



Child Care Chatter

Resource Guide for Child Care Information

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Mid Hudson Valley Leadership Day is a day dedicated to Engage, Inspire and Celebrate!

There has been a movement spreading throughout New York State that honors and recognizes the leaders within the early childhood profession which began in the spring of 2017 at the Western NY Leadership Day organized by Marilyn Ballard. The energy and relationships developed that day were something we wanted to cultivate and renew in the Mid-Hudson Valley region as well. This vision led to the creation of the MHV Leadership Committee; an amazing collaborative relationship between Family of Woodstock, Ulster County BOCES and Community Playthings. On November 9th we held the 1st Mid Hudson Valley Leadership Day at The Chateau in Kingston. We had over 115 attendees from child care centers, various school districts, NYS governors office, family day care homes, CCR&R's, independent consultants, and the Office of Children and Family Services. We had 18 vendors offering information about health and safety for children and families, quality educational materials for child care programs, professional development opportunities, Quality Stars information, various state and local agencies, and fun merchandise from LuLaRoe, yogapalozza, and Knitted by Linda.

We wanted to acknowledge the leader's in the early childhood education profession and give an opportunity to renew and revitalize the field in the Mid-Hudson Valley region. We are fortunate to have such a bountiful array of skills and talents serving our communities and families. We had amazing presenters offer their wisdom and expertise of the profession. The presenters included; Sherry Cleary, Executive Director at NY Early Childhood Professional Development Institute, offer insight of "The Life of a Leader: If Everything is Under Control..."; Deborah Fitzgerald, President of NYAEYC, asking "Are You Building Enough Bridges?"; Kristen Kerr, Executive Director of NYAEYC discussing the "Power to the Profession"; Anne Mitchell, President of Early Childhood Policy Research discussing "Early Care and Education Industry is Huge and Hugely Important"; Jenn O'Connor, Director of Policy and Advocacy for Prevent Child Abuse New York inspiring us with "Advocacy Made Easy"; and Marilyn Ballard, owner of ECE Solutions Inc., closed the day with an inspiration and meaningful talk about the importance of what we do and why we do it.

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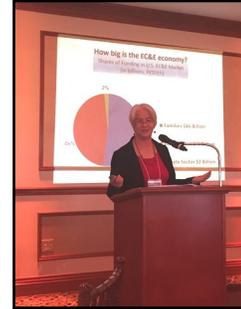


Mission Statement

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.

We are excited to start planning for next years MHVLD. The attendees already asked if we are doing it again next year. It was an incredible event, shared with amazing professionals. MHVLD was a time to be thankful for the bridges that allow us to connect and support one another, and create a solid foundation for the communities we serve.

Mid Hudson Valley Leadership Committee
 Michelle Friedel, Ulster County BOCES
 Kerry Wolfeil, Family of Woodstock
 Penny Dombrowski, Family of Woodstock
 Christine & Eric Nelson, Community Playthings



ACTIVITIES & FUN



playing with salt and ice

COLORFUL FROZEN HANDS

MAKING THE ICE HANDS

1. Fill a rubber glove with water. Leave yourself a couple of inches at the top to twist it shut.
2. Add a drop or two of food coloring, and shake the glove to disperse the color.
3. Twist glove tightly a couple of times and secure snugly with a twist-tie.
4. Lay glove in baking pan.
5. Place pan in freezer overnight, or if outside temperatures are cold enough, place the gloves outside overnight.

****You could even hide some goodies (buttons, small toys, beads, etc.) in the gloves that the kids could find later. Make sure the items are age appropriate.**

SALT & ICE ACTIVITY

YOU NEED

- Your icy hands
- A shallow pan, container or tray
- Salt (driveway salt or table salt)
- Bowl or take-out container for your salt
- Scoops and Spoons

Remove the hands from the gloves. There might be a few lost digits by the time you get the gloves off the hands (you can run the gloved hand under a bit of water and very gently slide the glove off). Place the hands in a baking pan and fill a take-out container or bowl with salt. Give the kids some scoops and spoons. Now it is time to melt ice with salt!



RECOMMENDED FOR AGES 2 AND OLDER!

HEALTH & NUTRITION

New Take on an Old Tale... Stone Soup

It's Soup Season and what better time to take a closer look at an old (and beloved) story... Stone Soup. Originally written in 1947 by Marcia Brown, the story of hungry soldiers coming into a poor village and tricking the villagers into making soup for them has been re-written, in varying formats, ever since. A few of the more unusual offerings are:

Fandango Stew · A Wild West version, in which two penniless, but wily, vaqueros, trick a whole town into cooking a giant pot of stew for everyone to share.

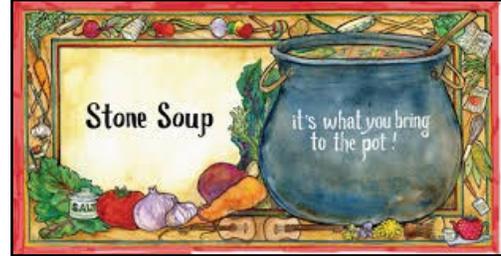
Cactus Soup · A Mexican version, featuring a group of hungry soldiers whose captain starts the soup with a cactus thorn!

Kallaloo · A Jamaican version, which includes a Granny and a magical shell that assists her in summoning various ingredients from local merchants in the market square.

Bone Button Borscht · An Eastern European version that begins with a bone button, instead of a stone.

Everybody Serves Soup · A multi-cultural offering that includes recipes. Not Stone Soup, but the story of a girl who goes house to house, shoveling snow to buy her mother a birthday gift. Warming up at each house gives her an opportunity to sample her neighbor's diverse soups. A heartfelt celebration of diversity.

Whichever version you decide to go with, every version involves putting together a soup using whatever is available. It can be as simple as onions, carrots, and potatoes. Or it can be an exotic combination of ingredients, resulting in something very different. Whatever you use, it's guaranteed to be delicious, and fun.



CACFP NEWS



Whole Grain-Rich Approved Cereals

These Also Meet the Sugar Limit Requirements.



NATIONAL CACFP ASSOCIATION
Visit us at www.cacfp.org for more information



Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Nutrients

- Grains are important source of many nutrients, including dietary fiber, several B vitamins and minerals.
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity and type 2 diabetes.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism— they help the body release energy from protein, fat and carbohydrates. B vitamins are also essential for a healthy nervous system.
- Iron is used to carry oxygen in the blood.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Health Benefits

- Consuming whole grains as part of a healthy diet many reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, may reduce constipation.
- Eating whole grains may help with weight management.

FROM OUR REGISTRARS

BE QUIET AND SIT DOWN!

Redirection has been found to work better than punishment. Time out in a special chair is still punishment. It results in emotions like sadness, anger and embarrassment. These negative emotions don't allow for the reflection necessary to explore choices and better options. Rewards are alright when used properly. That is finding when a child is doing a positive behavior and rewarding them for that behavior. But the child who never gets rewarded feels sadness and anger. These emotions are not conducive to learning new (better) behaviors and can result in a child who displays more negative behaviors.

Redirection involves giving children choices (REASONABLE CHOICES), and giving them the opportunity to gain control of themselves. Often, this involves a combination of understanding why the child is upset and coming up with choices that show your empathy (or understanding) and show the limits or choices that are available. This doesn't always occur as quickly as we would like. But, some slow-paced words, combined with an acceptance of their feelings and one or two kind redirection choices can change an occurrence that would consist of a blip of a moment for you but a WHOLE DAY negative experience for them into a happy day.

It is also important to note that not all behaviors need to be addressed. The child that arrives or suddenly becomes grumpy and defiant, might just need some space to work out their feelings. Let them do their own thing and when they rejoin the group don't make a big deal of it. Incorporate and move on. Remember we all can get grumpy at any moment and we all need space. But also, we all need acceptance.

One last important piece of information...communication isn't a child's strongest characteristic right now. Some communication about what is happening and some ideas on how to accomplish it can change the entire dynamic.

If we treat children with courtesy, sensitivity and respect they will treat others the same way.



LICENSING & OCFS NEWS

GOVERNOR CUOMO ANNOUNCES \$25 MILLION GRANT PROGRAM TO PROTECT NEW YORK'S SCHOOLS & DAY CARE CENTERS FROM HATE CRIME

Governor Cuomo announced that applications from non-profit nonpublic schools and day care centers, including those that are housed in community centers and non-profit cultural museums, are now being accepted for the \$25 million Securing Communities Against Hate Crimes Grant program. The program provides grants to help strengthen security measures and help prevent hate crimes or attacks against these facilities because of their ideology, beliefs or mission. The grant, which is administered by the State Division of Homeland Security and Emergency Services, will provide up to \$50,000 in funding for additional security training needs, cameras and state-of-the-art technology, door-hardening, improved lighting and other related security upgrades at each eligible facility.

Applications for these awards are due on December 18, 2017.

http://ocfs.ny.gov/main/view_article.asp?ID=1579

“Schools and day care centers should be a safe place for children to learn and grow.”
(Roger L. Parrino Sr.)

Additionally, the Governor established a telephone hotline and text line through the Division of Human Rights to report incidents of bias and discrimination. Texts are monitored by the State Police, who handle any potential criminal matters. Cases of discrimination that are covered by the NYS Human Rights Law may be further investigated by the Division. A \$5,000 reward is also being made available for any information leading to an arrest and conviction for a hate crime.



FROM OUR HEALTH CARE CONSULTANT

THE FLU: A GUIDE FOR PARENTS

Who needs the flu shot?	<ul style="list-style-type: none"> • Flu shots can be given to children 6 months and older. • Children younger than 9 years old who get a vaccine for the first time need two doses.
What are signs of the flu?	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.
What can I do if my child gets sick?	<ul style="list-style-type: none"> • Make sure your child gets plenty of rest and drinks lots of fluids. • Talk with your child's health care provider before giving your child over the counter medicine. • Never give you child aspirin. • If you are worried about your child's illness, call their health care provider.
Can my child go to school or day care with the flu?	NO. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children. Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing.

Understand the Weather

Wind-Chill



•30° is **chilly** and generally uncomfortable
 •15° to 30° is **cold**
 •0° to 15° is **very cold**
 •-20° to 0° is **bitter cold** with significant risk of **frostbite**
 •-20° to -60° is **extreme cold** and **frostbite** is likely
 •-60° is **frigid** and exposed **skin will freeze** in 1 minute

Heat Index



•80° or below is considered **comfortable**
 •90° beginning to feel **uncomfortable**
 •100° **uncomfortable** and may be **hazardous**
 •110° considered **dangerous**
 All temperatures are in degrees Fahrenheit

Child Care Weather Watch

		Wind-Chill Factor Chart (in Fahrenheit)									
		Wind Speed in mph									
		CALM	5	10	15	20	25	30	35	40	
Air Temperature	50	50	48	40	36	32	30	28	27	26	
	40	40	37	28	22	18	16	13	11	10	
	30	30	27	16	9	4	0	-2	-4	-6	
	20	20	16	4	-5	-10	-15	-18	-20	-21	
	10	10	6	-9	-18	-25	-29	-33	-35	-37	
	0	0	-5	-21	-36	-39	-44	-48	-49	-53	
	-10	-10	-15	-33	-45	-53	-59	-63	-67	-69	
-20	-20	-26	-46	-58	-67	-74	-79	-82	-85		
-30	-30	-36	-58	-72	-82	-87	-94	-98	-102		

■ Comfortable for out door play
 ■ Caution
 ■ Danger

		Heat Index Chart (in Fahrenheit)																
		Relative Humidity (Percent)																
		15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	
Temperature (F)	110	108	112	117	123	130	137	143	150									
	105	102	105	109	113	118	123	129	135	142	149							
	100	97	99	101	104	107	110	115	120	126	132	138	144					
	95	91	93	94	96	98	101	104	107	110	114	119	124	130	136			
	90	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122	
	85	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	
	80	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	
75	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79		

LEGALLY EXEMPT & SUBSIDY NEWS

Helping little ones through FEARS...

LOUD NOISES

The key to helping babies through these fears is comfort and reassurance that they are safe. Holding a baby, giving a gentle hug and reminding them that they are ok is important. Getting on their level and speaking softly and telling them you are here should help calm a very young child.



DOGS, THE DARK, & CHANGES

The key to helping preschoolers with these types of fears is having a balance between rushing in to the rescue and staying close enough so that they can become use to dogs or the dark. Do not totally avoid scary stuff because that may perpetuate the child's fear. Also, keep talking about and reintroducing the child to the animal/ dark room. The more you expose the child to the dog with you or the dark room with you, the more apt they will be comfortable to try to be in these situations.

As for changes, routines are very comforting for a preschooler. It can be unsettling for a child this age to have disruptions in their daily routine. Try to be flexible but also to stick to similar patterns during your day (For example, arrival at your daycare, breakfast, free play, crafts, story time, and so on). Preschoolers thrive with a dependable schedule and can become unsettled when they are changed.

TRAINING INFORMATION

TOPICS COVERED IN TRAININGS

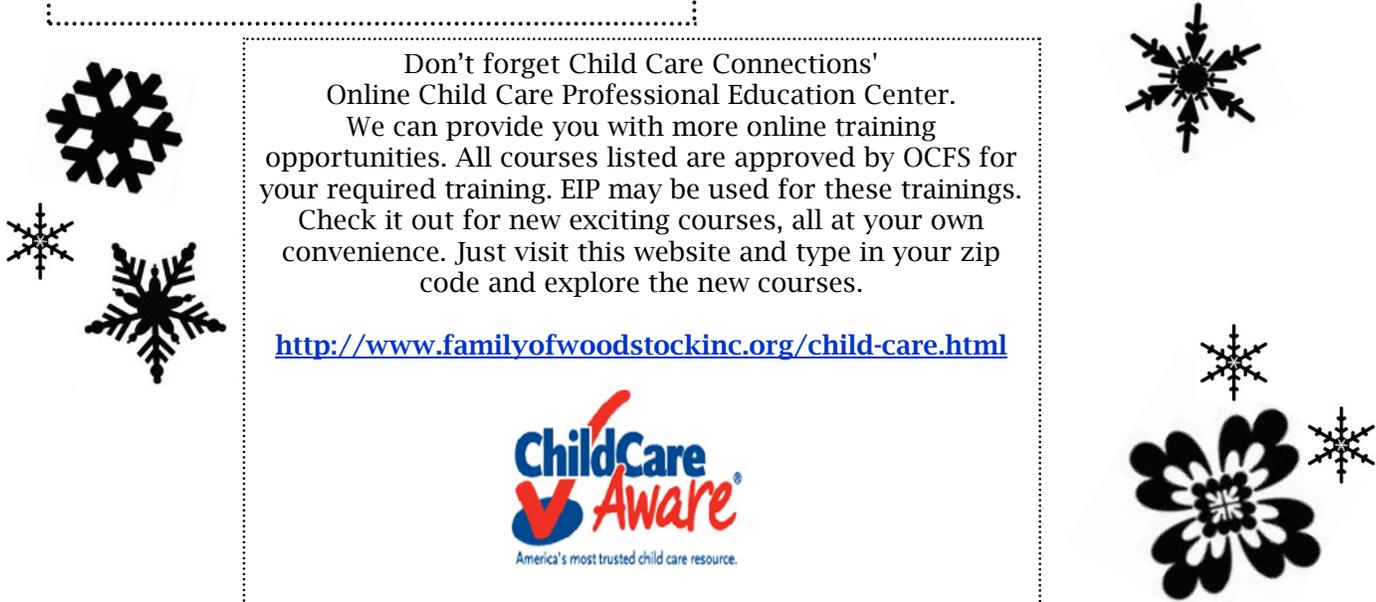
1. Principles of Development
2. Nutrition and Health Needs
3. Child Day Care Program Development
4. Safety and Security Procedures
5. Business Record Maintenance and Management
6. Child Abuse and Maltreatment Identification and Prevention
7. Statutes and Regulations Pertaining to Child Abuse and Maltreatment
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, January 6, 2018 · 9AM-4PM
 Hudson Office (160 Fairview Ave · Hudson)
 To Register Call: National Safety Council

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MARGE GAGNON
 PHONE · 845.706.6459
 EMAIL · rwscrc@aol.com

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



VIDEO CONFERENCES

April 12th · 6:45-9:15PM
Building Healthy Relationships with Effective Communication

June 7th · 6:45-9:15PM
Educating for Sustainability

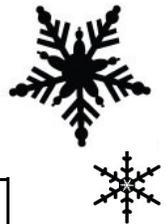
October 25th · 6:45-9:15PM
Special Webcast: Town Hall Meeting Business Case Studies

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

TRAINING CALENDARS

JANUARY						
S	M	T	W	TH	F	S
	1	2	3	4	5	6 CPR
7	8	9	10	11 Support Meeting Whooping Cough/ Flu	12	13
14	15	16 MAT	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

9am-4pm
 Hudson Office
 (160 Fairview Ave · Hudson)
 To Register Call:
 National Safety Council
 518-438-2365



FEBRUARY						
S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Challenging Behavior	16	17
18	19	20	21 Child Abuse	22	23	24
25	26 H&S	27	28 H&S			



MARCH						
S	M	T	W	TH	F	S
				1	2	3
4	5	6 H&S	7	8 H&S	9	10
11	12 H&S	13	14 H&S MAT	15	16	17
18	19	20	21	22 Best Practices	23	24
25	26	27	28	29 Chopped	30	31



TRAININGS

CHILD CARE CHATTER (FORMERLY FDC SUPPORT MEETING)

Presented by Penny Dombrowski

Thursday, January 11, 2018 · 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. We will be joined by Tori Barnes, Program Director of Adolescent Services, to discuss Children's Health Homes and Family Peer Support Programs. We will also be joined by Heidi Brandt, the Ulster County CSEA-VOICE Union Representative to discuss the new Market Rate Survey that is coming up, as well as grants, money for CDA and professional development.

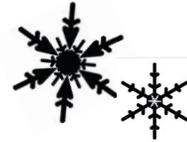
Topics: 3, 5 & 8

Registration Due Date: January 4, 2018

Fee: Free

Minimum class size: 3 · Maximum class size: 10

Target Audience: FDC



WHOOPING COUGH & FLU

Presented by Columbia County Department of Health Staff

Thursday, January 11, 2018 · 6:30PM-8:30PM
(Snow Date January 18, 2018)
Hudson Office (160 Fairview Ave · Hudson)

We will offer both Flu and Tdap shots after the presentation. We will bill insurance, and we accept most insurances. You will need to bring their insurance cards. We will also have some free vaccine available from NYSDOH for anyone who does not have health insurance. We will also provide the participants with a packet of information regarding adult immunizations, as well as immunizations schedules for the providers to use in their child care settings.

Registration Due Date: January 4, 2018

Fee: \$15



CHALLENGING BEHAVIOR

Presented by Dawn Meyer & Kristin Scace

Thursday, February 15, 2018 · 6:30PM-8:30PM
(Snow Date February 22, 2018)
Hudson Office (160 Fairview Ave · Hudson)

In this training we will discuss the reasons behind challenging behavior. We also will discuss how we, as teachers and day care providers, can lessen the occurrences of these behaviors and support the child in making better choices.

Topics: 1 & 3

Registration Due Date: February 8, 2018

Fee: \$15

Minimum class size: 3 · Maximum class size: 10

Target Audience: All Modalities

INDEPENDENT STUDY MAT TRAINING

Presented by Marge Gagnon

Tuesday, January 16, 2018 · 5:30PM-9:30PM
RWCS (24 Main St · Highland)

OR

WEDNESDAY, MARCH 14, 2018 · 5:30PM-9:30PM
MARBLETOWN COMMUNITY CENTER (3564 MAIN ST/RT 209 · STONE RIDGE)

To register for the class go to <https://www.ecetp.pdp.albany.edu>. Click Find and in the drop down menu click find training. Add the date in the drop down box and the county you will be taking the course in and Marge Gagnon name should come up. Click on that, go into the portal and register.

PART ONE: You obtain and review the MAT materials at your own place. **You must review the video and download the handouts by using the following websites:**

http://www.ecetp.pdp.albany.edu/matstudy_video.shtm

http://www.ecetp.pdp.albany.edu/matstudy_handouts.shtm

PART ONE MUST BE COMPLETED BEFORE YOU COME TO A TESTING AREA FOR PART TWO!



TRAININGS

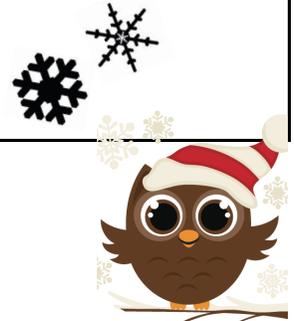
HEALTH & SAFETY TRAINING: COMPETENCIES IN CHILD CARE FOR DAY CARE CENTER AND SCHOOL-AGE CHILD CARE PROGRAM STAFF

Presented by Penny Dombrowski

Monday, February 26, 2018 · 6:30PM-9:00PM
 Wednesday, February 28, 2018 · 6:30PM-9:00PM
 Tuesday, March 6, 2018 · 6:30PM-9:00PM
 Thursday, March 8, 2018 · 6:30PM-9:00PM
 Monday, March 12, 2018 · 6:30PM-9:00PM
 Wednesday, March 14, 2018 · 6:30PM-9:00PM
 FOW Office (166 Albany Ave · Kingston)

This competency-based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in center and school-age based child care. With the successful completion of this course you will be awarded with a Health and Safety Training Certificate. Scholarship funding to participate in this training may be available through the Educational Incentive Program (EIP). For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu. You may also contact EIP by email at eip@albany.edu or by phone at either (800) 295-9616 or (518) 422-6575.

Topics: 2, 4, 5, 6, 7, 8 & 9
 Registration Due Date: February 19, 2018
 Fee: \$225
 Minimum class size: 2 · Maximum class size: 5
 Target Audience: DCC & SACC



CHILD ABUSE & MALTREATMENT

Presented by Katrina LaLonde

Wednesday, February 21, 2018 · 6:00PM-9:00PM
 FOW Office (39 John St · Kingston)

This workshop will review the indicators of child abuse and maltreatment and examine your responsibility as a mandated reporter. We will learn about what Child Abuse can look like, we will define neglect and maltreatment, and we will define "reasonable cause to suspect." The training will allow us to share, honoring confidentiality, scenarios that others may have encountered. We will end with how to prevent and identify the health related tragedy, Shaken Baby Syndrome (SBS) and Sudden Infant Death Syndrome (SIDS).

Topics: 3, 4, 6, 7, 8 & 9
 Registration Due Date: February 14, 2018
 Fee: \$20
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities



BEST PRACTICES FOR PARENT COMMUNICATION

Presented by Carolyn Miller

Thursday, March 22, 2018 · 6:30PM-8:30PM
 (Snow Date Thursday, March 29, 2018)
 Hudson Office (160 Fairview Ave · Hudson)

This training will provide techniques for parent communication in all aspects of childcare from daily conversations to quarterly newsletters.

Topics: 3
 Registration Due Date: March 19, 2018
 Fee: \$15
 Minimum class size: 3 · Maximum class size: 10
 Target Audience: All Modalities

CACFP CHOPPED

Presented by Lindy Pagliaroni

Thursday, March 29, 2018 · 5:30PM-8:00PM
 Kingston City Library (55 Franklin St · Kingston)

Can you make a meal in minutes with a mystery basket of food? All while making sure that you provide all the main CACFP components? Put your recipes to the test and race the clock for this exciting nutrition training. An overview of the Child Care and Adult Care Food Program will also be looked at while discussing healthy foods, portion control and obesity prevention.

Topics: 2
 Registration Due Date: March 22, 2018
 Fee: \$20 (FREE for CACFP Participants)
 Minimum class size: 3 · Maximum class size: 14
 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 events and additional training opportunities:

www.ccconnectionsny.org

PARENTS & CAREGIVERS

WINTER SAFETY TIPS

Carbon Monoxide

Carbon Monoxide is invisible! The colorless, odorless, and tasteless gas is a byproduct of burning organic fuels.

Sources · Household appliances and equipment fueled with gas, oils, coal, kerosene or wood.

Causes · Malfunctioning appliances or equipment, worn or faulty parts, or improper venting.

Symptoms · Early symptoms often mimic the flu (headache, nausea, unclear thinking, shortness of breath, weakness, and loss of muscle control).

Prevention · Install a carbon monoxide detector, clean/ inspect fuel-burning appliances, and check for proper ventilation.

Tis' The Season...

For coughs, colds, and the flu!

- Read labels before using a medicine
- Store in original containers
- Lock medicine up / Keep out of the reach of children
- Measure correctly

MYTH: Poinsettias are the most dangerous item in the household during the holiday season.

FACT: Poinsettias are not harmful.

SEASONAL PLANT & BERRY TOXICITY:

Christmas Cactus · non-toxic in small amounts

Holly · GI irritant

Mistletoe · Any amount is toxic

Pines · GI irritant, dermatitis

Poinsettia · GI irritant in large quantities

Christmas Rose · Toxic

RESOURCE CORNER

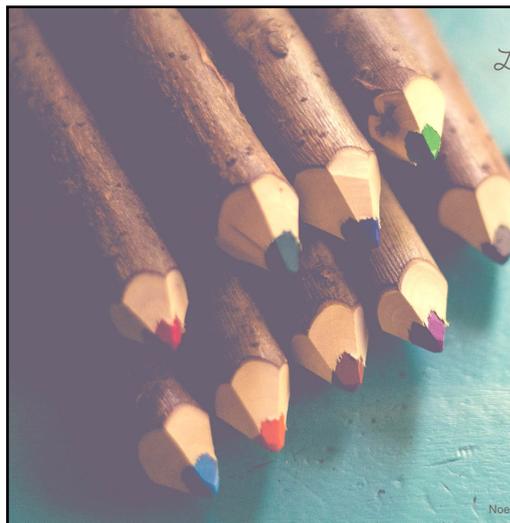
This time of year can get tricky for child care providers to keep their day care children engaged and active. After the holidays are over, and kids are getting back into the routine of their pre-holiday schedules, and with weather sometimes affecting the program activities, we need something exciting to engage children and keep them active. The following is a list of indoor activities to do with kids when they are stuck inside and can't get out to move around.

- Go dumpster diving in a cardboard box.
- Set out a bunch of paper plates or pillows and jump from one to the next. (Hot Lava Game)
- Balloon Badminton.
- Set up a spider web in a doorway or hallway and throw newspapers at it. Or just throw newspapers into a basket.
- Cut strips of fabric or use ribbons and make streamers to run around with.
- Reuse bubble wrap to make a road. The kids can drive (or run) over it to POP the bubbles.

For more activities and ideas: <https://handsonaswegrow.com/>

SNOW DAYS...PLAY DAYS (ACTIVITIES FOR OUTSIDE)

- **SNOW VAN GOGH** - Fill squirt bottles with water dyed with food coloring. When finished "frame" their creation with branches or pine cones.
- **FLAKE CATCHER** - Store a few sheets of black construction paper in the freezer. When snow is falling give your child a sheet and send them outside to catch some snow flakes. Study the snow flakes with a magnifying glass.
- **SNOW DETECTIVE** - Scout out the tracks in the snow outside. Try to figure out who or what made the mark?
- **ARCTIC ARCHITECT** - Go beyond a snowman...Build a fort or castle!



Livingston Hills Nursing & Rehabilitation Center

We want your Daycare to partner with us for our first ever pen pal program! With an opportunity to launch other activities.

For more information regarding the program contact:
Desiree at (518) 721-4011 or dkraft@livingstonhills.com.
Noemi at (518) 851-3041 (ext. 141) or nkapusi@livingstonhills.com.

AGENCY NEWS

WooHoo!!

Successful completion of your GFDC Renewal (9/4/2017-12/4/2017)

Noah's Ark Childcare (Jillian Wied), Darlene Epstein, Hillside Nursery (Dawn Sawitsky), Kid Care (Georgeanna Singer) & Angela Spencer

Successful completion of your FDC Renewal (9/4/2017-12/4/2017)

Lucky Clover Daycare (Amy Logue), Grace Jacklitch & Mrs. O'Connell's Seeds and Sprouts (Alicia O'Connell)

Successful completion of your DCC Renewal (9/4/2017-12/4/2017)

North Pointe Inc. (Charlene Slempt), Early Childhood Learning Center of Green Co., Ellenville Cooperative Nursery School (Katherine Gordon), Mother Goose Nursery School (Joan Robinson) & Rose Hill Manor Day School of Highland (Kimberly Steuber)

Successful completion of your SACC Renewal (9/4/2017-12/4/2017)

Healthy Kids Extended Day Program (Melissa Flores), YMCA of Kingston & Ulster County @ Kerhonkson (Kristen Lopez) & YMCA of Kingston & Ulster County @ Marbletown (Kristen Lopez)

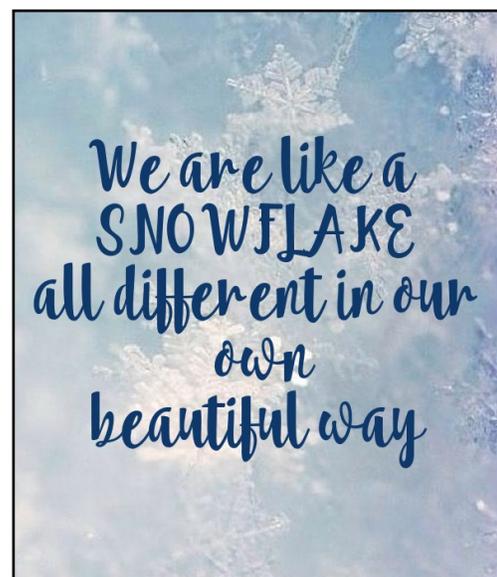
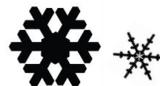
We welcomed 2 new FDC Provider (9/4/2017-12/4/2017)

Babes and Tots Daycare (Tomiris Concepcion) & Donna Cook

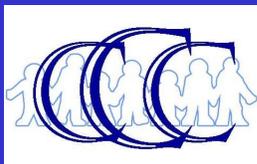
We welcomed 5 new SACC Provider (9/4/2017-12/4/2017)

North Pointe Homework Club (Amanda Peace), Healthy Kids Extended Day Program (Melissa Flores), Healthy Kids Extended Daycare Program (Brianna Doty), Healthy Kids Extended Day Program (Melissa Flores) & YMCA Club Kid @ Plattekill (Josh Horner)

SPECIAL THOUGHTS



Child Care Connections
serving Columbia, Greene, & Ulster Counties



Keeping child care programs, parents & communities connected
PO Box 3516 · 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

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 Pagliaroni ext. 137

Legally Exempt Enrollment · Katrina LaLonde ext. 138 & Lindy Pagliaroni, ext. 137

Trainings · Jessica Markle, ext. 126

Reception · Margie Knox, ext. 101

Columbia & Greene County Staff: (518) 822-1944

Program Director · Suzanne Holdridge, ext. 105

Assistant Program Director · Kristin Scace, ext. 104

Registrar · Carolyn Miller, ext. 101

Parent Counselor · Kristin Scace, ext. 104

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

Trainings · Carolyn Miller, ext. 101

Legally Exempt Enrollment · Laurie Harden, ext. 102

Intake Manager - Dawn Meyer, ext. 100

Columbia County Child Care Subsidy Staff: (518) 822-0087

Program Director · Samantha Held, ext. 102

Case Worker · Natalie Danesi, ext. 100

Case Worker · Estuardo Rodriguez, ext. 101

Case Worker · Aisha Hart, ext. 2208



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