

TCC Happenings



Staffing

The Children's Center has a new substitute:

Emily Grover



Halloween Safety Tips

- Plan costumes that are bright and reflective.
- Keep costumes short to prevent tripping.
- Consider non-toxic makeup instead of masks.
- Decorative hats should fit snugly.
- An adult should accompany young children.
- Only go to homes with a porch light on.
- Never enter a home or car for a treat.
- Wait until you get home to examine and eat treats.

Source: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Halloween-Safety-Tips.aspx>



Autumn Recipes

Pumpkin Banana Smoothie

What you'll need:

- 1/2 cup cold canned pumpkin
 - medium banana, cut into chunks & frozen
 - 1/2 cup low-fat vanilla yogurt
 - 1/4 cup milk
 - 1-2 teaspoon honey
 - 1/8 teaspoon pumpkin pie spice
 - whipped cream (optional)
1. Blend first six ingredients until smooth.
 2. Pour into glass.
 3. If desired, garnish with whipped cream and pumpkin pie spice.



Apple Squares

What you'll need:

- 1 cup sifted all-purpose flour
 - 1 teaspoon baking powder
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground cinnamon
 - 1/4 cup butter or margarine, melted
 - 1 cup packed brown sugar
 - 1 egg
 - 1 teaspoon vanilla extract
 - 1 cup chopped apple
 - 2 tablespoons white sugar
 - 2 teaspoons ground cinnamon
1. Preheat oven to 350 degrees.
 2. Grease a 9x9 inch pan.
 3. Sift together flour, baking powder, salt, and 1/4 teaspoon of cinnamon; set aside.
 4. In a bowl, mix butter and brown sugar, until smooth. Stir in egg and vanilla. Stir in flour mixture. Fold in apples.
 5. Spread mixture evenly into pan.
 6. In bowl, combine cinnamon and sugar; sprinkle over top of mixture.
 7. Bake for 25 to 30 minutes.

Activities



Dinosaur Bones, Fossils, & Teeth



The children enjoyed searching for dinosaur bones, fossils, and teeth in our sandbox. Here is the recipe for creating your own, using a standard salt dough recipe.

Salt Dough

- 2 cups flour
- 1 cup salt
- 3/4 cup water
- 1 Tablespoon vegetable oil

Mix all ingredients and knead until smooth. Using your hands, mold the dough into shapes. Allow to dry for a few days, before burying them in the sand.

BackPack Program



The BackPack Program feeds the appetites of children during the weekends, when other food resources are not available. The program provides bags of food that are child-friendly, non-perishable, and easy-to-eat. The bags are packed each week by school staff and discreetly distributed to participating children every Friday afternoon.

Ask about the BackPack Program at your child's school.

Back to School for Parents

Now that your children are back in school, this is a great time to earn your High School Equivalency Diploma. The Oneonta Adult Education Program offers free classes to adults (21 and over) to prepare you to take the exam. Call 607-433-3645 for more information.



Have a Plan

- Identify two ways out of every room.
- Choose a meeting place outside your home.
- Practice this plan with your children.
- Never go back inside a burning home.
- Keep children 3 feet away from things that get hot.
- Keep smoking materials locked up in a high place.
- Never play with lighters or matches near children.

Source:

<https://www.usfa.fema.gov/prevention/outreach/children.html>



Opportunities for Otsego provides drop-in day care for children, ages 6 weeks to 12 years, through The Children's Center. This **free** service is open 9:00 AM to 4:30 PM every day that court is in session. The Children's Center is closed for lunch from 12:30 PM to 1:00 PM.
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