



# Child Care Chatter

Resource Guide for Child Care Information



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## NYS PYRAMID MODEL

We all know that it is crucial for young children to develop healthy social and emotional skills. However, it is just as important that the adults who care for young children receive the support they need to promote these healthy practices. The New York State Early Childhood Advisory Council (ECAC) recognizes this fact, and as a result, the New York State Council on Children and Families created a collaboration of public and private agencies to provide more professional development opportunities focusing on social and emotional development. This collaboration is known as the New York State Pyramid Model Partnership.

New York State Pyramid Model, an evidence-based framework proven to be an effective approach to building social and emotional competence and reducing challenging behaviors in early care and education programs. The Pyramid Model consists of several sets of professional development materials, including materials for Infant-Toddler providers, Preschool providers, and those who support Parents of infants and young children.

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is focused on promoting the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the country.

To learn more about the Pyramid Model or to register for a training please visit [www.peakamoose.org](http://www.peakamoose.org) or call Michelle Friedel at (845) 598-6313.



### Five Little Pumpkins

Five little pumpkins sitting on a gate.  
The first one said, "Oh my, it's getting late."  
The second one said, "There are bats in the air."  
The third one said, "But we don't care."  
The fourth one said, "Let's run and run and run."  
The fifth one said, "I'm ready for some fun."  
"Oo-oo!" went the wind and out went the light.  
And the five little pumpkins rolled out of sight.

**Michelle Friedel, M.S.Ed.**  
*Early Childhood & Educational Studies Instructor  
 New York State Early Learning Credentialed Trainer  
 CDA & Professional Development Specialist  
 Health & Safety Trainer  
 Mandated Reporter Trainer*



## ACTIVITIES & FUN

### FALL SENSORY BAGS



#### MATERIALS

- Hair Gel
- Americolor Food Color
- Glitter
- Fall Silk Leaves
- Fall Acrylic Mini Leaves
- Fall Leaves Confetti
- Plastic Acorns
- Fragranced Potpourri Bags

For the “squishy” part use hair gel, glitter and food coloring. Fill up a quart sized Ziploc bag about 3/4 full with hair gel. Then add a good dose of fine glitter and the color of their choice. Mix them all together inside the baggie with a plastic spoon. Then add whatever fall materials the children would like to their bag. Lastly tape the edges of the Ziploc bag with a strong duct tape so that the contents do not ooze out.

AGE APPROPRIATE FOR TODDLERS AND PRESCHOOLERS!

### FALL BUTTON TREE (QUIET SENSORY ACTIVITY)

#### MATERIALS

- Pipe Cleaners
- Buttons in fall colors (Red, Yellow, Orange, Brown & Green)
- Small Rubbermaid

#### DIRECTIONS

1. Take some brown pipe cleaners (3 or 4) and fold them in half.
2. Twist the ends together.
3. Then put the pipe cleaner trees and buttons together in a quiet bin.



#### OTHER POSSIBILITIES AND WAYS TO CHANGE UP THE ACTIVITY:

- You could add numbers to the trees and have children try to put that many buttons on that tree.
- Children could sort by color and put all of a specific color on the tree.
- They could try to get every single button in the bin onto a tree branch.
- Older children could practice skip counting by putting two buttons on each branch or three buttons on each branch.
- Patterning can be practiced by making each branch of the tree a different repeating pattern (red, orange, red, orange, etc).
- Really strengthen fine motor skills by encouraging older children to actually “button” the button onto the tree branches (weave the pipe cleaner in one hole and out of the other in the same button).

AGE APPROPRIATE FOR TODDLERS AND PRESCHOOLERS!

## CHILD HEALTH & NUTRITION

### ALPHABET SOUP

#### INGREDIENTS

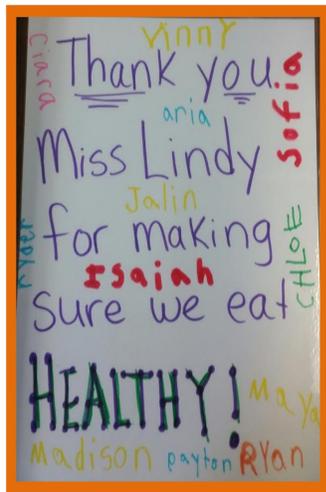
- 2-900 ml sodium reduced chicken broth
- 1 lb. cooked chicken
- ½ onion, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 large garlic clove, minced
- 2 medium bay leaves
- 1 tsp. thyme
- ½ tsp. celery seeds
- ½ cup uncooked alphabet pasta
- Salt and pepper to taste
- Fresh parsley for garnish



#### DIRECTIONS

1. Add all the ingredients to a slow cooker except the chicken, pasta, salt and pepper. Cook for 5-6 hours (won't hurt it if it goes for 8 hours).
2. Half an hour before serving add the chicken and bring back up to a simmer on high. Add the pasta for the last 20 minutes. Remove the bay leaves and adjust the seasoning with salt and pepper.
3. If storing the soup, the pasta will absorb a lot of the broth so you may need to add more to serve again the next day.

## CACFP NEWS



	BREAKFAST	SNACK	LUNCH DINNER
TIER 1	\$1.31	\$0.73	\$2.46
TIER 2	\$0.48	\$0.20	\$1.49

✱ The children at Jennifer Teamer's Little Monkeys GFDC love the meals and snacks they receive as part of the Child and Adult Care Food Program (CACFP)! CACFP is a wonderful program that makes sure children eat healthy while in child care. The program also helps providers to make this possible by giving a reimbursement every month!

# Just a Reminder

**Providers must keep a copy or duplicate of ALL CACFP paperwork including attendance, menus, and enrollment forms. Providers need to keep 12 months backup on site, so it is available during a monitoring visit. In addition, to the current year you must also keep 3 additional years, which can be stored away.**

## FROM OUR REGISTRARS

Quality child care programs make a world of difference. As a child care professional, you have the opportunity to positively impact the children and families you serve. You're also in a place to help your local workforce, schools and community. Your care allows parents to get to work; this allows businesses to operate. You nurture children's emotional, social, physical and cognitive health and development. You help make sure children are ready to start kindergarten and be successful in school and in life. You partner with parents, allowing them to better support their children's development and education.

Operating the kind of child care program that makes a difference is not easy—but there is always help available. Child Care Connections can offer resources and support for your program, free technical assistance on site at your program, and face to face training on and off site (for minimal fees). Ensuring and maintaining quality entails many things, including but not limited to the following:

**Indoor and Outdoor Environment:** You can engage children with creativity, experiences, and just plan fun.

**Curriculum:** It is important to support children's learning and skills. Children learn through play, creativity, experience and consistency.

**Developmentally Appropriate Practices (DAP):** Planning activities and learning experiences for each child of every ability and developmental stage is essential for their success.

**Nutrition:** Good nutrition contributes to the wellness, healthy growth and development of young children.

**Family Involvement:** It is very important to show families that you value their participation in their child's development. It is also key to explain to parents what you are doing in your program and why it is significant for their child's development. Work as a team and be the child's biggest cheerleader.

Now don't forget about the day care regulations and how they too impact the child's developmental and educational success.

**Adult-Child Ratios:** All program must limit the number of children each adult cares for based on standards set in the regulations. This standard helps ensure that children are properly supervised and get all the attention they need.

**Training and Experience:** You must have prior experience caring for children and must receive ongoing training in all 9 topics. You are able to take online and in person training or a combination of both. Attending in person training gives you the opportunity to network with other child care professionals and develop new ideas for your program. Contact Child Care Connections for upcoming training or visit the website at [www.ccconnectionsny.org](http://www.ccconnectionsny.org).

**Inspections:** All programs are being inspected at least quarterly each year. Take the opportunity to get resources and technical assistance for improving your program from your licensor or registrar. Inspections should be a positive experience, as you, your staff and your licensor or registrar are a cohesive team working together, to see that each child in your program succeeds.

Source: Child Care Aware <http://childcareaware.org/providers/makingadifference>

Source: New York OCFS <http://ocfs.ny.gov/main/childcare/brochure.asp>

## LICENSING & OCFS NEWS

### REGIONAL STAFF TRAINING DAY

On August 12th Child Care Connections and Columbia County Day Care Subsidy staff joined the Spring Valley Region (Dutchess, Putnam, Sullivan, Westchester, Rockland and Orange Counties) for a Professional Development Day. We were lucky to have Fannie Glover, from Early Care and Learning Council, present a training on the Effects of Generational Poverty. It was an eye opener, as well as a reality check for the work we do and the families we serve. It taught us how to help families make choices that are good for them and their children. We also had a chance to get together with staff from the 6 Counties to network, learn, and improve our program.

We can't wait for next year!



## NEWS FROM OUR HEALTH CARE CONSULTANT

### ZIKA VIRUS

The Zika virus spreads to people through the bite of an Aedes mosquito infected with the Zika virus. These mosquitoes are aggressive daytime biters but also bite at night. They can live indoors and outdoors.

The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis (red eyes). Additional symptoms may include headache, muscle pain, pain behind the eyes, and vomiting. Symptoms can be 2 to 7 days during or within 4 weeks after being bitten and last for several days to a week. Currently there is no vaccine or medication to prevent or treat Zika. Zika virus can be spread from a pregnant mother to her unborn child and is associated with reports of increase cases of a certain birth defect, called microcephaly. NYSDOH is providing Zika prevention kits for pregnant women. To order call NYSDOH Zika Informational Helpline @ 1-888-364-4723.

#### To avoid mosquito bites follow these preventative measures:

- Wear long sleeve shirts & pants while outdoors
- Stay indoors when mosquitoes are most active
- Use repellent products registered with the EPA

#### To control the mosquito population around the house you can take these steps:

- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as buckets, tires, planters, toys, pools, flowerpots, and trash containers.
- If these mosquito breeding containers cannot be emptied out use a mosquito dunk kit. Free mosquito dunk kits are available for the public by calling 1-888-364-4723.
- Tightly cover water storage containers to prevent mosquitoes from laying their eggs in them.
- Use screens on windows and doors and repair any holes to help keep mosquitoes out of your home.

#### For More Information go to:

NYSDOH Zika website @ [www.ny.gov/Zika](http://www.ny.gov/Zika)  
 NYSDOH Zika Informational Helpline @ 1-888-364-4723  
 CDC Zika Website @ [www.cdc.gov/zika.index.html](http://www.cdc.gov/zika.index.html)



## LEGALLY EXEMPT NEWS

All Legally Exempt providers are subject to announced or unannounced inspection and/or verification of child care to verify compliance with applicable laws and regulations and any additional requirements imposed on such a provider by the social services district.

All Legally Exempt providers are **required to maintain current and accurate attendance records for each child showing the date of attendance with the time of arrival and departure; on a daily basis (full day absences must also be noted).**

An eligible provider must certify that all documentation and information provided to a social services district is accurate and true. Any false or fraudulent claims for payment by a provider may result in the deferral or disallowance of payment for such claims with a social services district, and/or referral for investigation.

It is important to become familiar with the NYS Regulations & DSS Policies and Procedures.

### STANDARD RATES (NO TRAINING)

	Under 2	2	3-5	6-12
Weekly	\$146	\$130	\$130	\$130
Daily	\$29	\$29	\$27	\$26
Part Day	\$20	\$20	\$18	\$18
Hourly	\$5.69	\$5.20	\$5.20	\$5.20

### ENHANCED RATES (TRAINING)

	Under 2	2	3-5	6-12
Weekly	\$158	\$140	\$140	\$140
Daily	\$32	\$32	\$29	\$28
Part Day	\$21	\$21	\$20	\$19
Hourly	\$6.13	\$5.60	\$5.60	\$5.60

## 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

**NATIONAL SAFETY COUNCIL**  
PHONE · 518.438.2365  
EMAIL · [www.safetycouncilny.com](http://www.safetycouncilny.com)

**MARGE GAGNON**  
EMAIL · [rwscsrc@aol.com](mailto:rwscsrc@aol.com)

**CALL YOUR LOCAL FIRE DEPARTMENTS OR RESCUE SQUADS**



### VIDEO CONFERENCES

Thursday November 3, 2016 ·  
6:45-9:15PM

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



**TRAINING CALENDARS**

OCTOBER						
S	M	T	W	TH	F	S
						1
2	3	4	5	6 Health & Safety	7	8 CPR First Aid
9	10	11	12	13 Health & Safety	14	15 Mid-Hudson Infant/Toddler Training
16	17	18	19	20 Health & Safety Supervision & Safety	21	22
23	24	25	26	27 Health & Safety	28	29
30	31					

10am-4pm  
Saugerties Public Library  
(91 Washington Ave · Saugerties)

To Register:  
Call Heidi Brandt  
389-1448  
(Only available for FDC, GFDC, & LE Providers)

9am-4pm  
Hudson Office  
(160 Fairview Ave · Hudson)

To Register:  
[www.safetycouncilny.com](http://www.safetycouncilny.com)

5:30pm-9:30pm  
Kingston Office  
(39 John St · Kingston)

To Register:  
Call Bonnie @  
845-331-7080

NOVEMBER						
S	M	T	W	TH	F	S
		1	2	3 Video Conference	4	5
6	7	8	9	10	11	12 CPR First Aid
13	14	15	16 DAP Training	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

9am-3pm  
Ellenville Public Library  
(40 Center St · Ellenville)

To Register:  
Call Heidi Brandt  
389-1448  
(Only available for FDC, GFDC, LE Providers)

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

## TRAININGS

### ADVANCED SAFETY AND SUPERVISION

*Presented by Penny Dombrowski*

**Thursday, October 20, 2016 • 6:00PM-8:00PM**  
**Community Room @ HV Mall (1300 Ulster Ave • Kingston)**

This workshop will implement kindness and gentleness into your program by using mindfulness and yoga for children.

Topics: 4

Registration Due Date: October 13, 2016

Fee: \$20

Minimum class size: 3 • Maximum class size: 10

Target Audience: All Modalities



### DEVELOPMENTALLY APPROPRIATE PRACTICE (DAP) & BUSINESS RECORDS

*Presented by Bonnie Kudlacik and Katrina LaLonde*

**Wednesday, November 16, 2016 • 6:00PM-9:00PM**  
**Old Dutch Church (272 Wall St • Kingston)**

This workshop will inform participants of the general good practices to encourage growth and learning for infant, toddler, and preschool children in a developmentally appropriate manner. We will also discuss the importance of nursery rhymes in your program. Please bring your favorite nursery rhyme to share. Business record requirements will be reviewed. Forms will be available.

Topics: 1,3,5 & 8

Registration Due Date: November 9, 2016

Fee: \$20

Minimum class size: 3 • Maximum class size: 10

Target Audience: All Modalities



Mid-Hudson Infant/Toddler Coalition  
 Presents  
***Developmental Discipline: An Individualized Approach to Classroom Management***  
 By Eileen Flicker

Saturday, October 15, 2016  
 8:30am Registration & Coffee, Tea, Snack  
 9:00am-12:00pm Workshop  
 Mid-Hudson Regional Hospital Atrium,  
 Poughkeepsie  
 (Formerly St. Francis)

For more information  
 Call 845-431-8815  
 Email MTHOMP5127@optonline.net

~ ~ ~  
 1 hour Principles of Child Development  
 2 hours Program Development

Welcome our NEW Health Care Consultants  
 covering Columbia, Greene & Ulster Counties

**Rose Women's Care Services Community  
 Resource Center**  
 PO Box 1093 • Highland  
 (845) 706-6459

Marge Gagnon, RN  
 rwscrc@aol.com  
 (845) 706-6459

Linda Showers, RN  
 showers412@aol.com  
 (845) 338-2057

Ann Grunbaum, RN  
 anne52@gmail.com  
 (845) 246-1667 Home  
 (845) 399-1416 Cell

Patricia Schaefer, RN  
 renre69@earthlink.net  
 (845) 943-0798

# 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
	MINUTE IT TO WIN IT	TAKE A BITE OUT OF THE BOOK	

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](http://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 <b>**NEW**</b>	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



Check out our website for fundraising events and additional training opportunities:  
[www.ccconnectionsny.org](http://www.ccconnectionsny.org)

## RESOURCE CORNER

**WE HAVE CANDY &  
NON-FOOD TREATS!**



We support kids with food allergies. Our teal pumpkin means we have non-food treats available!

### THE TEAL PUMPKIN PROJECT

The teal pumpkin project mission is to create a safer, happier, Halloween for all!

Launched as a national campaign by Food Allergy Research & Education (FARE) in 2014, the Teal Pumpkin Project raises awareness of food allergies and promotes inclusion of all trick-or-treaters throughout the Halloween season.

#### How to take part in the Teal Pumpkin Project:

- Paint a pumpkin teal to place in front of your home, to indicate you have non-food treats available (Hannaford and Target in Kingston sells Teal Pumpkin Paint Kits)
- Provide non-food treats as an option for trick-or-treaters (Pencils, Crayons, Balls, Bubbles, Stickers, Notepads, etc.)



For additional information visit: <http://www.foodallergy.org/teal-pumpkin-project>

## AGENCY NEWS

**congratulations!**

**Successful completion of your GFDC Renewal (7/01/2016-9/16/2016)**

A is for Apple (Maryjo Buzzanco)

**Successful completion of your FDC Renewal (7/1/2016-9/16/2016)**

Jody Seftner, Gene Knauss, Pearl Brodhead, Childlike Faith All Day Pre-School (Sonya Demsen), & Lisa's Littles (Lisa Martin)

**Successful completion of your DCC Renewal (7/1/2016-9/16/2016)**

Lederman Children's Center (Julianna Muth) & Options Early Childhood Center (Christine Nuzzo)

**We welcomed 4 new FDC Provider (7/1/2016-9/16/2016)**

Little Lu's Daycare (Luanne Van Wagenen), Mountain Rise Daycare (Kaity Altu), Lashawn Spencer, & Life's Forest, LLC (Rachel Wade)

**We welcomed 2 new GFDC Provider (7/1/2016-9/16/2016)**

Roxbury Playgroup (Carla Jo Cashen) & Honey Tree (Gay Panarello)

**We welcomed 1 new DCC Provider (7/1/2016-9/16/2016)**

Growing Circle Montessori (Christine Aylward)

## PARENT & CAREGIVERS

### MAKE A DIFFERENCE IN YOUR CHILD'S LIFE... CHOOSE QUALITY CHILD CARE

- QUALITY prepares young children for success in school, job training, employment and community life.
- What we mean by "QUALITY" is high quality early learning experiences which help a child to thrive.
- QUALITY awareness is a "team sport." Everyone can play a role to increase awareness and commitments for QUALITY.
- QUALITY involves more than simply the custodial care very often associated with "babysitting."
- QUALITY can have a particularly positive impact for you children whose family has experience racial, cultural, and/or economic inequality.

### CHOOSING QUALITY CHILD CARE MATTERS



### VROOM

#### PARENTS AND CAREGIVERS PLAY AN IMPORTANT ROLE IN BUILDING A CHILD'S NATURAL CURIOSITY.

New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up—it's their brains too. In these moments, half a million neurons fire at once, taking in all the things we say and do. We can't see it happening, but it's all there, all at work.

Vroom turns shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds.

For more information and brain building activities visit:

<http://www.joinvroom.org>

**vroom**  
Brain building moments

**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:** 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** · Jessica Markle, ext 126

**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** · Amanda Banks, ext. 103

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

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

**Trainings** · Amanda Banks, ext. 103

**Legally Exempt Enrollment** · Laurie Harden, ext. 102

**Health Care Consultant** · Rose Women's Care Service

**Intake Manager** - Dawn Meyer, ext. 100



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 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.