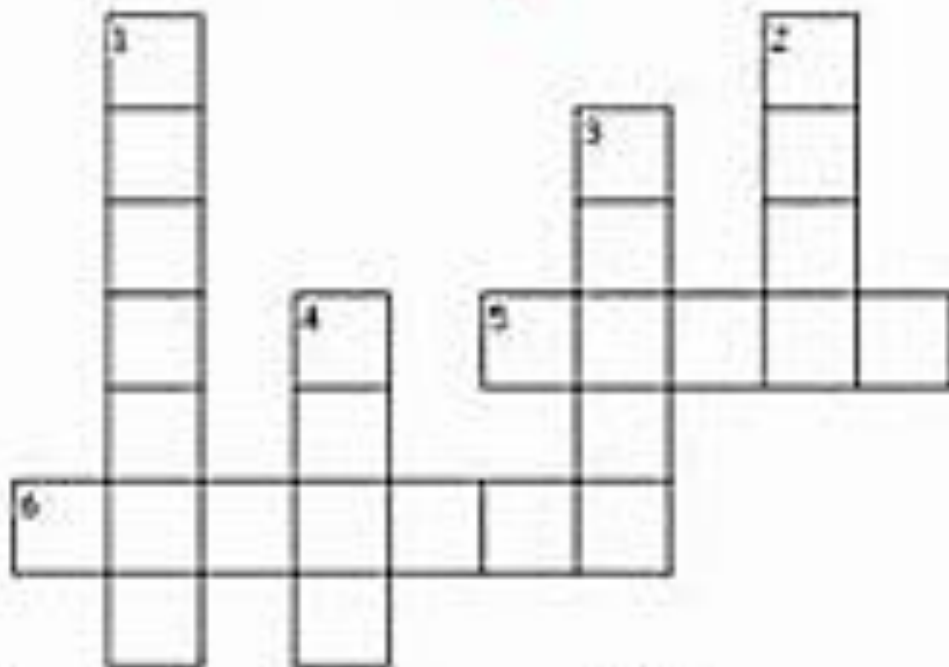
Share our child appropriate jokes and riddles at home, on the go and in the classroom!

Did you know riddles promote creative thinking skills in children?!

**Squigly's Playhouse**



# Valentine's Day Crossword



Across

3.



6.



Down

1.



Down

2.



3.



4.



# Bee My Valentine Fingerplay

Won't you "bee" my valentine  
(point to friend)

And buzz away with me?  
(pretend to fly)

We'll bumble along together  
Because you are my Honey Bee.  
(throw kiss)

*Bzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz!*



A decorative border of red and pink hearts surrounds the text. The hearts are of various sizes and are scattered around the edges of the page, creating a heart-shaped frame.

# Love, Love, Love

(tune: 3 Blind Mice)

Love, love, love,

love, love, love

See how it grows,

See how it grows.

I love my friends

and they love me.

We love each other

that's plain to see.

There's plenty for a

big family.

Love, love, love,

love, love, love



## Snacks







# Infant Toddler Mental Health Project



- Are you a caregiver of infants and/or toddlers?
- Do you have staff that cares for infants & toddlers?
- Are you dealing with stress, burnout, or struggling with staff turnover in your child care program?
- Would you or your staff like additional strategies to assist with challenging behaviors?

Our Infant Toddler Mental Health Consultant, Jameelah Masaed, is ready to help.

**This service is offered by the  
Community Child Care Clearinghouse of Niagara free of charge.**

The work of an Infant Toddler Mental Health consultant is to help providers and staff to:

- Create a positive learning environment which is emotionally safe and responsive.
- Develop and implement plans designed for an individual program to promote child growth.
- Reduce staff stress.



So many families are affected by the stress of the pandemic that infants and toddlers may be delayed in meeting their developmental milestones. This heightened stress for many caregivers has resulted in programs struggling to maintain staff. These issues make it difficult for infants and toddlers to maintain trust and growth in a daily routine.

Our goal with the Infant Toddler Mental Health Consultation project is to enhance the learning development in the child care program in order to:

- Build a caregiver's capacity to better support children
- Help minimize the stressors for caregivers or their staff
- Help children meet developmental milestones

Our mental health consultant will work closely with providers to execute a plan created for them. Weekly meetings and support will be provided as needed.

For more information regarding the Infant Toddler Mental Health Consultation project, contact:

Jameelah Masaed  
Infant Toddler Mental Health Consultant  
jmasaed@niagaracap.org  
716-285-8572 Ext. 120

## Niagara Community Action

### Board of Directors:

Tim Beach	Gary Heuck
Andrea Haseley	Andrew Kirsch
John Lombardi III	Kimberlyann Meal
Robert Pecoraro	Kateri Serpas
James Pyra	Joyce Scott
Charles Walker	Dennis Stachera
Owen Steed	Richard Sirianni

### CCR&R Staff:

Supervisor:	Angela Burns
Registrar Unit:	Kimmarie Brown Elizabeth Nowakowski Patrick Carr
Technical Assistant Specialist:	Beverly McArthur
Infant & Toddler Specialist:	Kelly Janese
Infant Toddler Mental Health Consultant:	Jameelah Masaed
Legally Exempt:	Debbie Perricelli Donna Striffler
CC Referrals:	Carolyn Jacobs

### Mission Statement:

Niagara Community Action Program, Inc. is a countywide agency dedicated to reducing poverty in a collaborative effort by initiating and conducting programs of self-sufficiency. Our ultimate goal is to empower individuals and families to reach their fullest potential.

### Office Closings:

- January 17
- February 21

### Contact Information:

Community Child Care  
Clearinghouse of Niagara  
1521 Main Street  
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Facebook:  
<https://www.facebook.com/CCRandR/>



We're here to help if you are have a curriculum which isn't working for you, a disgruntled parent or a screaming child.

We know these are just a sample of the issues you may face as a child care provider. If you would like help with these or any other problems in your child care program, contact:

- ❖ Beverly McArthur for children ages 3-12 years
- ❖ Kelly Janese for children ages 6 weeks up to 3 years

We will come in to your program to observe and assess. We then will help you by providing technical support, trainings and create a quality improvement plan.

For more information about this service available to you, contact:

- ❖ Beverly 716-285-8572 option 4
- ❖ Kelly 716-285-8572 option 7



Provider update forms will be mailed shortly. Please complete and return as soon as possible. As you may know, available child care slots are few and in some areas non-existent. If you have openings, please keep our office informed. A voice message which is available for calls after hours or e-mail is sufficient.

I may be reached by: Phone: 716-285-8572 option 2 or  
1-800-701-4543  
E-mail: [ccrniagara@niagaracap.org](mailto:ccrniagara@niagaracap.org)

