



Child Care Chatter



February 2011

Vol. 2011 issue 1

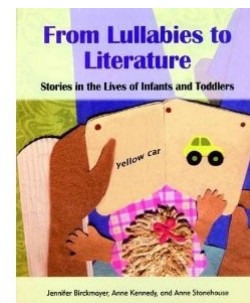
Thoughts From Cheryl...

Sharing Words

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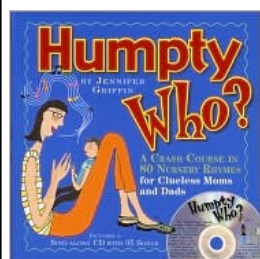
By Cheryl Brush-Elsinger, Family Child Care Council's Program Director

Recently I was lucky enough to spend a few hours with Jenny Birckmayer. She reminded me of the toddler ways that I love and rarely see first hand anymore. She talked about the importance of telling stories. Jenny defines a story as "an account of an event infused with emotion." Each of us was asked to share a story of something that happened to us in the last 24 hours & we all came up with something. Then we came up with ways to share our stories with the toddlers in our lives. We need to share stories with children. Look them in the eyes and relate the basics of the events that we experience. The stories we share need to be about what children are doing, will do or have done so that children can learn to report, anticipate and reflect on what is going on around them. Sharing stories helps children expand their vocabulary and develop new concepts, encourages children to wonder and ask why, to experience the beauty of language and see reflections of themselves in stories and to be a relief from boredom. This is the start of building language and vocabulary with children.



Finger and face games were also mentioned and demonstrated. We often forget the old stories, but when Jenny recited the first line, the familiar story came back in its entirety. The stories are short, to keep their interest, and have a nice rhythm as well. Emergent literacy is supported by sharing the written word, Books! Children learn why we read, what we read (that letters have meaning) and how to read (using print, turning pages, top to bottom, left to right). Reading also builds relationships. When you are sitting with a child on your lap reading her favorite book you are sharing more than just the words.

Some inspiring books to check out at the local library or bookstores:



From Lullabies to Literature...

By [Jenny Birckmayer](#)

The Black Book of Colors descriptions of color

By [Menena Cottin](#) & [Rosana Faria](#) Humpty Who? A Crash Course in 80 Nursery Rhymes

by [Jennifer Griffin](#)

**Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again.**

~Bill Morgan, Jr.



Activities & Fun...



Thumb Prints: Alike and Different (3—6 years)

GOALS:

To help children discover that all people have characteristics that make them unique and different from anyone else.

SET UP MATERIALS:

White paper or 3 x 5 cards, black ink pad & magnifying glass

PROCEDURE:

- 1) Encourage the children to make prints of their thumbs by pressing on the ink pad and then on the paper.
- 2) Label each print with the child's name.
- 3) Talk about how everyone has patterns and lines on the skin of their fingers, how each person's fingerprints are different from everyone else's. No two are alike.
- 4) Set out the prints and a magnifying glass on the table so the children can examine the similarities and differences in the fingerprints. Express to the child that being different is okay, no two people are exactly the same.

VARAITION:

Make two sets of prints for each child. Mix them up and see if the children can match them.

Source: Family of Woodstock— Fun Learning Activities & Health & Safety Tips for Child Care Providers

Fun Snowy Activities....

- Food Coloring & Water in Spray Bottles to paint & color the snow outside
- Bring the snow or ice inside and keep track of the time as it melts into water or put water outside in a container to see how long it takes to freeze and check the thermometer for the temperature outside
- With a fresh snow fall make home made snow cones, get a big bowl of snow, let kids scoop out a cup of snow and let them add a spoonful of sugar, milk and a drop of vanilla (use an eye dropper) mix it all up, let them figure out the consistency by adding more snow or more milk to make it thicker or thinner. Great fun inside and outside!
- Make snow Angels



10 Things You Can Do To Have a more Eco-healthy Child Care Environment:



1. Do not use household cleaning products around children.
2. Do not use any plastic labeled #3, #6, and #7. They all contain ingredients that are harmful to your health, especially to children.
3. Develop a policy which prohibits parents from leaving their cars idling outside your program.
4. Maintain proper air ventilation to avoid mold buildup.
5. Do not use air fresheners or scented air fresheners.
6. No smoking in or near the daycare.
7. Always use cold water for cooking and drinking.
8. Do not allow children to play with jewelry.
9. Use only art supplies that are labeled non-toxic.
10. Avoid using wall to wall carpets.

For more information call Laurie Vogel at

Family's Child Care Council
(845) 331-7080 x137.

or contact Eco-Healthy Child Care at

hesterd@eoconline.org or (503) 222-1963.

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Child Health & Nutrition...**PARENTS & PROVIDERS CAN:**

1. Teach children to eat a variety of foods. Offer a variety of fruits & vegetables & teach children about the food groups and why each is important.
2. Offer healthy, new foods in small amounts. Offer new foods alongside familiar foods.
3. Be good role models! Eat a variety of healthy foods & children are more likely to want to try them, too.
4. Emphasize breakfast. Teach children that just like a car needs gas to get started, our bodies need fuel to get started each day. Eating breakfast gives our brains the energy we need to start learning.



For more information, contact National Food Service Management Institute 1-800-321-3054 or www.nfsmi.org

Are you participating in CACFP?

If you are serving nutritional meals to the children in your care why not get paid for it? Child care providers who participate in The Child & Adult Care Food Program get reimbursed for the credible meals they serve. By keeping daily attendance records and menus and receiving FREE nutrition training, providers can participate in CACFP. Call the Child Care Council to schedule a home visit with one of our CACFP specialists and start getting reimbursed for the nutritious meals you serve children!



Ulster County call (845) 331-7080

Columbia or Greene County call (518) 822-1944

CACFP Calendars Available

The CACFP Sponsor's Association 2011 Calendar and Record Keeping System is now available FREE to all active Child & Adult Care Food Program Participating Providers. This calendar has attendance & payment record keeping locations, income & expense tracking, recipes & fun tips and information for providers. Stop in or ask your CACFP monitor for one of these great calendars for your child care program.

The Eat Well Play Hard Philosophy**Increase Physical Activity**

- Encourage children to play actively daily
- Turn off the TV, video games & DVD's
- Adults should play and be physically active with children too!

Increase Low-Fat & Fat-Free Dairy Foods (children over 2)

- Offer low fat or non-fat (skim) milk
- Choose reduced fat or part-skim cheeses
- Use low fat dairy foods when cooking

Increase the number of Vegetables & Fruits served

- Choose vegetables or fruits for snacks
- Offer a variety of vegetables & fruits
- Provide fresh vegetables & fruits often
- Serve vegetables & fruits at breakfast

Source: CACFP crediting foods guide

Tobacco-Free Outdoor Signs

Family's Child Care Council has partnered with Rip Van Winkle Tobacco-Free Action of Columbia & Greene Counties to provide Tobacco-Free Outdoor Signs for Day Care Providers. The signs are offered in a variety of colors as an 8x10 metal sign or a smaller window decal. Signs include slogans such as, "Young lungs working" or Welcome to our smoke free home." Order forms are available at our Hudson office for providers to custom order signs with their day care name printed directly on the sign.

Providers in Columbia & Greene Counties can contact Carey Braidt for information on customized signs for their day care program at (518) 822-1944. Also check out the Rip Van Winkle Tobacco Free Action website: www.rvwtobaccofree.org.



From our Registrars ...

10 Tips To Promote Your Child Care Program

1. Ask your local florist to attach a business card to arrangements for Mother's Day or to new moms.
2. Ask your dentist or hairdresser to hang your poster on the ceiling over the chair.
3. Create a brochure that includes information on yourself, your staff, program philosophy, and any special events.
4. Host an open house to show off your space and program.
5. Carry extra business cards with you at all times.
6. Rise above the rest:
 - A. Become accredited
 - B. Earn a Child Development Associate or college degree
 - C. Hire CDA staff
 - D. Join the Food Program.
 - E. Become MAT certified.
 - F. Have your playground certified by a Playground Safety Inspector.
7. Run a "% off" special for new enrollments.
8. Advertise in local newspapers.
9. Place your marketing materials where parents and families will be most likely to find them.
10. Keep the Child Care Council up to date on the number of openings there are in your program.



10 Tips taken from the Capital District Child Care Leader Publication (Summer 2010)

**** Remember ****
Continue to promote
even when your program
is fully enrolled.

Licensing & OCFS News

OCFS Updated Regulations for Protective Surfacing under Playground Equipment at Family Based Child Care Programs

Family Day Care & Group Family Day Care Regulation included the requirement to install playground equipment according to the manufacturers instructions since 2001. Family based day care regulations contain the following citations concerning outdoor play equipment:

- Materials & play equipment used by the children must be sturdy & free from rough edges & sharp corners
- Outdoor equipment such as swings, slides & climbing apparatus must be installed with the manufacturers specifications & instructions, be in good repair, & be placed in a safe location & may be used only by the children for whom it is developmentally appropriate.

Manufacturers specifications & instructions for swing sets, slides, climbing apparatus & other such equipment always include directions for protective surfacing. Protective surfacing is needed because a fall onto a hard surface can result in serious injury to a child. Grass & dirt are not considered protective surfacing, as wear and environmental factors compress the dirt & grass & reduce their shock absorbing effectiveness. There are 3 options for compliance:

- A provider may follow the instructions for protective ground covering that came with the playground equipment
- A provider may follow instructions for installation of protective ground cover written by another manufacturer of similar equipment
- A provider may follow the instructions in the booklet *Outdoor Home Playground Safety Handbook* found at www.cpsc.gov



March 1st Deadline for CPR & 1st Aid

All on-site providers need CPR & First Aid Training no later than March 1st. After March 1st it will be considered a violation if the on-site provider does not have these trainings. All providers who have the potential to be left alone with the children in care must have CPR & first Aid training contact your licensor or registrar for more details or the office of children & family services web-site at:

ocfs.state.ny.us



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About Exempt Child Care...**FROM THE DESK OF:****Penny Dombrowski, Legally Exempt Supervisor**

During these economic times, paying for child-care can be difficult. Many families have benefited from getting assistance through the Department of Social Services to pay for child care. The family will need to find out if they are income eligible for Day Care Subsidy by calling the day care unit at their local Department of Social Services. When parents are eligible for day care subsidy they may choose a friend or relative as a child care provider instead of a licensed or registered day care facility. In this situation the provider would be working with the Legally Exempt Enrollment Agent specific to their county. The enrollment agent will assist Legally Exempt Providers through the approval process and forward the necessary information to the Department of Social Services.

Local Day Care Subsidy Offices:

Ulster County DSS (845) 334-5316

Columbia County DSS (518) 822-0087

Greene County DSS (518) 719-3700

Local Legally Exempt Enrollment Agencies:

Ulster County (845) 331-7080

Columbia County (518) 822-1944

Greene County (518) 822-1944



**Child Care Providers
should have a copy
of each child's
immunization records**

Parents & Caregivers...**Think about your child's wardrobe...**

Before you buy clothes for youngsters there's more you should know besides whether there is a school dress code. Here are eight heartfelt suggestions from child care providers and educators to ensure happy and comfortable kids!

- 1) Think Practical: Leave Ruffles, Dressy Attire for Other Occasions!
- 2) Forget About Hard-to-Pull On Tights, Lacy Overpants, & Suspenders
- 3) Potty-Training Children and Youngsters Need Easy-to-Manage Outfits
- 4) Outfit Kids in Seasonally-Correct Clothes
- 5) Jackets are often a forgotten Item
- 6) Tennis Shoes, Not Sandals or Hard-to-Put-On Boots !
- 7) Always Bring a Change of Clothes for Your Children

Sex Offender Database Checks & The Child Care Provider

Registered or Licensed Child Care Providers and their household members or staff undergo an extensive background check through New York State Central Clearance that includes a sex offender database search. All providers who are not licensed or registered who are added to our child care referral list and all Legally Exempt child Care Providers & their household members have been searched through the New York State Sex Offender Database. These checks are done using the information providers give us in their applications and enrollments to become providers. Anyone who is listed on the New York State Sex Offender Database is not permitted to be a child care provider or reside in a family day care home. Providers must notify the child care council when someone new will be moving into their family day care home so this background check can be done immediately.



Resource Corner..**Recalls...Recalls...Recalls!!**

There have been so many recalls lately that we cannot possibly include all of them in our newsletter. We will continue to forward any recall notices that we receive to providers on our e-mail list. We also recommend that you check the Consumer Product Safety Commission's website on a regular basis (www.cpsc.gov).

VOICE

VOICE/CSEA is a union made up of and working for family childcare providers from across New York State, VOICE can provide grants up to \$500 to NYS FDC & GFDC providers. The grants may be used to purchase items you need to provide quality child care & run your small business, such as health & safety items, program materials, supplies, tuition, & professional development training . Find more at voicelsea.org

The Lending Library in Hudson and Kingston.....

Providers are welcome to stop by our office and borrow items from the lending library during regular office hours or while attending trainings at our office. We recently purchased many new items through a school age grant from the United Way. You will find an array of games and activities specifically geared to the needs and activities of school age children; such as board games, hoola-hoops, jump ropes and playground balls. You will also find unique books, toys and educational activities to help providers and children learn about disabilities and differences. *Stop in & sign out items to borrow for your program today!!*

Training Opportunities in our communities...

The Child Care Council offers a variety of training opportunities from our staff and partners, but don't forget about other training opportunities in our communities. Contact your county cooperative extension offices, local school district or library. Also, colleges & universities offer many seminars, classes & trainings that meet child care provider needs and topics. There are also many on-line training courses and learn-links -some are listed below.

Free Online Child Abuse & Neglect/Maltreatment Identification Training:

Register anytime by selecting "Courses Offered" and then clicking to register for "Self-Directed Online Training." This 2 hour web-based training is fully narrated & interactive and features learning exercises customized for the Child Care profession. As you complete each 10-15 minute section, the application saves your progress and allows you up to 30 days to complete the entire course at www.nymandatedreporter.org

FREE Shaken Baby Syndrome Online Training:

This online training covers both Shaken Baby Syndrome and Child Abuse and Maltreatment Identification & Prevention. A certificate will print out after you have finished the course. The link for this training is <http://www.ecetp.pdp.albany.edu/mytraining/VOnlineSignup.aspx>

Videoconference Training

Complete the online registration or call the Early Childhood Education and Training Program at 1-800 -399-0549 or www.ecetp.pdp.albany.edu

Training information & Recall information by e-mail

Receive information on local trainings & recalls by requesting your e-mail be added to our e-mail correspondence list by emailing your request to either office at cccg@familyofwoodstockinc.org or cccu@familyofwoodstockinc.org



Agency News

What is Family?



Family is an extended family of people helping people help themselves. Incorporated since 1971 as a not-for-profit organization. **Family** has been helping people through a broad spectrum of programs. What began as an informal response to a tremendous influx of wanderers and runaways searching for a mythical "Woodstock" has grown into an alternative service agency with a volunteer and paid staff of more than 300 working in locations in Ulster, Columbia & Greene Counties. The scope of the organization has greatly increased, but **Family's** intent remains the same— to provide support and resources people need to address and overcome their own problems. **Family of Woodstock** provides child care services as well as domestic violence services, adolescent services, homeless services, community services, hotline & walk-in centers. For more information about **Family** or to volunteer please call (845) 331-7080

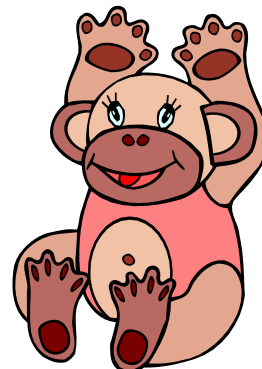
Thoughts of Childhood...

A Childhood Memory from Joan Peterson

When I was a young child I had one particular toy that meant the world to me. I carried it with me as much as possible. Sometimes I would leave it and forget where I left it. It went with me outside, inside and even at all of my naps. When I held it so tight, it brought comfort... One day, when I was outside playing in the dirt as children often do in the island of Jamaica, the morning started out sunny and bright. Later we found ourselves in an afternoon rain shower. We children were called in from the rain by our parents. In the excitement of running in from the rain I left my dear favorite toy out in the rain. Well as you can tell the rain came and it was heavy... to the point that no one went out to get my dear toy... My special toy was "washed away" by the rain. I shall always remember the day I left my special friend out in the rain.. It has been over 40 years and I still remember. One day over 35 years later while shopping in the grocery store with my children, I saw a brown stuffed monkey. At that moment I wanted to grab the monkey and cry. Well let me be honest... I did hold it to my chest and for a brief moment I went back in time to the day I left my special friend in the rain. After coming back to reality, I told the story to my children and they thought it was a sweet story. That Christmas my children gave me a stuffed monkey. She is not exactly like my special friend, but at the very least, it does bring back the memory. Today my gift shares a bedroom with me... and I am thankful...even for the memory alone.

I am reminded of a poem written by William Wordsworth - Ode: Intimations of Immortality from Recollections of Early Childhood

Ye that pipe and ye that play, Ye that through your hearts today
 What though the radiance which was once too bright,
 Be now for ever taken from my sight,
 Though nothing can bring back the hour
 Of splendour in the grass, of glory in the flower;
 We will grieve not, rather find
 Strength in what remains behind.



Joan Peterson is the new Program Director of Columbia County Day Care Subsidy, previously Joan worked as Ulster County Registrar at Family's Child Care Council



Family of Woodstock Child Care Council



Serving Columbia, Greene & Ulster Counties

Assisting the community in meeting their child care needs!

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Your Child Care Council Staff:

Team Leader (All areas)– Carroll Sisco (845) 331-7080 ext. 131

Ulster County Staff: (845) 331-7080: In our Kingston office we are happy to serve you Monday-Thursday 8am–5pm & Fridays 8am - 4pm

Program Directors – Cheryl Brush-Elsinger ext. 134, Kerry Wolfeil ext. 133

Registrars– Kerry Wolfeil ext. 133 & Bonnie Kudlacik ext 138, Diann Keyser ext 135

Parent Counselor– Laurie Rankin ext 126

Food Program– Cindy Eggers ext 130

Trainings—Laurie Vogel, ext 137

Legally Exempt Enrollment– Penny Dombrowski ext 132

Reception—Margie Knox



Columbia & Greene Counties (518) 822-1944: In our Hudson office we are happy to serve you Monday - Friday 8am–4pm

Program Director – Cheryl Brush-Elsinger ext. 105

Assistant Program Director- Suzanne Holdridge ext 101

Registrars– Suzanne Holdridge ext. 101 & Molly Goodrich ext 102

Parent Counselor– Kristin Scace ext 104

Food Program—Carey Braidt ext 103

Trainings– Kristin Scace ext 104, Molly Goodrich ext 102

Legally Exempt Enrollment– Carey Braidt ext 103

Funded by



NYS Office of Children & Family Services
USDA Child and Adult Care Food Program



Mission Statement: To expand the supply of affordable, quality child care. We believe that developmentally appropriate child care provided in a center or family day care setting strengthens and enriches family life, gives children opportunities to develop their full potential and enables parents to be more efficient and productive knowing their children are well cared for. Family's Child Care Council is a program of Family of Woodstock Inc., PO Box 3516, Kingston, NY 12402. www.familyofwoodstockinc.org A UNITED WAY AGENCY.

Visit our website www.familyofwoodstockinc.org