



June 2017

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OFO's mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families and caring communities.

Head Start Visits the Farmers' Museum and Fenimore Art Museum

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Call 607-433-8055 for more information!

Enroll your child in Head Start!
Head Start is a **FREE** center-based, preschool program for children ages 3-5 years old. The program promotes school readiness and child development through educational activities, music, art, and field trips. Head Start also serves meals, conducts health and developmental screenings, and provides support to families! Spots for income eligible families are available for the Fall 2017 school year. Centers located in Cooperstown, Laurens, Milford, Morris, and Schenevus will provide 6½ hours of programming, Monday through Friday.

The Farmers' Museum and Fenimore Art Museum



On May 12 the Head Start and Early Head Start children and families were invited on a free day of museum fun and education!

One of the highlights of the Head Start program in Otsego County is their continuing partnership with *The Farmers' Museum* and *The Fenimore Art Museum*. For the past 16 years they have enjoyed an ever expanding involvement and participation with the Museums including staff development workshops and classroom visits by Museum Educators.



Worcester



The children at Worcester had an activity in response to the Maurice Sendak exhibit at the Fenimore Art Museum

The children created their own 'wild thing'. The children named them, told the class where they lived, what they were feeling, and why.



Submitted by Vicky Young-Teacher/Center Director

Cooperstown



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Cooperstown families enjoyed the Farmers' Museum Day!

Submitted by Deb Croft-Assistant Teacher

SUCO



In preparation for visiting the Farmers' Museum and the Maurice Sendak art exhibit on display at the Fenimore Art Museum, the UPK classroom read the book 'Where the Wild Things Are!' They loved hearing the book, had fun participating in their version of a wild rumpus, and created their very own 'wild things' for display in the classroom.

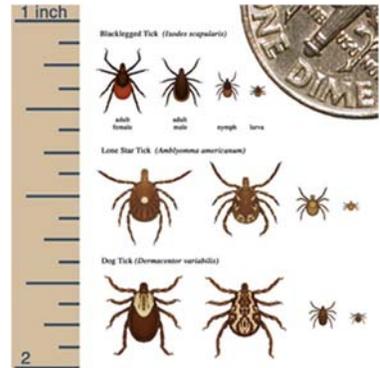


Submitted by Kim Ahearn-Classroom Teacher

Keep Ticks from Bugging You This Summer!

Ticks Can Spread Disease

Not all ticks can cause disease and not all bites will make you sick, but as these diseases become more common it's important to learn how to prevent a bite, how to remove a tick, and what to do if you think you could have a tick-borne disease. Lyme disease is the most common disease spread by ticks in New York but there are other serious diseases spread by ticks. And like Lyme, these other diseases will begin to spread to other regions across the state.



Make your backyard a tick-safe zone

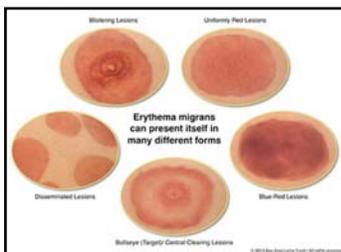
You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

Check for ticks

After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside.

Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair.

If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. Watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop.



Bathing when you get inside can also help you find ticks and remove them. You can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

Summer Safety

Always Look Before You Lock

Always check the back seats of your vehicle before you lock it and walk away.

Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat.

If someone else is driving your child, or your daily routine has been altered, always check to make sure your child has arrived safely.



Keep in Mind a Child's Sensitivity to Heat

In 10 minutes, a car's temperature can rise over 20 degrees.

Even at an outside temperature of 60 degrees, the temperature inside your car can reach 110 degrees.



Backover

Many children are killed or seriously injured in backover incidents. A backover incident typically occurs when a vehicle coming out of a driveway or parking space backs over an unattended child because the driver did not see him or her.

- Teach children not to play in or around cars.
- Supervise children carefully when in and around vehicles.
- Always walk around your vehicle and check the area around it before backing up.
- Be aware of small children-the smaller a child, the more likely it is you will not see them.
- Teach children to move away from a vehicle when a driver gets in it or if the car is started

The Bottom Line on Child Seat Belt Safety

In addition to the rush and distractions of life, kids will often challenge the rules, putting up a fight when it comes to wearing a seat belt properly or sitting in the back seat. Parenting requires a lot of compromise, but seat belt safety isn't up for negotiation

For more information on vehicle safety, please visit:
<https://www.safercar.gov/parents/index.htm>



Summer Activities

<http://otsegooutdoors.org/>

This site offers families places to hike, bike, or grill and picnic. Families can choose the intensity of the activity from easy to hard. They have the option to choose the type of place they want to explore. Outdoors is a great way to continue learning throughout the summer but make it feel like playing!

<https://www.trekaroo.com/nearby/activity/autumn-cafe-the-oneonta-new-york/activities>

Shows activities near Oneonta that charge, but the amounts are shown in the amount of \$\$\$. Some events may cost more and require traveling but could be useful information.

<http://www.activitieschildren.com/kids/children-entertainment/recent/Oneonta%20NY/free-toddlers-activities.html>

This page shows an array of activities for kids and toddlers. This a great resource page for activities close to home.

FREE Lunch through age 18!

July 5—August 25, 2017

Monday-Friday 12:00 pm—1:00 pm

Neahwa Park Large Pavilion, Oneonta, NY

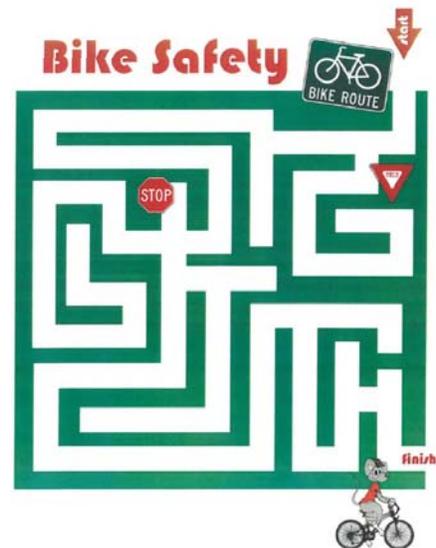
Join us **all summer long** at the large pavilion in Neahwa Park every Monday through Friday between 12:00 p.m. and 1:00 p.m. for a complete **free lunch** of sandwiches, fruits, vegetables, and milk.

All children through age 18 are welcome.

Adults accompanying children eat for free too!

You do not need to pre-register, just drop in any day or all days for lunch.

Meals must be eaten at the pavilion.



Submitted by Heather Fay-Family Services Specialist

Laurens



The Laurens class visited the Mt Vision Garden Center. After their tour the children got to take a flower home!

Toddler Room



The Toddler Room celebrated the Week of the Young Child by participating in the annual parade down Main St. with several other Head Start classrooms and schools from the local community. They completed the parade by going to the YMCA to see the Bubble Man perform.

Submitted by Tamiko Williams-Early Head Start Caregiver I and Kelly Darragh-Center Based Family Partner

Worcester



The Worcester class had a great field trip to the Dollar General in Worcester. They made name tags for each child and let them scan items at the register and pretend to pay with a gift card. They gave a tour of the store and explained the process of stocking shelves. They showed them the store cameras and let them watch each other on the TV in the back. The children had a blast!! Each child was also given a gift bag on the way out.



Submitted by Vicky Young-Teacher/Center Director

Morris



The classroom had a visit from the Otsego County Dairy Princess! She came and talked about where we get our milk from. She read a story to the kids on the process of how milk gets on the shelves in the stores. She gave each child a copy of the book to take home and color.

Then she talked with the kids about other products that have milk in them. After the kids learned that butter comes from milk, she helped each child make their own butter!



Submitted by Kelly Darragh-Center Based Family Partner

Summer Food Recipe

Summer Cucumber Dip (Tzatziki)

Ingredients

- * 1 Cup plain Greek yogurt
- * 1 Medium cucumber (seeds removed)
- * 1 Garlic clove
- * 1 Tablespoon lemon juice (add a little lemon zest if you would like)
- * 2 Tablespoons chopped dill



Directions

- * Remove seeds from cucumber by cutting length wise and scooping the seeds out with a spoon
- * Chop cucumber into small pieces (1/4 inch)
- * Mince garlic
- * Mix all ingredients together

Submitted by Amy Losee-Dental/Nutrition Specialist