



Child Care Chatter

Your up-to-date resource for child care info



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After 14 years Cheryl Brush-Elsinger has retired. Although she will not be working long hours at Family, she will be very busy taking care of her new grandbabies.



Cheryl came to Family's Child Care Council when she attended a child care orientation back in 2000. New to the area, she was interested in continuing her Family Day Care business she had on Long Island for more than 10 years. I was presenting the orientation and was able to convince her to join our team. I knew she would be a perfect fit. Cheryl came to the Council and has been a HUGE asset to the program and agency every day since. Cheryl has been a strong voice for children, parents, and providers. She has always had the children's best interest in the forefront.

Cheryl will be missed by our staff, our agency, our community and I am sure all of you. Please wish her well as she moves on to the new endeavors of being the greatest grandma in the world.

If you have any messages for Cheryl I would be happy to pass them along. Email me at kwolfeil@familyofwoodstockinc.org or mail them to either office (Hudson or Kingston).

Cheryl you are missed immensely already!



Love,

Kerry and all of your Council co-workers



Activities & Fun...

PIE IN THE SKY

WHAT YOU WILL NEED:

PIE PLATES	TAP WATER
STRING	FOOD COLORING
GLITTER	GOOGLY EYES
BUTTONS	PIPE CLEANERS
BEADS	CANDIES



Directions:

Place a pie tin in front of the kids. Have them arrange their favorite craft materials like buttons, glitter, googly eyes etc. When they are finished decorating, slowly fill the tin with water. To add more dazzle, add some drops of food coloring. Next, place a loop of string that hangs over the side of the pie tin, essentially making your pie tin into an ornament. Gingerly pick up the flooded pie tin and place outside in an area. Let it freeze overnight. The next morning, if it is frozen solid, carefully remove the ice sculpture from the tin and behold your glittering ice collage! Hang it from a tree outside.

News from our Health Care Consultants...

IMPORTANT NEWS FOR OUR CHILD CARE FACILITIES

Schools and child-care settings are required to post **influenza educational material** (<http://ocfs.ny.gov/main/childcare/assets/2423%20Seasonal%20FluParent072011.pdf>), in plain view, within their facilities. Information should be posted starting now. Influenza season begins in early fall and can last through May.

The purpose is to ensure that families of these children receive information on influenza and the benefits of influenza immunizations in connections with efforts to raise the immunity of children against influenza.

You can find the seasonal flu guide at: <https://www.health.ny.gov/publications/2423>. This guide is an example of information that is geared towards parents and guardians. It explains why seasonal influenza is serious, provides signs of influenza and tells parents and guardians how to protect their children from influenza by getting them vaccinated.

If you have questions about this amended PHL, please contact the NYSDOH Bureau of Immunization at: immunize@health.ny.gov or 518-473-4437.



For more information visit the OCFS website: <http://www.ocfs.state.ny.us/main/>

Child Health & Nutrition...

WHY GOOD NUTRITION MATTERS

- 1 in 5 children in New York State is overweight.
- If children remain overweight through their teens, they are likely to be overweight as adults.
- Overweight adults are at higher risk for diabetes and heart disease.
- Diabetes is appearing at increased rate in young children.

If you are a Day Care Center, Group or Family Day Care, or a legally Exempt provider not participating in CACFP you should join today. According to our statistics there are < 5% of Day Care Centers, 52% of Family Day Cares, 25% of Group Family Day Cares, and <4% of Legally Exempt FCC programs that participate in CACFP.

Family's Child Care Councils in Ulster and Columbia/Greene help licensed providers plan meals to meet CACFP standards, and the council distributes funds on a monthly basis to providers who qualify.

Nutritional training programs are available to registered and licensed providers FREE of charge.

You could, while serving breakfast, snack, & a lunch for just 2 children receive up to \$180.00 a month (Rates valid during 2014). If you serve healthy meals to children enrolled in your program why not be reimbursed for your hard work.

Call the Council **Columbia/Green County 518-822-1944** or **Ulster County 845-331-7080** to find out more or visit <https://www.health.ny.gov/prevention/nutrition/cacfp/>.

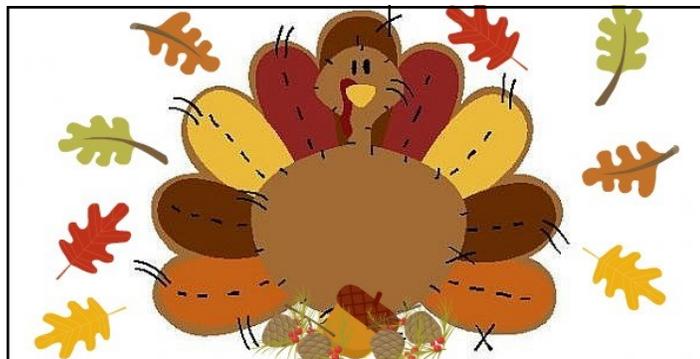


FAMILY STYLE DINING

With Thanksgiving coming up, family style dining is important, not just for the home setting or the holidays but also for group family day cares, family day cares, and child care centers to implement daily! Family style dining is about children and adults sharing a meal together at one table where children can serve themselves. Through this practice, children not only learn to self regulate their portions, but it also builds self-esteem and independence in the children.

For more tips go to:

<http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/FamilyStyleMealsChildCare.pdf>



From Our Registrars

Dear Providers,

“Thinking of re-taking an approved On-line course...

Training credit will be only awarded the 1st time that a specific online course is completed within any two year training period. Child day care employees cannot receive credit toward their required training hours by completing the same online training more than once within a two year period. The training website will still allow users to log in and review completed trainings, enabling program staff to refresh their recollection of previously learned material.”

If you are in need of training please contact the Council:

Ulster: 845-331-7080

Columbia/Greene: 518-822-1944



We are able to give one on one free training or other options to complete your required training.

Licensing & OCFS News...

According to the revised Day Care Regulations, all licensed and registered programs **MUST** have on site current and accurate daily attendance records that are filled out at the time a child arrives and departs, and must include arrival and departure times.

Attendance form OCFS-4443 created by OCFS is available at:

<http://ocfs.ny.gov/main/documents/docsChildCare.asp>

These same forms may be used for the attendance and meal counts if participating in CACFP. You are not required to use this form for CACFP but it may save you some time completing one form instead of 2 different forms. **Please be sure to always make copies of any form you are mailing to another office.**



Parents & Caregivers...

Reading aloud to a child can never start too early. In fact, studies show that a child still in utero can recognize and even respond to the mother's voice! The act of reading to infants is not to learn the actual letters and words, but rather to stimulate the baby's mind with sounds, tones and inflections, thereby experiencing the rhythm of language itself. Listening skills as well as attention develop as the baby concentrates on the voice of the reader. The baby connects the familiar (parental love and voice) with books and stories. This in turn creates an enjoyment of books and reading...key to later learning!

Birth to 3 months: At this stage, visual acuity is still developing so a baby sees things as a "little fuzzy". Place objects and books about 7-8 inches from a baby's face. Even with underdeveloped acuity a baby can still see patterns and detail as long as the image is large enough. Previous studies indicate that babies prefer sharp contrasts in color – black against white or bold colors against light colors. Choose books of simple large designs set against a contrasting background. Cardboard books can "stand" on the floor in front of the baby during "tummy time" providing interest and encouraging the baby to lift his/her head and move. Cuddle on the couch and explore a book. The adult can "talk" through the book...a full story is not necessary. Simply describing the pictures in a calm but enthusiastic manner will model language. Establish a routine that is pleasing and enjoyable to both you and the baby.

4 to 6 months: A baby can reach and grasp now! Objects will go into the baby's mouth as a way to explore and learn! Banging objects will also be an avenue of exploration as the baby tries to gain knowledge about the objects. This includes books! Make sure books can withstand a baby's independent exploration. Cardboard, vinyl and cloth books are good choices. Books with paper pages will need supervision as the baby will grab, tear and chew to explore! Cooing is well established so the baby and adult can have "conversations" about what is seen in the book. When the baby comments on a picture (even a grunt or squeal) the adult needs to respond with real words. "Oh, I see that! It's a circle!" This comment and response exercise imitates real-life conversations... a great lesson for the baby! You can still "talk" the story through and if the baby is interested, lengthen the time by adding colors, numbers, and shapes. "Oh, I see four green circles on this page!" It is the interaction and demonstration of language that is the goal not the actual letters and sounds. Reading time should always be a calm, fun time. If it becomes a battle, stop. Take your cue from the baby. Some days reading time might last 15 minutes, other days may be only 5 minutes.

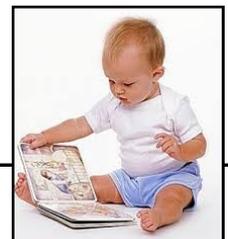
7 to 9 months: By the end of this stage, your baby's ability to grasp and turn pages will become deliberate! Turning pages and discovering the picture is a thrill for the baby. Continue using stiff paged books for the development of this skill. At this stage a baby may begin to "babble" the story! You will notice that the baby purposely uses different combinations of sounds from his/her native language. Storytelling is being imitated. This is the reason that parental interaction is so vital in the earlier months! Some babies may start to name pictures. Every female picture may be "Ma,ma,ma". The baby is making a connection between the real world and print! Studies show that the amount of babbling a baby does with books is related to the amount of social stimulation the baby has received up to this point.

Story time routines should be in place but may become a bit more of a challenge! New grasping skills will be a fascination for your baby and he/she will probably practice them while on your lap! Being able to open and close the book, turn the pages and rotate the entire book should be explored so there is a positive experience with books and independence. When the adult holds a book out of reach of the baby, this can cause frustration on the baby's behalf. (You can give the baby a second object to hold, to occupy little hands, while you read the book.) By the end of this stage, the baby will be less likely to manipulate the book and more likely to want to point at pictures and listen to the words and sentences of the adult. Let the baby turn the pages, guide those exploring hands. Now is a great time to use nursery rhymes and songs as the baby's interest grows in the language content of the book, not just the book itself.

9 to 12 month: The 9-12 month age finds the baby very skilled with grasping and releasing but most of all, the baby is becoming mobile! Crawling, standing and walking are the new milestones and the baby loves to practice these newly acquired skills. With mobility, the baby's world has expanded! New choices are made about which toy to "go get" and who to "give it to". This "get and give" phase is how the baby communicates. So when a book is brought to you, you can assume that the baby is saying "Will you read this to me?" True comprehension of words begins during this stage. Approximately 50 words are understood by the baby even though but a few are spoken. Now is the time to be sure to play "Show me" games! "Show me your nose. Show me the truck." Vary the vocabulary, "Where are your toes? Bring me the book."

Because the baby can now understand words associated with objects and events, a book's content takes on new meaning! For instance, if the baby understands that waving indicates "good-bye", then a picture of someone waving in a book may elicit the baby's response "Bye-bye!" This is exciting because it indicates that the baby is beginning to understand how a book can represent the real world! Reading should take on new meaning now. Keeps the dialogue going by asking questions, "Can you find the car? Do you see a monkey? Look, here is a cow. What sound does a cow make?" You can correct responses lovingly by saying, "Oh that dog has four legs like a cow, but look ...here is the cow!" Be sure to be expressive and give praise to the baby for his/her responses! Language will really begin to grow at the end of this age so give the baby lots of opportunity for expression.

So when should you start reading to a baby? TODAY!



Resource Corner...

How much of your bills can you actually claim as part of your child care business? The answer lies in the Time Space Percentage calculation, so I am sharing this great article with all of you...

"The Time-Space Percentage (T/S%) is the single most important number for a family child care provider to accurately calculate on her tax return. It will make the biggest difference in reducing your taxes."

Follow the link below for the full article and information from Tom Copeland...

<http://www.tomcopelandblog.com/2011/01/the-time-space-percentage-quiz.html>



WHAT OUR PROVIDERS ARE SAYING

To whom it may concern-

In April of 2008 I inquired about opening a Montessori daycare/ preschool after a significant life change in our family. I had studied Montessori since 1999 and continued my education throughout the summer of 2008. Ms. Wolfeil was the registrar assigned to me. She was kind, compassionate and knowledgeable in helping me through the process of registration. Her encouragement provided me the motivation to see my dream come to fruition– a nursery Montessori preschool!

The Family of Woodstock team held numerous provider training sessions and went about and beyond to ensure I was completely trained and informed of the NYS regulations. I enjoyed the sessions which exposed me to how other providers ran their business, handled parents and engaged the children. It was an exciting time!

Ms. Kudlacik is my Registrar for the renewal of August 27, 2014 of which, I received my renewed registration August 1, 2014. Ms. Kudlacik provided an open line of communication at all times as well as additional information on training sessions I needed to wrap up. Over all, this renewal experience was as smooth as it gets.

In closing, I'd like to express my sincere appreciation to the team at Family of Woodstock in Kingston, New York. They work diligently to provide us with the information we need to ensure a safe, secure, happy and fun environment for the children in our care. I was impressed with the staff when I began in 2008 and continue to enjoy their training sessions, together with their warm smiles and sincere kindness.

Thank you for your time

Euginia Coppola

AGENCY NEW...



Successful completion of your GFDC Renewal (8/27/14-11/7/14)

Little Dimples (Joetta Moore), The Playhouse (Joan Eidel), Mountaintop School (Wendy Weinrich), & Acorn School (Motria Shuhan)

Successful completion of your FDC Renewal (8/27/14-11/7/14)

Jaime Cooper, Trinia Covey, Miss Lizzy's Day Care (Elizabeth Agosto), Ivy League & TLC (Kathleen Morabito), Belki's & Children's Fun Center (Melquiades Duarte-Estrella), Eleanor Brodhead, Patricia Krueger, & Maureen Morrison

Successful completion of your SACC Renewal (8/27/14-11/7/14)

Germantown After School Program (Janet Crawford), Mental Health Association of Columbia & Greene Counties (Juliette Tomlinson), YMCA of Kingston & Ulster (Matthew McClusky)

Successful completion of your DCC Renewal (8/27/14-11/7/14)

Head Start @ Chatham School (Katherine Clark), Columbia Opportunities (Larissa Johnson), Little Falls Kinder Care (Elizabeth Flaherty), & Little Friends Pre-School (Nicole Beck)

We welcomed one new Family Day Care providers (8/27/2014-11/7/2014)

Little Fawns Day Care (Sara Rowe)

We welcomed one new Group Family Day Care provider (8/27/2014-11/7/2014)

Exploring Together Early Childhood Center (Deborah Falasco)

We welcomed two new Day Care Centers (8/27/2014-11/7/2014)

The Montessori School of Kingston (Talat Mallick) & Lederman Children's Center (Julianna Muth)

FROM OUR PROVIDERS...

The Sea Me Home Project

We are always amazed by the big hearts and creativity of our local child care providers and their families. The Krein-Hart Family and Bright Tykes Group Family Day Care in Hudson is using their creativity and big hearts in a very special way! The children really wanted to do something to help other children. They began making jewelry from shells and beach artifacts to sell and raise money to help a child go to summer camp, and the "Sea Me Home Project" was created! They have been selling their beach themed bracelets and necklaces for \$12-\$15 and have created a camp scholarship. A child whom may not have be able to attend a camp will be able attend Camp Little Notch in Fort Ann, NY. The jewelry was such a success that they decided they wanted to do more to help other children, so they have taken on a new project of creating backpacks for children in emergency situations such as families fleeing from domestic violence, children placed in foster care or homeless families. They have been purchasing and collecting new and gently used backpacks, books, pajamas, and clothing, along with new toiletry items such as toothbrushes, toothpaste, hairbrushes and other accessories to create backpacks appropriate for a variety of ages. They even have some people who started crocheting special blankets for the children. Harriett Krein-Hart owner and director of Bright Tykes says, "She has seen infants and children who arrive with absolutely nothing, we just want them to have something to call their own and give them a sense of security." Their goal is to coordinate and network with local agency workers to provide children in crisis situations these special bags and a few special items to help them through these scary times. They have a goal of delivering 10-12 bags per month to children in need. If you would like to purchase jewelry or make a donation to the "Sea Me Home Project" please contact Harriett at (518)-828-2136.



Visit our website www.familyofwoodstockinc.org

Family's Child Care Council
Serving Columbia, Greene & Ulster Counties



Assisting the community in meeting their child care needs!
PO Box 3718 Kingston NY 12402

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Your Child Care Council Staff:

Team Leader (All areas) - Carroll Sisco, (845) 331-7080, ext. 131

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. 133

Assistant Program Director - Penny Dombrowski, ext. 132

Registrars - Bonnie Kudlacik, ext. 135 and Penny Dombrowski, ext. 132

Parent Counselor - Jessica Markle, ext. 126

Food Program - Cindy Eggers, ext.130 and Lindy Kell ext. 137

Legally Exempt Enrollment - Gloria Greene ext. 138 and Lindy Kell, ext. 137

Trainings - Jessica Markle, ext. 138

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. 101

Registrars - Suzanne Holdridge, ext. 101 and Carey Braidt, ext. 103

Parent Counselor - Kristin Scace, ext. 104

Food Program - Carey Braidt, ext. 103

Trainings - Kristin Scace, ext. 104

Legally Exempt Enrollment - Laurie Vogel, ext. 102

Health Care Consultant - Jen Hoey



CHILD & ADULT CARE FOOD PROGRAM



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.

Family's Child Care Council is a program of Family of Woodstock Inc., PO Box 3516, Kingston, NY 12402.
A UNITED WAY AGENCY. Visit our website www.familyofwoodstockinc.org