



# Child Care Chatter

Resource for Child Care information



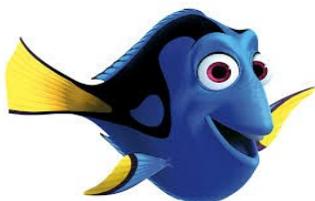
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## THANK YOU VINE VAN GOGH AND APRIL TAYLOR

We had an amazing evening of painting and relaxation to help raise money to support Child Care Connections, a program of Family of Woodstock Inc.



JUST KEEP SWIMMING



## Activities & Fun...

### SQUIRT GUN PAINTING



#### MATERIALS

- EASEL
- CLIPS
- PAPER
- LIQUID WATERCOLORS
- NERF SUPER SOAKER OR ANY OTHER WATER GUN

**DIRECTIONS:** SET THE EASEL UP OUTSIDE. CLIP PIECES OF PAPER TO IT. FILL THE WATER GUN WITH LIQUID WATERCOLORS AND LET THE ARTISTIC CREATIVITY FLOW!

## From our Registrars...

### BIKE SAFETY

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. We want kids and families to ride their bikes as much as possible. However, more children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.

#### Here are a few tips to keep children safe when riding a bike:

- When selecting a bike with your child, choose one that fits, not one he or she will grow into. (This goes for helmets, too!) The child's feet should be able to touch the ground while sitting on the seat.
- Any helmet you buy should have a sticker declaring that it meets the standards of the Consumer Product Safety Commission (CPSC).
- Your child should never wear a hat under the helmet.
- Before your child takes off, make sure he or she is not wearing anything that will get caught in the bike chain, such as shoelaces or loose pant legs.
- Tennis shoes or sneakers are the safest shoes that will better enable your child to grip the pedals. It is never a good idea to ride barefoot.
- Make sure he or she wears a helmet every ride, even if it's short! This includes other wheeled sports activities, too, such as riding a scooter, roller skating, or in-line skating. Your child's helmet should fit properly – not too big or too small. **CHILDREN 14 YEARS OLD AND YOUNGER SHOULD BE WEARING A HELMET.**

#### For more information on Bike Safety

<http://www.ibike.org/education/safety-kids.htm>

[http://kidshealth.org/kid/watch/out/bike\\_safety.html](http://kidshealth.org/kid/watch/out/bike_safety.html)



## Child Health & Nutrition...

### FROZEN BANANA POPS



#### INGREDIENTS

- Bananas (small bananas will make 2 pops, large bananas can make 3)
- Spreads: yogurt, dark chocolate, peanut butter, nutella (whatever you like)
- Toppings: oats, granola, chocolate chips, nuts, crushed graham cracker, cookie crumbs, shredded coconut, sprinkles, chopped dried fruit, etc.
- Popsicle sticks

#### DIRECTIONS

1. Prepare a cookie sheet with a layer of parchment paper.
2. Peel bananas and cut off each end. Cut the bananas in half or thirds, depending on the size of the banana. Carefully insert a popsicle stick into the banana.
3. Using a knife, spread your desired topping onto the banana. (For melted chocolate, yogurt or thinner spreads dipping may be more practical)
4. Roll the banana in your topping of choice (a shallow bowl or plate will work). Place on the parchment paper.

Freeze the bananas for 2-4 hours. Serve or place in a freezer bag for up to a week.

## CACFP News...

### ATTENTION... ATTENTION...

Starting June 1, 2015, center-based programs are required to meet specific standards for meals and snacks provided to children in care. These new standards apply only to child day care centers and school age child care programs licensed or registered by the New York State Office of Children and Family Services (OCFS). To help you get started, OCFS and the New York State Department of Health's Child and Adult Care Food Program (CACFP) developed the Nutrition Standards Toolkit.

The toolkit can be accessed at:

**[http://nydontraining.health.state.ny.us/nutrition\\_standards\\_toolkit\\_june2015](http://nydontraining.health.state.ny.us/nutrition_standards_toolkit_june2015)**

This toolkit is also being mailed directly to programs. Coming Soon: Online trainings which covers nutritional standards that meet day care regulations.

More information visit: **[http://ocfs.ny.gov/main/childcare/view\\_article.asp?ID=1161](http://ocfs.ny.gov/main/childcare/view_article.asp?ID=1161)**



## News from our Health Care Consultants...

### SUN SAFETY



We all need some sun exposure — it's the top source of vitamin D, which helps our bodies absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need. And repeated unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer. Most kids get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely. Taking the right precautions can greatly reduce your child's chance of developing skin cancer.

#### Facts About Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. (Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC)

**Cover Up** • One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Be sure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

**Use Sunscreen Consistently** • Select an SPF of 30 or higher to prevent sunburn *and* tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

**Use Protective Eyewear for Kids** • Sun exposure damages the eyes as well as the skin. Even 1 day in the sun can result in a burned cornea (the outermost, clear membrane layer of the eye). Cumulative exposure can lead to cataracts (clouding of the eye lens, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses.

Because infants have thinner skin and underdeveloped melanin (the first defense against the sun because it absorbs dangerous UV rays before they do serious skin damage) their skin burns more easily than that of older kids. The best protection for babies under 6 months of age is shade, so they should be kept out of the sun whenever possible. If your baby must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. Use an umbrella to create shade. If your baby is younger than 6 months old and still has small areas of skin (like the face) exposed, you can use a tiny amount of sunscreen with a minimum SPF (sun protection factor) of 15 on those areas.

Even older kids need to escape the sun. For all-day outdoor affairs, bring along a wide umbrella or a pop-up tent to play in. If it's not too hot outside and won't make kids even more uncomfortable, have them wear light long-sleeved shirts and/or long pants.

**If your child does get a sunburn, these tips may help:** Have your child take a cool (not cold) bath or apply pure aloe vera gel or topical moisturizing cream to rehydrate the skin and treat itching. If the sunburn is severe and blisters develop, call your doctor.

**For more information visit: [www.kidshealth.org](http://www.kidshealth.org)**

**Legally Exempt...****ATTENTION LEGALLY EXEMPT PROVIDERS****Do you want to be reimbursed at a higher rate?**

It's possible with **ONLY** 10 hours of training!

Caring for children is a big responsibility. The health, safety, and development of children in care is the highest priority for both the provider and for the New York State Office of Children and Family Services.

Your income may be increased with at least 10 hours of training related to child care. Topics related to child care may include child development, program development, safety, health & nutrition.

Call our office for more information: 518-822-1944 (Columbia/Greene) or 845-331-7080 (Ulster)

Visit our website: [www.ccconnectionsny.org](http://www.ccconnectionsny.org)

The following links offer **FREE** or **Low-Cost** trainings:

- [www.ecetp.pdp.albany.edu/elearn.shtm](http://www.ecetp.pdp.albany.edu/elearn.shtm)
- [https://extensiononline.tamu.edu/courses/child\\_care.php](https://extensiononline.tamu.edu/courses/child_care.php)
- [www.ecetp.pdp.albany.edu/distance.aspx](http://www.ecetp.pdp.albany.edu/distance.aspx)

**BECOME A REGISTERED FAMILY CHILD CARE PROVIDER and you may receive...**

- Higher Income
- Grant funds
- Participation with Child & Adult Food Program
- Use of loan closet items & lending library
- Educational Incentive Programs
- Free Referrals to potential parents

**Resource Corner...**

CHECK OUT OUR NEW WEBSITE

**[www.ccconnectionsny.org](http://www.ccconnectionsny.org)**

CHECK OUT OUR FACEBOOK PAGES

**[www.facebook.com/ccconnectionsny](http://www.facebook.com/ccconnectionsny)**

**[www.facebook.com/childcareconnectionsny](http://www.facebook.com/childcareconnectionsny)**



## From Our Providers...

Kelly Camacho, Group Family Day Care Provider in Columbia County had some fun ideas to reinvent her space! She created a quiet reading loft recently and is going to be using gutters as a space saving way to display the books for children to have easy access to.



Have you ever had a child in your care who has lost a parent?

What do you do in your program on those special days when the children are making  
Mother's Day gifts or Father's Day gifts?

### **HERE IS AN IDEA FOR YOU...**

Have the child make that special gift/ card, attach it to a balloon and let them send it up to Heaven.



This idea is from A Place To Grow Day Care (Anna Augustine). She has her own licensed day care program in Cottekill.

## Agency News...



### Successful completion of your DCC Renewal (2/12/2015-7/13/2015)

Columbia Children's Center, Inc (Nancy Smith), Columbia Opportunities, Inc. (Erica Bervy), COI Headstart @ St. Luke's Lutheran Church (Linda Radewitz), Agri-Business Child Development (Rita Kunkel), Beginnings Preschool (Michelle Millman), Stepping Stones (Megan Lahar), Stepping Stones II (Mary Conklin-Cabrera), & Ulster County Community College Day Care Center (Kathleen Hasbrouck)

### Successful completion of your GFDC Renewal (2/12/2015-7/13/2015)

Honey Tree Day Care (Candice Donahue), Honey Tree Day Care (Gay Panarello), The Children's Place (Jill Edwards), Earley bird Daycare Corp (Camille Earley), Kids' Korner Day Care (Angeline McDonough), Mountain Brook Daycare (Susan Caswell), & Jennifer Pottinger

### Successful completion of your FDC Renewal (2/12/2015-7/13/2015)

Mama Bear Daycare (Amy Shader), Susan Barth, ABC's and TLC (Pamela Gibson), Apple Tree Child Care Center (Deborah Stack), Sara Coddington, Cheri Daniels, Marcia Ector, Susan Flores, Mary Higgins, Magical Moments Child Care (Victoria Lowe), Small Beginnings Day Care Center (Christine Schlosser), Terri's Tots (Terri Ingersoll), & Jolynn Williams

### Successful completion of your SACC Renewal (2/12/2015-7/13/2015)

Mental Health Association of Columbia and Greene Counties, Inc. (Michael Hawksby), YMCA of Kingston & Ulster-Lenape (Stephanie Wolfrum), & YMCA of Kingston & Ulster-Duzine (Jessica Gallagher)

### We welcomed two new DCC (2/12/2015-7/13/2015)

The Hudson Day Care Center-State Street & The Hudson Day Care Center-Columbia Street (Maureen McDonald)

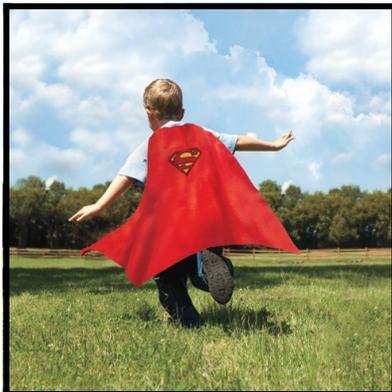
### We welcomed six new FDC (2/12/2015-7/13/2015)

Childcare Discovery Center (Inez Libruk), Angel Hill Family Daycare (Nerelis Wiseman), Great Beginnings Daycare (Candace Benoit), The Children's House (Joy Annacone), Happy Feet Day Care (Megan Rush), & Miss Jeans Preschool & Family Daycare (Jean Krom)

### We welcomed five new GFDC (2/12/2015-7/13/2015)

Michaelann Murphy, Away Wee Go LLC (Thomas Clark), Windy Ridge Preschool (Mary Garraffa), Ivy League & TLC Day Care (Kathleen Morabito), & Kid Care (Georgeanna Singer)

## Special Thought...



There is a **SUPERHERO**

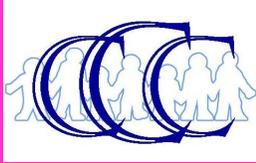
inside all of us.

We just need the **COURAGE**

to put on the **cape.**



**Child Care Connections**  
serving Columbia, Greene, & Ulster Counties



**Keeping child care programs, parents & communities connected!**

## 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 Director** • Kerry Wolfeil, ext. 134

**Assistant Program Director** • Penny Dombrowski, ext. 132

**Registrars** • Bonnie Kudlacik, ext. 135 & Penny Dombrowski, ext. 132

**Parent Counselor** • Jessica Markle, ext. 126

**Food Program** • Cindy Eggers, ext.130 & Lindy Kell ext. 137

**Legally Exempt Enrollment** • Katrina LaLonde ext. 138 & Lindy Kell, ext. 137

**Trainings** • All Staff

**Reception** • Margie Knox, ext 101

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

**Program Director** • Suzanne Holdridge, ext. 105

**Assistant Program Director** • Kristin Scace, ext. 104

**Registrar** • Caery Braidt, ext. 103

**Parent Counselor** • Kristin Scace, ext. 104

**Food Program** • Laurie Vogel Harden, ext. 102 & Kristin Scace, ext. 104

**Trainings** • Caery Braidt, ext. 103

**Legally Exempt Enrollment** • Laurie Vogel Harden, ext. 102

**Health Care Consultant** • Jen Klein-Hoey, ext. 101



Funded by :

NYS Office of Children & Family Services , USDA Child and Adult Care Food Program , The United Way, National Assoc. of Child Care Resource & Referral

## Mission Statement:

To support the community by expanding and promoting high quality Child Care that meets the needs of children & their families.

Child Care Connections is a program of Family of Woodstock Inc., PO Box 3516, Kingston, NY 12402.

A UNITED WAY AGENCY. Visit our website [www.cconnectionsny.org](http://www.cconnectionsny.org)