

[Unsubscribe](#)[View in your browser](#)

## Snow and Ice Removal and Winter Play Time

This is a friendly reminder from your Child Care Solutions Registrar . . .

It's that time of year when snow and ice accumulates around the child care center program and child care home exits and walkways. Regulations require child care providers/programs to keep exit doorways and exit pathways free from snow and ice.

**It creates an unsafe situation for emergency evacuation, and may cause injuries, which sometimes result in complaints, and/or insurance claims. Here are some tips:**

- Develop an early morning and afternoon routine before parent and child arrival and departure: get in the habit of shoveling and checking for icicles hanging over doorways before children and parents arrive or leave your home and program.
- Remove snow during outdoor play: Remember outdoor time is required on most days even in winter months (see attached chart when outdoor play is not possible due to temperature or wind chills).
- \*\*\* Don't allow children to hit icicles, nor should you, when they are hanging and could be a fall/safety hazard.
- Involve program staff and children in snow removal during lunch breaks, as they arrive and leave the program, while waiting for school bus arrival or departures, or after school. Most pre-k and school-age children can help shovel or sweep the snow.

- Keep ice melt or kitty litter in an enclosed container (with a very tight lid so that it's not a hazard accessible to children), near your exit door to help prevent trips and slips on the ice.

**While staff and children are shoveling and sweeping snow on walkways, below are some activities you might also provide for winter play:**

"Paint the snow" with food coloring and water in an empty squeeze bottle.

Build a snow man or snow sculpture.

Scoop a small amount of snow into a clear container and bring inside to measure/graph how quickly the snow melts. Discuss solids and liquids and measure both.

Create a small shallow hole or depression in the snow, and pour some of the colored water in the hole/depression. Keep checking to see how long it takes the water to freeze.

Look at the snow with a magnifying glass to see the crystals and snow flakes.

Collect pine cones while outside.

Make a bird feeder out of a pine cone, peanut butter and bird seed to hang on trees and discuss why feeding wild life during the winter is important (food supply, body temperature, etc).

Make a chart of snow fall totals for the winter season.

Research the snowiest places on earth.

[Click here for information on safe weather conditions.](#)



## Fun Activities From Our Trainings

You can find recipes and activities like this one during our training. Have some holiday fun in the kitchen with your little ones. Try this festive recipe.

### Homemade Banana Pudding

Sweet, rich, and creamy pudding goes light on added sugars and big on fresh banana flavor!

Prep Time: 5minutes minutes

Cook Time: 8minutes minutes

Total Time: 13minutes minutes

Servings: 4 servings

Calories: 235kcal

Author: Natalie Monson (<https://www.superhealthykids.com>)

**Ingredients:**

- 2 cups whole milk
- 1/4 cup sugar
- 2 large egg yolks
- 3 tablespoons corn starch
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 2 large bananas
- whip cream for serving, optional

**Instructions:**

1. In a medium saucepan whisk together sugar, cornstarch, salt, milk, vanilla, and egg yolks.
2. Cook over medium heat, whisking frequently. Cook until bubbly and mixture begins to thicken, about 6-8 minutes. Remove from heat.
3. Transfer the pudding into a serving bowl or individual cups. Chill to desired temperature, then place sliced bananas on top and serve immediately.

**Nutrition:**

Calories: 235kcal | Carbohydrates: 40g | Protein: 6g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 106mg | Sodium: 197mg | Potassium: 438mg | Fiber: 2g | Sugar: 27g | Vitamin A: 364IU | Vitamin C: 6mg | Calcium: 165mg | Iron: 1mg

[Click here to see all upcoming trainings.](#)



**Join Our Team**

Are you ready to take your career to new heights? Are you passionate about making a real impact? Look no further – we’re inviting talented individuals like you to join our exceptional team!

- Earned Time Off
- 10 Paid Holidays
- Health Insurance
- Dental Insurance
- Additional Insurances
- Retirement Benefits
- Paid Sick Time
- 2 Floating Holidays
- Health Savings Account
- Vision Insurance
- 401K Retirement Plan

[Click Here To Apply](#)



### Adult and Pediatric First Aid and CPR

This course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat/cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age to include adults (12 yrs and older) and pediatric (infants and children up to 12 yrs of age). Students successfully completing this course receive a certificate from American Red Cross valid for two years.

[Click to Register](#)



### Outdoor Winter Activities

Do you find outdoor play challenging in the winter? In this training, participants will be able to identify a variety of strategies to engage children's attention while playing outside in the winter. Participants will also examine safety procedures for outdoor winter play.

[Click to Register](#)



### Supervision Focusing on Infants and Toddlers in Family and Group Family Daycare Settings

This training will look at the importance of competent supervision for infants and toddlers, specific to Family and Group Family Daycare programs. We will discuss the NYS OCFS Regulations in regards to supervision and strategies for supervision to implement into programs.

[Click to Register](#)

## Follow Us on Social Media

Child Care Solutions  
6724 Thompson Road, Syracuse, NY 13211  
100 North Street, Auburn, NY 13021

(315) 446-1220  
(888) 729-7290 Toll Free  
[ccs@childcaresolutionscny.org](mailto:ccs@childcaresolutionscny.org)



*If you no longer wish to receive email messages from Child Care Solutions, please use the "Unsubscribe" link found at the top of this page.*