



## ACTIVITIES & FUN

### Votive Snowman Ornaments

#### Materials

- White card stock
- LED votive candles
- Hot glue gun
- Scissors
- Tiny hole punch
- String
- Various decorations (markers, crayons, glitter, googly eyes, felt, stickers, foam stickers, buttons, etc)



#### Directions

1. Begin cutting 2 circles one larger than the other.
2. You will need to cut a hole in each circle to allow access to the on/off switch.
3. Apply hot glue to the back of the candle (make sure to position the on/off switch in the access hole).
4. Punch a hole in the top of the snowman, above the votive and loop some string through.
5. Decorate your snowman.

## NEWS FROM OUR HEALTH CARE CONSULTANT

### “What’s the Latest with the Flu”

The 2015-2016 influenza season (flu) is here. As you know, influenza infection can be serious, resulting in hospitalization or death of some children every year. Influenza immunization is the best strategy to reduce infection and spread. Therefore, it’s critically important for everyone to get vaccinated for seasonal influenza now.

Annual influenza vaccine is recommended for all people 6 months of age and older. The best way to protect young children from getting infected is for all family members and people who take care of the child to get immunized.

Once the flu starts circulating, it can be challenging to keep germs from spreading. While you can catch the flu any time of the year, the virus is most common in the US between October and May and usually peaks around January, February, and March.

The quadrivalent vaccine protects against the 3 strains from the trivalent vaccine and adds a different influenza B strain. The American Academy of Pediatrics (AAP) does not recommend one vaccine over another this season. Just be sure everyone gets immunized!

For more information visit: <http://www.cdc.gov/flu/keyfacts.htm>

## CHILD HEALTH & NUTRITION

### HEALTHY GINGERBREAD COOKIES

#### INGREDIENTS

- 1 large egg at room temperature
- 1/3 cup coconut oil melted to room temperature
- 1/3 cup maple syrup or raw honey
- 1/4 cup molasses
- 1/2 tsp pure vanilla extract
- 1 tsp dried ginger, ground
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg, ground
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 1/4 cups whole wheat flour + more for working surface
- 1 tbsp maple syrup or honey, for brushing

#### TOPPINGS

- 1/8 cup pecans, finely chopped
- 1/8 cup unsweetened coconut flakes
- 1/8 cup pistachios, finely chopped
- 1/8 cup dried cranberries, finely chopped



#### DIRECTIONS

1. Preheat oven to 350 degrees and line cookie sheet with parchment paper.
2. In a large mixing bowl, lightly beat the egg. Add coconut oil through salt and whisk until well combined. Add flour, mixing first with spatula and then using your hands. Dough should be quite thick. Transfer onto lightly floured surface and if necessary add more flour so you can roll it out.
3. Lightly flour the rolling pin and roll the dough to 1/4 inch thick. Using various shapes cutouts make cookies and place on prepared baking tray. Bake for 12 minutes, remove from the oven and let cool completely.
4. Get toppings ready. Brush each cookie generously with maple syrup, sprinkle with a topping of choice and lay flat to dry completely.

## CACFP NEWS

### Enrollment of Day Care Children in CACFP

Providers must submit enrollment forms (DOH-4419) for each child in care. **EVERY CHILD IN CARE MUST PARTICIPATE ON THE FOOD PROGRAM IN ORDER TO CLAIM (This is the "ALL or NOTHING RULE")**. The enrollment form (DOH-4419) will be supplied to you from Child Care Connections or you can order/print forms from <http://www.health.ny.gov/prevention/nutrition/cacfp/homes.htm>. It is important that they be completed neatly and accurately. All areas must be completed and signed by the parent/guardian of the children in care.

1. Child's name, date of birth and gender
2. Children's ethnic information
3. Relation to provider, if applicable
4. Hours/Days/Meals/Child's School, if applicable
5. Infant Feeding statement, if applicable
6. Parent/Guardian contact information and signature.

Enrollment forms (DOH-4419) must be completed and received in Child Care Connections office before or with, the current claim submission, in order for the child's meals/snacks to be counted for reimbursement.

This information can be found on page 4 in CACFP provider handbook. All FDC/ GFDC received 9/18/15.

## FROM OUR REGISTRARS

Like many other American parents, I had an obsession: academic success for my child. Only, I was going about it completely wrong. Yes, my daughter would later go on to test above average with her academic skills, but she was missing important life skills. Skills that should have been in place and nurtured during the preschool years. My wake-up call was when the preschool teacher came up to me and said, "Your daughter is doing well academically. In fact, I'd say she exceeds expectations in these areas. But she is having trouble with basic social skills like sharing and taking turns." Not only that, but my daughter was also having trouble controlling her emotions, developed anxiety and sensory issues, and had trouble simply playing by herself!

Little did I know at the time, but my daughter was far from being the only one struggling with social and sensory issues at such a young age. This was becoming a growing epidemic. A few years ago, I interviewed a highly respected director of a progressive preschool. She had been teaching preschoolers for about 40 years and had seen major changes in the social and physical development of children in the past few generations. "Kids are just different," she started to say. When I asked her to clarify, she said, "They are more easily frustrated, often crying at the drop of a hat." She had also observed that children were frequently falling out of their seats "at least three times a day," less attentive, and running into each other and even the walls. "It is so strange. You never saw these issues in the past."

She went on to complain that even though her school was considered highly progressive, they were still feeling the pressure to limit free play more than she would like in order to meet the growing demands for academic readiness that was expected before children entered kindergarten.

Research continues to point out that young children learn best through meaningful play experiences, yet many preschools are transitioning from play-based learning to becoming more academic in nature. A preschool teacher recently wrote to me: "I have preschoolers and even I feel pressure to push them at this young age. On top of that, teachers have so much pressure to document and justify what they do and why they do it, the relaxed playful environment is compromised. We continue to do the best we can for the kid's sake, while trying to fit into the ever-growing restraints we must work within."

As parents and teachers strive to provide increasingly organized learning experiences for children, the opportunities for free play, especially outdoors is becoming less of a priority. Ironically, it is through active free play outdoors where children start to build many of the foundational life skills they need in order to be successful for years to come.

In fact, it is before the age of 7 years (ages traditionally known as "pre-academic") when children desperately need to have a multitude of whole-body sensory experiences on a daily basis in order to develop strong bodies and minds. This is best done outside where the senses are fully ignited and young bodies are challenged by the uneven and unpredictable, ever-changing terrain.

Preschool years are not only optimal for children to learn through play, but also a critical developmental period. If children are not given enough natural movement and play experiences, they start their academic careers with a disadvantage. They are more likely to be clumsy, have difficulty paying attention, trouble controlling their emotions, utilize poor problem-solving methods, and demonstrate difficulties with social interactions. We are consistently seeing sensory, motor, and cognitive issues pop up more and more in later childhood, partly because of inadequate opportunities to move and play at an early age.

What is our natural instinct as adults when issues arise? To try and fix the problem that could have been prevented in the first place. When children reach elementary school, we practice special breathing techniques, coping skills, run social skill groups, and utilize special exercises in an attempt to "teach" children how to be still and to improve focus.

However, these skills shouldn't have to be taught, but something that was developed at a young age in the most natural sense through meaningful play experiences.

If children were given ample opportunities to play outdoors every day with peers, there would be no need for specialized exercises or meditation techniques for the youngest of our society. They would simply develop these skills through play. That's it. Something that doesn't need to cost a lot of money or require much thought. Children just need the time, the space, and the permission to be kids.

Let the adult-directed learning experiences come later.

### **Preschool children need to play!**

By Angela Hanscom (pediatric occupational therapist)

## PARENTS & CAREGIVERS

### Keep Kids WARM and SAFE in the Car Seat

As temperatures start to dip we bundle our children up to prepare them for the elements, but even with good intentions, a bulky coat and a car seat is a dangerous combination. The average puffy coat adds about 4 inches of slack into the child's harness straps.

Here is a simple way to check if your child's coat is too big and bulky to wear under their harness:

- Put the coat on your child, sit them in the car seat and fasten the harness. Tighten the harness until you can no longer pinch any of the harness with your thumb and forefinger.
- Without loosening the harness, remove your child from the car seat.
- Take the coat off and put your child back in the car seat and buckle the straps.
- If you can now pinch the harness between your thumb and forefinger then the coat is too bulky to be worn under the harness.

If you find that the coat can not be safely worn under the harness, here are a couple things you can do to keep your child safe and warm:

- Dress your child in 2-4 tight layers.
- After securing your child in their seat, turn the coat around and put it on backward with their arms through the arm holes.
- Lay a blanket over your child or swaddle them over the straps.
- Fleece makes a great top layer (just make sure the jacket is thin & tight).

**What difference does 4 inches make? 4 inches is easily the difference between your child's head and hitting the back of the seat in front of them something which is a known cause of serious head injuries to kids in car crashes.**

If there is ever a place to dot your I's and cross your T's your child's car seat is certainly the place. It could literally save your child's life.

### Tylenol No Longer Deemed a Pain Reliever for Babies and Toddlers



The FDA's Nonprescription Drug Advisory Committee and Pediatric Advisory Committee have together recommended that "pain relief" be removed from the label of Tylenol and other brands of acetaminophen because there is no reliable evidence that it relieves pain better than placebo in children under age two.

The advisory panel recommended that the acetaminophen label should say it's for "fever reduction" and nothing else. But here's the thing—in most cases the fever is helping the child by activating the immune system and fighting the infection. I don't recommend treating fever unless it is interfering with a child's ability to sleep or to drink liquids (both are even more important for healing than the fever).

Acetaminophen is the most common cause of acute liver failure in the US. It has been estimated to cause three times as many cases of liver failure than all other drugs combined. While the serious problems usually come from overdoses. Most dosage charts that parents see list a dose based on age, or suggest that parents ask a doctor for the dose. And dosage concentrations have varied in various formulations. Together, this confusion has led to overdosing and to fatalities in several dozen healthy young children over the last decade.

The FDA panel has recommended that all liquid acetaminophen come in the same concentration, that all packages contain dosing information for children down to 6 months of age, and that the dose be based on the child's weight.

## RESOURCE CORNER



1. Hold the door open for someone.
2. Let someone go ahead of you in line.
3. Write a thank you note for your mail carrier.
4. Bake dessert for a neighbor
5. Walk dogs at the animal shelter.
6. Check in on an elderly neighbor.
7. Set up a lemonade stand and donate the profits.
8. Tell someone why they are special to you.
9. Donate outgrown clothes.
10. Weed or shovel for a neighbor.
11. Donate food or spare change to the food pantry.
12. Bring flowers to your teacher.
13. Donate items to a homeless shelter.
14. Take treats to the fire station.
15. Donate a book to a doctor's office waiting room.
16. Tell someone how much you love them.
17. Hold the door open for someone.
18. Sing songs at a nursing home.
19. Donate a toy to Toys for Tots.
20. Help make dinner.
21. Make a get well card for someone.
22. Take care of someone's pet while they're away.
23. Clean up your room without being asked.
24. Teach someone something new.
25. Volunteer at a soup kitchen.
26. Collect money or items for your favorite charity.
27. Donate coloring books and crayons to the children's hospital.
28. Make a candy gram for the police department.
29. Create activity bags for families of deployed soldiers.
30. SMILE AT EVERYBODY: IT IS CONTAGIOUS.



NO ACT OF KINDNESS,  
NO MATTER HOW SMALL...  
IS EVER WASTED.

Aspire is New York State's registry and statewide training calendar for early childhood and school age professionals. Teachers, providers, directors, trainers and anyone who works with children can use Aspire to keep track of important information about their career, including education, employment history, and other professional development or contributions.

As a FDC provider, you need to keep track of your own professional development. Create an individual Professional Profile for yourself and, if applicable, have your staff do so as well.

If you are a SACC program or DCC you will want to register for Aspire Organization Account. It is an invaluable resource to help you maintain a comprehensive record of your program.

If you provide professional development, you can register as a trainer with Aspire when you create your Individual Professional Profile. You will be able to set up professional development events using the Statewide Training Calendar, print certificates for the training you provide, and then track attendance.

**For more information go to:**

**<https://www.nyworksforchildren.org>**

## AGENCY NEWS



### Successful completion of your GFDC Renewal (9/22/2015-12/22/2015)

Bright Tykes Early Learning Center (Harriett Krein-Hart), Children's Community Circle (Gaurapriya Tester), Bloom and Grow Family Child Care, Inc. (Jill Rothwein), Circle of Friends (Michelle Wolin), Nana's Angels Day Care (Monica Funk) & Woodland Playhouse (Grace Louis)

### Successful completion of your FDC Renewal (9/22/2015-12/22/2015)

Laurie McCredie-Smith, Andrea Rifenburg-Brown, Kimberly Shutts, Lisa Johnson, Erin Rodriguez, Tammy Rowell, America Adamczyk, Bunnytrail Daycare (Amber Gaska), Brenda Duarte, Kerry Hanley, Sally Krom, Amy Lawson-Ring, Lil Sluggers Daycare (Eugenia Pierre-Louis), Stewart Little's Daycare (Susan Stewart), Terri Tiano, Young Lions' (Jeanette Washington) & A Place to Grow Day Care (Anna Augustine)

### Successful completion of your DCC Renewal (9/22/2015-12/22/2015)

Hudson Day Care Center, Inc. (Margaret Waterhouse), Little Wonders Early Childhood Enrichment Center (Malissa Heimroth), Early Childhood Learning Center of Green Co - Cairo (Marianne Jackson), Early Childhood Learning Center of Greene Co - South Cairo (Sandra Miller), Children's Workshop of the Catskills, Inc. (Amanda Bradley), Little Explorers Nursery School & Day Care (Jeana Fanelli), Stepping Stones at the Park (Kimberly Ward), The Children's Center of New Paltz, Inc. (Marcia Villiers) & Wolf's Day Care Center (Elizabeth Wolf)

### Successful completion of your SACC Renewal (9/22/2015-12/22/2015)

Mental Health Association of Columbia and Greene Counties, Inc. (Joanne Allie) & The YMCA of Kingston and Ulster County, Inc. (Katherine Butcher)

### We welcomed 3 new GFDC Provider (9/22/2015-12/22/2015)

Noah's Ark Childcare (Jillian Kassman), Darlene Arnold & Maria Velez

### We welcomed 2 new FDC Providers (9/22/2015-12/22/2015)

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

### We welcomed 2 new DCC (9/22/2015-12/22/2015)

Early Childhood Learning Center of Greene Co - Catskill (Terrilee Alberti) & Mother Goose Nursery School (Joan Robinson)

### We welcomed 3 new SACC (9/22/2015-12/22/2015)

Capital District YMCA- Cairo (Jennifer Moritz), Healthy Kids Extended Day Program, Inc. - Woodstock (Esther Roosa) & Healthy Kids Extended Day Program, Inc. - Phoenicia (Melissa Flores)

## SPECIAL THOUGHTS

One day a man was walking along the beach, when he noticed a boy hurriedly picking up and gently throwing things into the ocean.

Approaching the boy he asked, "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

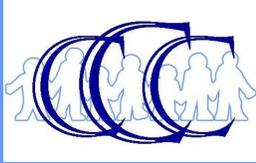
The man laughed to himself and said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make any difference!"

After listening politely, the boy bent down, picked up another starfish, and threw it into the surf. Then, smiling at the man, he said,

"I made a difference to that one!"



**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)** · 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. 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** · Jen Hoey, 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](http://www.ccconnectionsny.org)