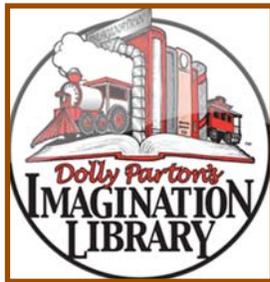


TCC Happenings



New Board Books!

Through the Dolly Parton Imagination Library, every month registered children, from birth to their 5th birthday, receive high quality books in the mail. There is no cost to the family.

United Way of Delaware & Otsego Counties is currently administering this program.

To register your child please visit:
www.imaginationlibrary.com



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

Winter Recipes

Magical Peanut Butter Tacos

What you'll need:

- 2 Mission® Kid Size Flour Tortillas with Edible Disney® Tortilla Decals
- 4 tablespoons peanut butter
- 1 cup strawberries, sliced
- 1/2 (15 ounce) can crushed pineapple, well drained
- 1 medium banana, sliced
- 1/4 cup flaked coconut

Directions:

1. Spread 2 Tbsp. peanut butter on each tortilla.
2. On each tortilla, place 1/2 of the sliced banana on top of peanut butter. Then, top each with 1/2 cup of strawberries, pineapple and coconut.
3. Fold in half.

Place Edible Disney ® Decals on Tortillas and enjoy (instructions on back of Mission Kid Size Tortilla package).



Quick and Easy Chicken Noodle Soup

What you'll need:

- 1 tablespoon butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- 1/2 pound chopped cooked chicken breast
- 1 1/2 cups egg noodles
- 1 cup sliced carrots
- 1/2 teaspoon dried basil & oregano
- salt and pepper to taste

Directions:

1. In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes.
2. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper.
3. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

Literacy

Am I Really My Child's First Teacher?

by Nicole Taylor

You might be thinking, "I'm a parent, not a teacher." The great news is, whether you have had training or not, you are your child's first teacher.

Many simple, everyday routines are excellent opportunities for developing your child's emergent literacy skills. Emergent literacy occurs before children are able to read on their own or write words that others can read.

Tell stories

Language develops long before a child speaks actual words. In anticipation, we sing, talk, read, and tell stories to children. You can develop your child's oral language through storytelling. Use your imagination, and tell stories relating to your family's traditions and culture.

Look around

Use your home to promote a print rich environment. For example, in the kitchen, label your appliances, refrigerator drawers, and items in the pantry; follow a recipe with your child; and identify key words on food labels.

Make books available

Allow your child to explore books by making them easily accessible. Children develop emergent literacy skills by showing an interest in books. Encourage your child to turn pages and pretend to read.



Source: <https://www.naeyc.org/our-work/families/childs-first-teacher>

Stress Relief Cups

The Children's Center staff are giving stress relief cups to caregivers when they pick up their child(ren) after their court appointments.

The cups contain: chamomile tea, hand cream, lip balm, squishy balls, facial tissues, and dark chocolates.



Dental Care Fun

- Brush and floss together
- Let child choose a toothbrush and toothpaste
- Use a two minute egg timer
- Watch dental books or videos
- Use a gold star or sticker chart
- Offer a surprise activity after dental appointment

The Children's Center will be sending Colgate tooth brushing kits home with children during the month of February.



Opportunities
FOR OTSEGO

THE CHILDREN'S CENTER

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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