



Child Care Chatter

Resource Guide for Child Care Information

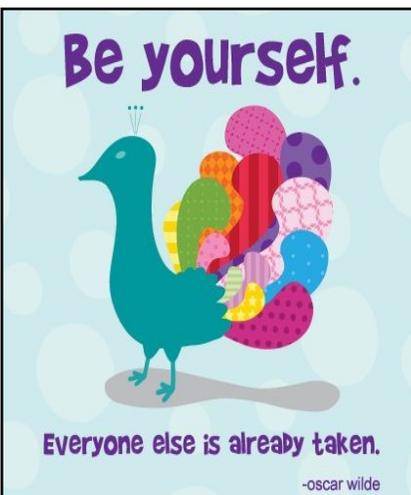


INSIDE THE ISSUE	
ACTIVITIES & FUN	2
CHILD HEALTH & NUTRITION	3
CACFP NEWS	3
FROM OUR REGISTRARS	4
FROM OUR HEALTH CARE CONSULTANT	5
RESOURCE CORNER	6
AGENCY NEWS	7
SPECIAL THOUGHT	7
STAFF DIRECTORY	8

Hudson's Sip & Paint Fundraiser

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Brushes n' Lushes in Hudson



ACTIVITIES & FUN

Colored Ice Sensory Play



Supplies

- Water
- Ice Cube Trays
- Food Coloring

Directions

Add the food coloring to the ice tray before filling with water to get a more even disbursement of color. Fill the water table or

toddler pool with water then put a plastic container of colored ice cubes near the water. Don't put the ice cubes into the water. Let the children!



LAZY MONDAY

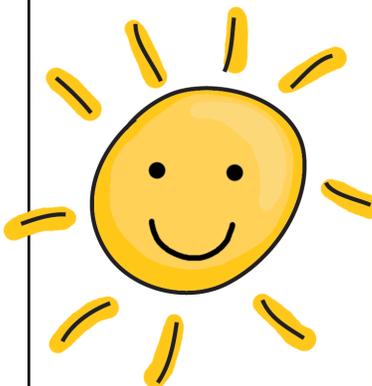
- Create something!
- Color! Paint!
- Ride your bike!
- Play outside!
- Build Legos!
- Watch a movie!

TUESDAY TRIP

- Let's go to the park!
- Or maybe the zoo!
- Let's go feed the ducks!
- Or swim in the pool!

BOOKWORM WEDNESDAY

- Let's make a trip to the library to get some new books!
- At home, spread out all the blankets & pillows, get comfy, grab a snack, and get to reading!



THURSDAY IN THE KITCHEN

- Throw on your favorite apron & join Mom or Dad in the kitchen to cook up something wonderful! Don't forget to try new recipes!

FUN FRIDAYS

- Fridays are perfect for FUN! Today will be a surprise for you! We're going to do something special or new!

BORED? (I DON'T THINK SO!)

- Write a letter.
- Play outside.
- Build something.
- Create something.
- Do 100 jumping jacks.
- Do a chore.
- Read a book.
- Draw a picture.

CHILD HEALTH & NUTRITION

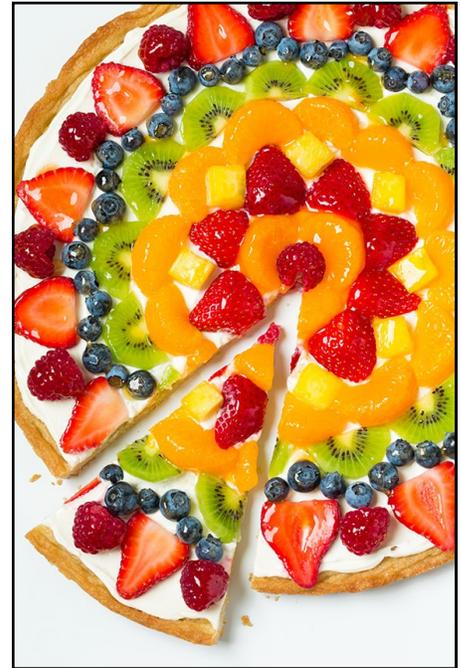
FRUIT PIZZA

INGREDIENTS

- 1 (16.5 oz) pkg refrigerated sugar cookie dough
- 1 (8 oz) pkg PHILADELPHIA Cream Cheese, softened
- 1/4 cup granulated sugar
- 1/2 tsp vanilla extract
- 4 cups assorted fresh fruit (such as kiwi and strawberry slices, red raspberries, blueberries, diced pineapple and canned mandarin oranges)
- 1/4 cup apricot preserves, pressed through a sieve to remove lumps
- 1 Tbsp water

DIRECTIONS

- Heat oven to 375 degrees. Butter a rimmed 12-inch pizza pan, line with a round of parchment paper and butter parchment paper (or alternately line with foil and spray foil with non-stick cooking spray). Crumble cookie dough over prepared pizza pan and spread into an even layer to completely cover bottom of pan. Bake 13-14 mins. Remove from oven and cool completely on a wire rack.
- In a mixing bowl using an electric hand mixer (or in the bowl of a stand mixer), whip cream cheese with sugar and vanilla until light and fluffy. Spread evenly over cooled crust. Top with fruit.
- In a small bowl whisk together preserves and water. Brush mixture over fruit. Refrigerate 2 hours then cut into slices.



CACFP NEWS

NEW Child and Adult Care Food Program Meal Patterns

As some of you may already know, USDA recently revised the CACFP meal patterns *to ensure children have access to healthy, balanced meals throughout the day*. We have not gotten the go-ahead from NYS Dept. of Health to allow use of these new meal patterns, however, we do know that providers must be in compliance with the meal patterns by October 1, 2017. Some of the changes will be:

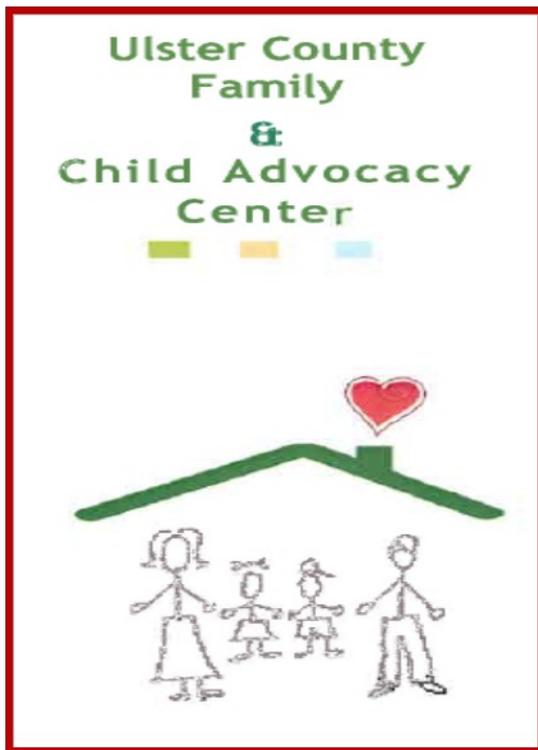
Infant meal pattern:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the daycare.
- Only breast milk and infant formula are served to infants 0 through 5 months old.
- Two age groups: 0 through 5 months old and 6 through 11 months old; and solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old
- No longer allows juice or cheese food or cheese spread to be served; and allows ready-to-eat cereals.

Child Meal Pattern:

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- At least one serving of grains per day must be whole grain-rich; and ounce equivalents are used to determine the amount of creditable grains (starting October 1, 2019).
- Tofu counts as a meat alternate.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Frying is not allowed as a way of preparing foods on-site.

FROM OUR REGISTRARS



Child abuse is a tough topic to talk about, but that uneasy feeling you get just thinking about it should never stop you from having the crucial talk with parents and children. Child care providers see children come through their doors, from all walks of life, day after day and are at times the first line in defense. What should you do if you start seeing a pattern with behavior changes or other physical signs of abuse on a child that you've had in your care?

First and foremost, always keep in mind that there is a system in place to guide parents and caregivers through the process of helping a child to heal and reporting an offender. A Caregiver Reference sheet by the National Child Traumatic Stress Network has helpful tips.

Finding out about abuse

A child who has been abused may take weeks, months, or even years to fully reveal what happened to them. Some reasons why children will not disclose include fear of being removed from the home, fear of not being believed, developmental level/Cognitive abilities, threats of bodily harm etc.

Behaviors sometimes displayed by abused children

Children react differently to abuse depending on age, the extent of the abuse, support level from others, and their relationship with the offender. Behaviors include, but are not limited to, anger/mood changes, nightmares, anxiety, bed wetting, fears and phobias, fear of being separated from caregiver.

Should you question the child about what happened?

No. Often when children are questioned repeatedly they become scared and overwhelmed and their story may change. It is important to stay calm, be supportive and believe the child. Reassure the child that he/she is loved and accepted, and that they did the right thing by telling you. It is important to keep them away from the person suspected of abuse and get help.

Who should you tell?

If you know or suspect abuse of a child, contact the NYS Child Abuse Hotline: 1-800-342-3720. Calls can be made to the hotline 24 hours a day, seven days a week, and all calls are confidential. You can also contact your local Child Advocacy center which is the **Ulster County Family & Child Advocacy Center located at 21 O'Neil Street in Kingston NY at (845)334-5155.**

NEWS FROM OUR HEALTH CARE CONSULTANT**SUN SAFETY**

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

Facts About Sun Exposure

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

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

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

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

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

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

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

For more information visit: www.kidshealth.org



RESOURCE CORNER

LETS HAVE A PARENTING REVOLUTION

Stop struggling, parents. Here is the key to relaxing into your family and into your parenting. Here is your permission to stop controlling, cajoling, persuading and arguing your way to children who listen to you. Shefali Tsabary, a clinical psychologist and bestselling author of “The Conscious Parent,” has a new book releasing us all from the stresses of “making” the perfect child. “[The Awakened Family: A Revolution in Parenting](#)” explains how and why we need to change *ourselves*, not our children. Raise them, love them, and connect with them.

What do you want to say parents who have children with special needs, diagnoses, and other challenges? How can being an “awakened parent” benefit this population of parents? Stop trying to fix your child. You can liberate yourself from the idea that there successful children and unsuccessful children. Letting go of that creates connection with your child because you, the parent, are liberated from the idea of fixing the child, who is *not* a product. Enjoy the child as they are. It liberates the child and the parent. Therapies are not done from a “lack,” or a “fix” or “to be made normal.” Instead we are a work in progress. It is the parent’s perspective that creates the delusion, not the child’s perspective.

From your viewpoint, why do the traditional disciplines of spanking, time-outs, and sending a child to his room often fail? They don’t get to the root of the misbehavior. At the root of every misbehavior is a skill that could be learned or taught in a loving and compassionate way or a need not being met, and an emotional need for connection that is not being met. This is the most important. We teach our children how to regulate their behaviors and feelings through conscious connection, not through shame and punitive measures. The child needs skills and connection rather than shame, anger, separation. Feeling unworthy just leads to more misbehavior. Punitive techniques are a band-aid that is a portal for greater dysfunction. You have not created a lack of trust, you have broken the trust, and your child feels betrayed. The child is young. How would we feel if we got to work and forgot a file, and our boss trashed us? Shamed us terribly? We would feel helpless and betrayed. The same behavior we wouldn’t tolerate from our bosses and friends, we believe is helping is to control our children. It does not make sense.

Parents know that they are pushing their kids; they know that it is too much for their children, but they are afraid of being left behind. And the truth is saying no is painful. What can you say to parents? It is not easy to walk away from a mainstream culture that dictates we should push our children to move ahead of the curve. The predominant parenting paradigm has developed into a model where children are no longer allowed to be children enjoying their childhood. Instead, they are to become super mini-adults rushing to produce more, achieve endlessly and race to adulthood. What we don’t understand is that these years from 0-18 are the incubation years where the identity is not formed — nor does it need to be. This is meant to be a time for reckless abandon, lazy ordinariness, and simple enjoyments. When we truncate this essential growth period and contaminate it with adult-like activities, aspirations and endeavors, we overload our children’s systems. We might not see the results of this endless pressure right away, but we will once our kids turn into adults who are burned out, depressed, sluggish and constantly anxious.

We need to show our children that our love is unconditional, while still holding boundaries. We can watch them grow into confident, self-reliant beings, and we’ll have fun and enjoy them in the process.

AGENCY NEWS**Successful completion of your GFDC Renewal (4/6/2016-6/30/2016)**

Pooh Bear Day Care (Lorleen Hermance), Benjamin's Daycare (Lisa Benjamin), Joanne Bulson, Nancy Laquidara, & Wallkill Valley Child Care (Michelle Orenstein)

Successful completion of your FDC Renewal (4/6/2016-6/30/2016)

Nancy Spurdis, Green's Group Family Day Care (Edith Green), The Ridge (Courtney Platt), & Carol Barrow

Successful completion of your DCC Renewal (4/6/2016-6/30/2016)

Discovery Pre-School (Cathy Johnan), Early Education Center (Joann Frisina), UCCAC Inc. Children's Learning Center (Judith Livoti), UCCAC Kingston Head Start (Kathleen McCaffrey), & UCCAC Saugerties Head Start (Wendy Hughes)

Successful completion of your SACC Renewal (4/6/2016-6/30/2016)

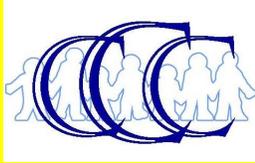
MAC Fit Kids (Jordan Davis)

We welcomed 1 new FDC Provider (4/6/2016-6/30/2016)

Juliett Doran

SPECIAL THOUGHTS

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 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