



Child Care Chatter

Resource for Child Care Information



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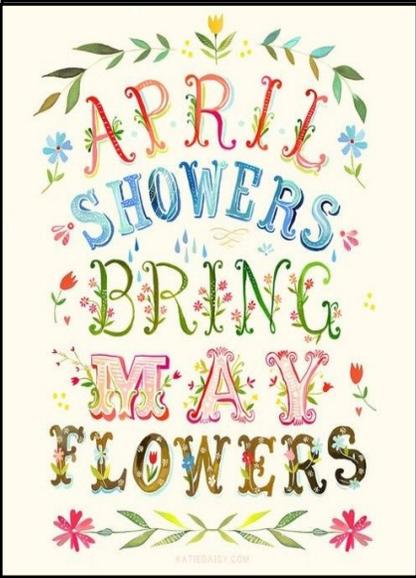
**THIS IS SCARY...
41 MILLION KIDS UNDER 5 ARE
OVERWEIGHT WORLDWIDE**
We know childhood obesity is an epidemic in the U.S. But now, a new startling statistic about obese kids worldwide truly puts the scope of the problem into harsh perspective.

The Commission on Ending Childhood Obesity, which is part of the World Health Organization, released a report saying that worldwide, an astounding 41 MILLION children UNDER the age of 5 are now obese or overweight. That number has risen significantly from 1990.

As a result of this finding, the independent panel is urging governments, educators, agri-business, and food marketers to take responsibility for their part in ending the childhood obesity epidemic. Specifically, the panel is pushing for “effective taxation on sugar-sweetened beverages” and wants school policies to promote a healthy diet and exercise.

Parents also have to own up to their role in their children’s health. As the commission’s co-chair Peter Gluckman commented, “It’s not the kids’ fault. You can’t blame a 2 year old child for being fat and lazy and eating too much.” Strong words but the fact that so many children worldwide are not getting enough exercise, and are eating processed foods loaded with sugar and fat is a very serious problem. Lifelong health problems can stem from living at an unhealthy weight; diabetes, heart disease, and cancer are just a few diseases for which obesity ups one’s risk.

It’s about education, and making sure parents know what foods are going to nourish their children, instead of essentially poisoning them. But of course it’s an economic problem as well. It’s frightening that a McDonald’s Happy Meal costs far less than fresh, organic produce. The problem is so huge, and so daunting. We simply can not give up; our children’s lives depend on us continuing to fight this epidemic. As parents, we need to think about what foods we are buying to feed our families, and to ensure our children are getting enough physical activity. **WE NEED TO LEAD BY EXAMPLE!**



ACTIVITIES & FUN

BUBBLE BLOWER PAINTING

MATERIALS

- Bubble mixture (1/2 cup Dawn or Joy dishwashing liquid · 2 cups water · 2 tsp sugar)
- Food coloring
- Bubble wands
- Cups or trays
- Large sheets of painting paper

DIRECTIONS

Simply pour a little bubble mixture into each tray or cup (one for each color) and then add a little food coloring to each and stir gently (you don't want to make too many bubbles in your cup).

Now it's time to blow bubbles over your paper.



NEWS FROM OUR HEALTH CARE CONSULTANT

THE POWER OF WASHING YOUR HANDS



You probably haven't given it much thought, and it's part of your routine. But hand washing may be one of the most important things you can do to protect your family and child from getting sick.

Get your child into the habit of washing his or her hands often and thoroughly (10-15 seconds). Your child is exposed to bacteria and viruses all the time just by playing with other children, sharing toys, or even from touching a pet. Once the germs are on his or her hands, you know what comes next... those fingers

are everywhere! They'll be putting their fingers in the mouth, rubbing their eyes, or touching their noses and it can happen in seconds.

The Centers for Disease Control and Prevention (CDC) recommends the following steps to be sure to thoroughly wash your and your child's hands:

1. Wet your child's hands
2. Use a clean bar of soap or liquid soap and get some soap onto your child's hands.
3. Rub his or her hands vigorously together, and make sure to scrub every surface completely. Don't forget the finger nails!
4. Keep rubbing and scrubbing for 10-15 seconds to effectively remove the germs.
5. Rinse hands completely, then dry them.

A note about antibacterial soaps:

Store shelves are full of antibacterial soaps, but studies have shown that antibacterial products are no better at washing away dirt and germs than regular soap. The best solution is to wash your child's hands with warm water and ordinary soap that does NOT contain antibacterial substances like triclosan.

CHILD HEALTH & NUTRITION

HOMEMADE GO-GURT-LIKE YOGURT STICKS

INGREDIENTS

Reusable or disposable (zipzicle) yogurt sticks

STRAWBERRY

- 1/2-1 cup frozen strawberries
- 1 cup whole milk yogurt
- 1 TBSP cold soluble grass-fed gelatin

*OPTIONAL RAW HONEY TO TASTE

BLUEBERRY

- 1/2-1 cup frozen blueberries
- 1 cup whole yogurt
- 1 TBSP cold soluble grass-fed gelatin

* OPTIONAL RAW HONEY TO TASTE

PEAR

- 1 small ripe pear
- 1/2 ripe avocado
- 1 cup whole milk yogurt
- Juice of 1/2 lemon (**DO NOT LEAVE OUT**)
- 1 TBSP cold soluble grass-fed gelatin

*OPTIONAL RAW HONEY TO TASTE

DIRECTIONS

In blender or food processor, blend the fruit, yogurt, gelatin, and honey (if desired). Use a small funnel to pour the yogurt into the yogurt sticks. Keep in the fridge or freeze until desired.



CARROT BREAD WITH HONEY YOGURT DIP (cuisinicity.com)

INGREDIENTS

CARROT BREAD

- 2 cups whole wheat pastry flour
- 2 tsp baking powder
- 3 large eggs
- 1/2 cup canola oil
- 1/2 cup applesauce (unsweetened)
- 1/2 cup granulated sugar
- 2 tsp pure vanilla extract
- 18 oz raw petites carrots (finely ground)
- 1/2 cup finely ground walnuts



HONEY YOGURT DIP

- 3/4 cup organic fat free greek yogurt
- 1TBSP honey
- 1/2 tsp pure vanilla extract
- A dash of cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease and flour a 8x4 inch pan.
3. Beat eggs, oil, applesauce, sugar, & vanilla together in a large bowl with an electric mixer.
4. Add flour and baking powder to the creamed mixture and beat well.
5. Place the petite carrots in food processor and grind finely to make 3 cups.
6. Stir in the finely chopped carrots and ground walnuts into the creamed mixture until well combined.
7. Pour batter into prepared pan.
8. Bake for 40-45 minutes, or until tester inserted in the center comes out clean.
9. Cool for 20 minutes.
10. For honey yogurt dip: mix all the dip ingredients together and place in fridge, uncovered, for at least 30 minutes before serving.

FROM OUR REGISTRARS

People from all walks of life are using text messages as a way to receive and send important information. Texting has evolved beyond teenagers to large companies around the world (Qwikon). More than 50% of US adults use text messaging daily, and text messaging is their preferred mode of communication (Pew Research). Child Care Connections is now part of that 50%. We are offering text messaging to all child care providers, and parents in Ulster County and Columbia & Green County offices. We will have the phones available during regular business hours. We will not be carrying our phones with us when the office is closed but will return your text message as soon as we return to the office, generally within 24 hours.

PROGRAM UPDATES INCLUDING VACANCIES

ULSTER COUNTY • Jessica 845-514-3968

COLUMBIA & GREENE COUNTY • Kristin 845-514-7281

REGISTRATION QUESTIONS (REGULATIONS, INSPECTIONS, APPLICATION PROCESS OR CHILD CARE PROGRAMMING)

ULSTER COUNTY • Penny 845-514-3753 or Bonnie 845-514-3863

COLUMBIA & GREENE COUNTY • Amanda 845-514-5887

CACFP (FOOD PROGRAM) QUESTIONS (FOOD SAFETY OR NUTRITION INFORMATION)

ULSTER COUNTY • Lindy 845-514-3423 or Cindy 845-514-3190

COLUMBIA & GREENE COUNTY • Laurie 845-514-0354 or Kristin 845-514-7281

LEGALLY EXEMPT ENROLLMENT INFORMATION

ULSTER COUNTY • Lindy 845-514-3423 or Katrina 845-514-3312

COLUMBIA & GREENE COUNTY • Laurie 845-514-0354

We will still be available by office phone: Ulster County at 845-331-7080 / Columbia & Greene County at 518-822-1944 or by email. We hope that the ability to text us will save you time. Please always remember, **do not text while driving or while supervision of children is needed.**





April is
**Child Abuse
Prevention
Month**

Did you know April is child abuse prevention month?

National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the country.

Child care providers are one of the first in the line of defense to keeping children safe. All licensed and registered providers are required to take the New York State Office of Children and Family Services approved *Child Abuse and Maltreatment Mandated Reporter Training*.

This means that if you see or suspect something, you MUST say something!

PINWHEELS FOR PREVENTION

Stop by Child Care Connections, a program of FAMILY of Woodstock, on John Street in Kingston to pick up your Pinwheels for Prevention kit today! The kit includes craft ideas for children on how to make your own pinwheel and coloring pages!

Help us to make child abuse prevention go VIRAL! Send us a picture of your pinwheel(s) so we can post it on our Facebook page and website.



PARENTS & CAREGIVERS

Parenthood is about raising and celebrating the child you have, not the child you thought you'd have. It's about understanding your child is exactly the person they are supposed to be. And, if you're lucky, they might be the teacher who turns you into the person you're supposed to be.

— *The Water Giver*

RESOURCE CORNER**HOW TO PROMOTE YOUR BUSINESS**

The best way to promote your business is to understand there is not one way that is going to work. You have to use several different means. The key is to get your name out there as much as you possibly can.

- Flyers and printed materials are great if you post them in businesses that are somehow related to children. Return the favor and take back some of their business cards and printed material to pass out “goody bags” to parents.
- Create ads everywhere! There are tons of places online that help you create at least a basic ad for free (Craigslist, Ebay Classifieds, Angie’s List, Care.com, Yahoo Classifieds, Yellow Pages, Google Local, and Daycare.com).
- Shamelessly plug your day care in everyday conversations no matter who you’re talking to or where you are. And be excited and passionate when talking about your business. Make people feel the way you feel about it.
- Add your day care on Google maps so that when people Google child care in the area your program would pop up. Today’s parents are younger and use the internet to find businesses in their area including child care so take advantage of that.
- Create a website for your business. You can create one easily and for free if you use sites like wix.com or weebly.com. Make sure to put a lot of useful information on it like your hours, contact information, information about you and your program as well as your contract and policies. Update your website frequently. After your website is complete submit your URL to Google, Yahoo, Bing, etc.
- Meet and network with other providers near you and stay in touch.
- Call Child Care Connections to make sure your information is up-to-date.

FOR OUR PROVIDERS

MAY 6, 2016 PROVIDER APPRECIATION DAY



Little children come to me for hugs and books and such
I care for all their simple needs and I also fix them lunch.
I pick up toys, I mop their spills and often dry their tears.
I change their diapers, settle fights, and kiss away their tears
I tie their shoes, I button coats and push them on the swing.
I really love these kids you see but there is just one more thing
Call me Mom or Aunt or Florence, and those names just might fit.
But please don't call me SITTER because I never get to SIT!

THANK YOU FOR YOUR DEDICATION, COMMITMENT AND COMPASSION!

AGENCY NEWS



Successful completion of your GFDC Renewal (12/23/2015-04/05/2016)

Open Meadow (Lesley Myers), Laurie Capuano, Heidi's House Daycare (Heidi-Jo Brandt), Mary's Little Lambs (Mary Wawro), & Jane Alsdorf,

Successful completion of your FDC Renewal (12/23/2015-04/05/2016)

Margaret Rhumaun, Kelly Halloran, Cathy Benincasa, Miranda Cangieter, Lorraine Johnson-Clark, Donna Russell, Annye Smith, Carmen Velez, & Pamela Waser

Successful completion of your DCC Renewal (12/23/2015-04/05/2016)

Columbia-Green Community College (Jessica Miller), Little Lions Learning Center (Amanda Kneeland), The Starting Place (Christine Kirch), Bright Beginnings of New Paltz, Inc. (Kim Lupinacci), First Steps Day Care (Linda Stoothoff), New Paltz Child Care Center (Carol Bacon), The Early Childhood Learning Ctr. YWCA of Ulster (Miranda Walker), UCCAC Ellenville Head Start (Stacy Bermo), & UCCAC Plattekill Head Start (Christina Jennings)

Successful completion of your SACC Renewal (12/23/2015-04/05/2016)

Chatham Kids Club Inc. (Kristen Van Note) & The Alphabet Tree Clubhouse (Susan DeSantis)

We welcomed 1 new GFDC Provider (12/23/2015-04/05/2016)

The Children's Place (Jill Edwards)

We welcomed 1 new FDC Provider (12/23/2015-04/05/2016)

Mama Bear Daycare and Learning Den (Anna Mizzell)

We welcomed 1 new SACC (12/22/2015-04/05/2016)

YMCA Club Kid @ Ostrander (Debra Ahearn)

SPECIAL THOUGHTS



The Adventures of Becky the Fire Engine

Written by S.J. Kelley

Illustration by James S. Morse

Author S.J. Kelley reading to local day care program in Port Ewen, NY.

He even makes appearances in his turnout gear!



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 · TBD, ext. 101

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 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.ccconnectionsny.org