



Child Care Chatter

Resource Guide for Child Care Information

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A Valuable Lesson

A water bearer in China had two large pots, each hung on the ends of a pole that he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For two years this went on daily, with the bearer delivering only one and a half pots of water to the house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its imperfection, and miserable that it was able to accomplish only half of what it was designed to do.

After two years of what it perceived to be bitter failure it spoke to the water bearer one day by the stream. "I'm ashamed of myself because this crack in my side allows water to leak out on the way back to your house." The bearer said "did you notice that there are flowers only on your side of the path, and not on the other? That's because I have always known about your side of the path. Every day while we walked back, you watered them. For two years I have been able to pick those beautiful flowers to decorate my table. Without you being just the way you are, there would not be this beauty."



ACTIVITIES & FUN

This photograph of Avery Budd was sent in by Angie Minew from, Speckled Frog Playcare, a Group Family Daycare in Saugerties. Angie explained that “The kids created these awesome bags and knew all about how it all works!” The children “learned all about their bodies and hygiene.

We talked about the dangers of touching things we shouldn't that are poisonous, smoking, medicines and other topics. They really loved it”.



Want some more ideas?

Try pasta skeletons!

Toilet paper and paper towel tube bodies!

Life size Drawings that the kids can help create!



LEGALLY EXEMPT NEWS

ATTENTION

All Legally Exempt providers **MUST** take the OCFS-approved pre-service training **before September 31, 2017!** This training is found online *Foundations in Health and Safety* by going to www.ecetp.pdp.albany.edu.

Upon completion, you will receive a certificate indicating you successfully completed the health and safety course. Print the certificate and submit to your local enrollment agency to receive credit for completing the pre-service requirement. You should also keep a copy of this certificate for your own records. Please use the following addresses to send your certificate to:

FOR PROVIDERS IN ULSTER COUNTY

Child Care Connections
PO Box 3718
Kingston NY 12402

FOR PROVIDERS IN COLUMBIA & GREENE COUNTIES

Child Care Connections
160 Fairview Ave
Suite #207
Hudson NY 12534

For any questions you may call:

(845) 331-7080 EXT 137 or EXT 138 (Ulster County)

(518) 822-1944 EXT 102 (Columbia/ Greene Counties)

CHILD HEALTH & NUTRITION**CHATting WITH CHILDREN AT MEALTIMES**

Mealtime can be an important time to encourage communication. Effective communication is the basis for developing healthy and mutually rewarding adult-to-child relationships.

Make it one of your goals to serve meals in a relaxed, social atmosphere. Think of mealtime as communication time. Consider removing the distractions of scattered projects, unfinished activities, and the television from the eating area.

Children need adults to eat with them.

When adults eat with children they can:

- Serve as role models by their food choices
- Protect children from safety/ choking hazards
- Encourage conversations

The best adult-to-child relationships are characterized by lots of positive communication and interaction. When you pay attention to children and encourage communication, you help children create a positive view of themselves and the world they live in.

**American Flag Toast****Ingredients**

- 1 slice of whole wheat bread
- 1 Tbsp Peanut Butter
- 9 Blueberries
- 3 Strawberries, sliced
- 1/2 Banana, sliced

Directions

1. Toast Bread
2. Spread with PB
3. Arrange blueberries in top left corner for stars
4. Alternate rows of strawberries and bananas to create stripes.

Variations

- Use Cream Cheese instead of PB
- Use Raspberries instead of strawberries
- Use Strawberry or Raspberry Jam/ Jelly instead of Strawberries



FROM OUR REGISTRARS

In our previous newsletter we discussed how important professional development is for your program and yourself. It definitely can make the difference between a fair program and a great program. Aside from the training requirement for providers; professional development can be accomplished by belonging to a professional organization. Programs that have access to organizations that encourage and enhance their professional development are more likely to be child oriented and sought after by parents. The Family Child Care Association of New York State, Inc. is another organization that can play a key role in your professional development plan. Their mission is to unify, promote and strengthen the profession of family child care; enriching the lives of providers, children, families, and communities. FCCANYS fulfills this mission by offering the following benefits:

- Access to Group Insurances:
 - Liability Insurance
 - Health & Dental Insurance
- Professional Development training
- Conference Discounts
- E-mail Blasts to provide timely information regarding important information for your business
- Advocacy voice for family child care issues
- Support services for local family child care associations
- Regional representation
- Access to Affiliate Membership with National Association for Family child Care (NAFCC)

If you are interested in NYSAEYC you can find out more information on them at:

<https://fccanys.wildapricot.org>

LICENSING & OCFS NEWS



Swimming is a refreshing activity that promotes physical fitness, coordination and well-being. Studies have shown that teaching children to swim gives them confidence and reduces the likelihood of drowning because they learn skills and water safety techniques.

Sadly, drowning is a leading cause of injury-related deaths in children of all age groups, with roughly 33 children dying each year in New York State. Children aged one through four years are especially at risk, with nearly half of all deaths coming from this age group alone. In addition, near-

drowning incidents can often result in lifelong medical conditions.

As a child care provider, you have been entrusted with the safety and care of children. If you have a pool, you bear an extra burden of keeping children safe around a pool and preventing drowning.

This is an excellent opportunity to review and reinforce the state requirements for child care providers with pools:

Alysa's Law requires that all registered or licensed child care provider homes with pools must have barriers, at least 48 inches high, preventing children's access to your pool. Self-closing and positive self-latching doors or gates are also required. The use of spa pools, hot tubs and fill-and-drain wading pools by any child is prohibited.

Providers must receive OCFS approval prior to the use of a pool for children in day care.

For more information contact your licenser or registrar and visit:

<http://ocfs.ny.gov/main/childcare/defaultdatabaseDetails1.asp?ID-776>

NEWS FROM OUR HEALTH CARE CONSULTANT

Prepare for a BAD Summer of Ticks

Milder winters, burgeoning mice and deer populations and a bumper acorn crop from two years ago mean this year's tick season is expected to be bad and more widespread. With that comes the threat of more tick-borne diseases, including the most common, Lyme disease. States like Connecticut (home to the town of Old Lyme where the disease was first diagnosed) are already reporting a higher number of ticks infected with the *Borrelia burgdorferi* bacterium, which causes Lyme disease, as well as other tick-borne pathogens. The deer or blacklegged tick can transmit up to seven pathogens that cause human diseases, including Lyme disease.

Lyme disease is the most common vector-borne disease in the U.S. Symptoms can include a ring-like rash, along with flu-like symptoms, muscle and joint aches and swollen lymph nodes. It is usually diagnosed based on symptoms or a blood test. It is treated with antibiotics. Longer-term infections can cause more serious symptoms including arthritis, severe muscle pain, headaches, heart palpitations, brain inflammation and nerve pain.

Getting bit by a deer tick doesn't mean you will get Lyme disease. On average 10%-30% of deer ticks are infected with Lyme disease. A tick typically feed on humans for 3-5 days. A tick that latches on for only a few hours is unlikely to transmit infection. For Lyme disease to be transmitted, a tick usually has to be attached for 24-48 hours, though for some other diseases it is less time. Once done with a feeding, the tick will fall off on its own. Many Lyme disease patients never see a tick on them, which can make diagnosis of the disease difficult.

How to avoid ticks and prevent Lyme Disease:

1. Avoid tall grass, leaf piles and wooded areas
2. Use repellent that contains DEET (20% or more)
3. Wear long sleeves and long pants and stick your pants inside your socks
4. Wear light colored clothing
5. Do a thorough tick check of the body using a mirror
6. Shower after spending time outside
7. Check pets and equipment that has been outside
8. Regularly mow or trim your lawn

Other simple tricks:

1. Take a lint roller with you when you're going outside and roll it on your clothing every once in a while
2. Spray essential oil on your clothing and rub it into your skin:

Lavender	Lemongrass
Eucalyptus	Lemon



How to Remove a Tick:

- If possible, clean the area with an antiseptic solution or soap and water
- Use blunt, fine tipped tweezers or gloved fingers to grasp the tick as close to the skin as possible
- Pull slowly and steadily upwards to allow the tick to release
- If the tick's head breaks off in the skin, use tweezers to remove it like you would a splinter
- Wash the area around the bite with soap
- Following the removal of the tick, wash your hands, the tweezers, and the area thoroughly with soap and warm water

Take care not to do the following:

- Do not use sharp tweezers
- Do not crush, puncture, or squeeze the tick's body
- Do not use a twisting or jerking motion to remove the tick
- Do not handle the tick with bare hands
- Do not try to make the tick let go by holding a hot match or cigarette close to it
- Do not try to smother the tick by covering it with petroleum jelly or nail polish

Issues that may arise when removing ticks are:

- Improper removal
- Infection depending upon the tool & method used
- Tick's head breaks off in the skin

****Child Care Programs should have clearly written policies and procedures regarding tick removal that also includes written parent permission.**

TRAINING INFORMATION

TOPICS COVERED IN TRAININGS

1. Principles of Development
2. Nutrition and Health Needs
3. Child Day Care Program Development
4. Safety and Security Procedures
5. Business Record Maintenance and Management
6. Child Abuse and Maltreatment Identification and Prevention
7. Statutes and Regulations Pertaining to Child Abuse and Maltreatment
8. Statutes and Regulations Pertaining to Child Day Care
9. Education and Prevention of Shaken Baby Syndrome

TRAINING EXPECTATIONS

- **Payment** is due at time of registration.
- Please note **registration due dates**.
- **Children are permitted** to only attend children's workshops.
- **Classes will be cancelled** when enrollment is not adequate.
- **No refunds!** Refunds are only given if training is cancelled or rescheduled by Child Care Connections.
- **Classes will start on time!** Doors are opened 15 minutes prior to class and are locked at start of class for security of participants.

Don't forget Child Care Connections' Online Child Care Professional Education Center.

We can provide you with more online training opportunities. All courses listed are approved by OCFS for your required training. EIP may be used for these trainings.

Check it out for new exciting courses, all at your own convenience. Just visit this website and type in your zip code and explore the new courses.

<http://www.familyofwoodstockinc.org/child-care.html>



CPR AND FIRST AID CLASSES

Saturday, June 24th • 10AM-3PM
Saugerties Public Library (91 Washington Ave • Saugerties)
FREE To FDC & GFDC Providers
To register call Heidi Jo Brandt • 845-247-8750

Saturday, September 16th • 10AM-3PM
Jane Alsdorf's House (195 City View Terrance • Kingston)
FREE To FDC & GFDC Providers
To register call Heidi Jo Brandt • 845-247-8750

MARGE GAGNON
PHONE • 845.706.6459
EMAIL • rwscsrc@aol.com

NATIONAL SAFETY COUNCIL
PHONE • 518.438.2365
EMAIL • www.safetycouncilny.com



VIDEO CONFERENCES

October 26th • 6:45-9:15PM
Special Webcast: Focus on NYS Child Care Regulations

TO REGISTER VISIT
<http://www.ecetp.pdp.albany.edu/signup.shtm>

TRAINING CALENDARS

JULY						
S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13 QI Training	14	15
16	17	18 Pyramid Training	19 Pyramid Training	20 Pyramid Training	21	22
23	24	25	26 Circle Time	27	28	29
30	31					

AUGUST						
S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9 Support Meeting	10 Provider Wellness	11	12
13	14	15	16	17	18	19 Farmer's Market
20	21	22 Health & Safety	23	24 Health & Safety	25	26
27	28	29	30	31		

SEPTEMBER						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13 Partners in Play	14	15	16 CPR
17	18	19	20	21	22	23
24	25	26	27	28	29	30



TRAININGS

QUALITY IMPROVEMENT: LOOKING AT YOUR HOME THROUGH A CHILDCARE PROVIDERS EYES

Presented by Child Care Connections Staff

Thursday, July 13, 2017 · 6:30PM-8:30PM
Rocking Molly's Daycare (4218 State Route 81 · Greenville)

With living in our business space we can get complacent with ensuring our homes also function as our business. We will look at safety considerations, curb appeal and foster open discussion on how we as providers ensure safety within the business.

Topics: 3, 4, 5 & 8
 Registration Due Date: July 6, 2017
 Fee: Free
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities



PYRAMID MODEL TRAININGS

Presented by Michelle Friedel

Tuesday, July 18, 2017 · 6:30PM-9:00PM
Wednesday, July 19, 2017 · 6:30PM-9:00PM
Thursday, July 20, 2017 · 6:30PM-8:30PM
FOW (166 Albany Ave · Kingston)

Focus 1: Building Positive Relationships (Tues)
 Focus 2: Designing the Physical Environments (Tues)
 Focus 2: Designing the Physical Environments (Wed)
 Focus 3: Schedules, Routines and Transitions (Wed)
 Focus 4: Planning Activities that Promote Engagement (Thurs)
 Focus 5: Giving Directions & Teaching Classroom Rules (Thurs)

Topics: 1 & 3
 Registration Due Date: July 10, 2017
 Fee: \$75 per person for all 3 classes (More than 1 individual from a program \$60 per person for all 3 classes)
 make checks payable to: Peakamoose Trading
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities

A POSITIVE "CIRCLE TIME" EXPERIENCE!

Presented by Jodi Bulson

Wednesday, July 26, 2017 · 6:00PM-8:00PM
Jodi/Carol's Playhouse (2 Fox Run Rd · Milton)

Jodi Lobdell Bulson, owner of Jodi/Carol's Playhouse and author of The Toddler Room children's book series, will be leading the class. In order to keep our program fresh and exciting, this class will involve participating in songs and activities designed to keep the children in our care engaged and participating each day. Please be prepared to conduct 10 minutes of your "Circle Time" so that everyone can benefit from what you have found works best in your experience.

Topics: 1 & 3
 Registration Due Date: July 19, 2017
 Fee: \$15
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities

CHILD CARE CHATTER (FORMERLY FDC SUPPORT MEETING)

Presented by Kerry Wolfel

Wednesday, August 9, 2017 · 6:30PM-8:30PM
FOW Office (166 Albany Ave · Kingston)

This meeting will give child care professionals an opportunity to network with other programs, share ideas and offer or receive support from others in the same field. Bring a fun activity to share, hot topic to discuss, or new marketing idea. A light snack will be served.

Topics: 3, 5 & 8
 Registration Due Date: August 2, 2017
 Fee: Free
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: FDC



TRAININGS

PROVIDER WELLNESS

Presented by Child Care Connection Staff

Thursday, August 10, 2017 · 6:30PM-8:30PM
Hudson Office (160 Fairview Ave Suite 207 · Hudson)

Participants will discuss needs and learn strategies to maintain their wellness. Techniques and strategies will be taught and applied to reduce burnout, stress and maintain sanity to be a more effective child care provider.

Topics: 2 & 3
 Registration Due Date: August 3, 2017
 Fee: \$15
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities



GET FRESH AT THE FARMER'S MARKET

Presented by Cindy Eggers

Saturday, August 19, 2017 · 10:00AM-12:00PM
Family of Woodstock (39 John St · Kingston)

The Farmer's Market is back! It's time to shop for an abundance of fresh fruits and veggies along with many other interesting goodies. You will go home with some Farmer's Market tips, handouts, and recipes. You will also have an opportunity to visit the Farmer's Market and share your experiences with the rest of the class. Please come join us for a fun-filled Saturday morning. Also, be green, and bring a canvas or other reusable bag (or basket), and small bills for your purchases.

Topics: 2
 Registration Due Date: August 12, 2017
 Fee: \$15 / FREE to CACFP Participants
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities

FOUNDATIONS IN HEALTH & SAFETY

Presented by Katrina LaLonde

Tuesday, August 22, 2017 · 6:00PM-9:00PM
Thursday, August 24, 2017 · 6:00PM-9:00PM
FOW Office (166 Albany Ave · Kingston)

This training for Legally Exempt providers is being offered so providers can begin to fulfill their training requirements if they are unable to complete the Online Foundations in Health and Safety e-learning course. This training will include four Modules: An introduction to Legally-Exempt Care, Keeping Safe Spaces, Keeping Kids and Providers Healthy, and Childhood Preventions. Completion of the 6 hours of training will meet the new requirements that will be in effect as of September 30, 2017.

Topics: All
 Registration Due Date: August 15, 2017
 Fee: \$15 **(Once you complete this training you will be given a voucher for 4 hours of training. After completing those hours of training you will be eligible for the higher rate of pay)**
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: Legally Exempt

PARTNERS IN PLAY

Presented by Kathleen Harland, Infant Toddler Specialist

Wednesday, September 13, 2017 · 6:30PM-8:30PM
Hudson Office (160 Fairview Ave Suite 207 · Hudson)

Infants and toddlers learn through their play experiences, inside and outside, all day long. In this training we will take a look at what our role as caregivers is in that learning. We will discuss the fine line between leading too much, sensitively engaging and purposefully observing.

Topics: 1, 3 & 8
 Registration Due Date: September 6, 2017
 Fee: \$15
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities



ON SITE TRAINING JUST FOR YOU

If you would like to gain more knowledge about a specific topic, an individualized training can be set up to address your needs.
If you would like to earn training credit through Intensive Technical Assistance consider the following:

PROGRAM DEVELOPMENT	CHILD DEVELOPMENT	SAFETY & SECURITY	MARKETING/ ADVERTISING
REGULATIONS AND POLICIES	BUSINESS MANAGEMENT	HEALTH CARE NEEDS	PROGRAM EXPANSION
ROOM ARRANGEMENTS	STORY TIME ACTIVITIES	MENUS MADE SIMPLE	NUTRITION
GET ORGANIZED	BEHAVIOR MANAGEMENT	PARENT COMMUNICATION	BUBBLE BOX
SAND PLAY	MINUTE IT TO WIN IT	TAKE A BITE OUT OF THE BOOK	CREATE A WEBSITE

Contact us at (845) 331-7080 (Ulster) or (518) 822-1944 (Columbia/Greene) to request a session or for additional information.

OCFS Approved Distance Learning

Go to www.ecetp.pdp.albany.edu

COURSE TITLE	HOURS	OCFS TOPICS
Early Intervention	1.5	1 · 4
Emergency Preparedness	1.5	4 · 7
Family Engagement	1.0	3 · 4
Keeping Children Safe	1.5	1 · 3 · 4 · 7
Infant Brain Development	1.0	1 · 3
Mandated Reporter Training	2.0	5 · 6 · 8
Managing Challenging Behavior	1.5	1
Obesity Prevention	2.0	2
Preventing SBS	1.0	1 · 9
Preventing SIDS & Promoting Safe Sleep	1.0	1 · 3 · 4 · 7
School Age Child Care	1.5	1 · 3 · 4
Supervision of Children	1.5	4
Transportation	2.0	3 · 4 · 7
Expulsion & Supervision Prevention Strategies	1.5	1 · 3 · 4 · 8



Check out our website for fundraising events and additional training opportunities:

www.ccconnectionsny.org

PARENTS & CAREGIVERS

11 Reasons to Take the Kids OUTSIDE

When the kids are sad or too loud or when fights break out, taking the kids outside seems to fix everything. Though parking kids in front of the TV is one way to keep them busy, there are many reasons why sending them out to play is better for their development, especially if you teach them about the plants, animals, and natural materials found there.

- They are calmer outdoors
- They do not have to stay quiet and it is ok to be loud
- There is more space for big body play
- There is less setup and clean up to be done
- The materials (muds, rocks, flowers, leaves) are free
- The mud can be hosed off outside before kids come back inside
- Sand and water play lead to an understanding of volume, cause/effect and use of tools
- There is room to invent new ideas and new worlds
- They learn nature smarts and learn to love the outdoors
- Learning to be gentle with a flower leads to being gentle in other ways
- They learn life lessons: All living things hatch, sprout or are born, and all things die



Time spent in nature is good for grownups too. Enjoying a hike or time in the garden can support your own mental health and help you relax and slow down.

ISN'T IT TIME NOW TO GO OUT TO PLAY?

RESOURCE CORNER



Summer is right around the corner, and there's usually lots of information and activities happening at child care programs!

It's a busy season of outdoor activities, field trips, and things to keep little ones busy and engaged.

Does your program offer newsletters that can be given to families?

Here is a link to a template for you to use for a summer newsletter!

Click on the link and you will be able to enter your own text and information that is happening at your program.

If you currently don't give out newsletters, now is a good time to try it!

See the link below:

http://content.ccafsgmembers.net/Newsletter_Template-Summer_doc/

**This link is provided by <http://www.sharedsourceecny.org/newsletters.aspx>

AGENCY NEWS

WooHoo!!

Successful completion of your GFDC Renewal (3/01/2017-5/31/2017)

Away Wee Go (Thomas Clark)

Successful completion of your FDC Renewal (3/01/2017-5/31/2017)

Childcare Discovery Center (Inez Libruk), Great Beginnings Daycare (Candace Benoit),
& Lisa Persad

We welcomed 1 new GFDC Provider (3/01/2017-5/31/2017)

Young Lions (Jeanette Washington)

We welcomed 5 new FDC Provider (3/01/2017-5/31/2017)

Amanda Pough, Bright Beginning's (Gina Avery), Little Free Spirits (Caitlynn Sinagra),
Peace, Love and Daycare (Kimberly Kupferschmid), & ReRe's (Marie Brandt)

We welcomed 2 new DCC Provider (3/01/2017-5/31/2017)

Early Childhood Learning Center of Greene County (Therese Rowcroft) &
Woodland Playhouse (Grace Louis)

We welcomed 1 new SACC Provider (3/01/2017-5/31/2017)

Capital District YMCA (Colan Warden)

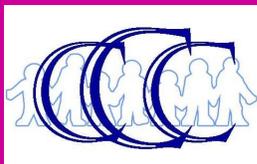
SPECIAL THOUGHTS



Kids go where there is
excitement.
They stay where there is
love.



Child Care Connections
serving Columbia, Greene, & Ulster Counties



Keeping child care programs, parents & communities connected
PO Box 3718 · Kingston NY 12402

Your Child Care Council Staff:

Team Leader (All areas) · Kerry Wolfeil, (845) 331-7080, ext. 134

Ulster County Staff: (845) 331-7080 · Monday-Thursday 8AM-5PM / Friday 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 · Jessica Markle, ext. 126

Reception · Margie Knox, ext. 101

Columbia & Greene County Staff: (518) 822-1944 · Monday-Friday 8AM-4PM

Program Director · Suzanne Holdridge, ext. 105

Assistant Program Director · Kristin Scace, ext. 104

Registrar · TBD, ext. 103

Parent Counselor · Kristin Scace, ext. 104

Food Program · Laurie Harden, ext. 102 & Kristin Scace, ext. 104

Trainings · TBD, ext. 103

Legally Exempt Enrollment · Laurie Harden, ext. 102

Intake Manager - Dawn Meyer, ext. 100

Health Care Consultant · Rose Women's Care Service



Funded by :
NYS Office of Children & Family Services,
USDA Child and Adult Care Food Program,
The United Way, National Association of
Child Care Resource & Referral

Mission Statement:

To strengthen the community by providing education on early childhood development and the importance of quality child care, as well as offering resources and referrals to families, businesses, and child care professionals.

Child Care Connections is a program of Family of Woodstock Inc.

A UNITED WAY AGENCY

PO Box 3718 · Kingston, NY 12402

Visit our website www.cconnectionsny.org