



# Child Care Chatter

## Resource Guide for Child Care Information

FALL Volume 2022 Issue 4

### Family of Woodstock, Inc. Mission Statement

*To strengthen the community by providing education on early childhood development and the importance of quality child care, as well as offering resources and referrals to families, businesses, and child care professionals.*

Meet our Staff at Child Care Connections and Child Care Assistance Program. Stay Connected:



(L-R) Dawn Meyer-Intake Manager, Teresa Lewis-Registrar & trainer, Grace Jacklitch-Legally Exempt Enrolled Manager & Grants Manager, Suzanne Holdridge-Program Director, Kristin Scace-Assistant Program Director, Parent Referral Counselor & CACFP Specialist

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(L-R) Tracy Snyder-Physical Activity & Nutrition Education Manager, Laura Mae Pearson-Legally Exempt Enrollment Manager, Nicole Robinson- Registrar, Ashley Murray- Assistant Program Director & Infant/Toddler Specialist, Katrina LaLonde- Assistant Program Director, Training Supervisor & Registrar, Kaitly Altu -Stabilization/Desert Grants Manager & CACFP trainer, Penny Dombrowski- Program Director, Robert Weickel-Parent Referral Counselor, Consumer Education & CACFP Specialist, Kerry Wolfeil-Team Leader of Child Care Services, Eileen Romona Sanchez- Legally Exempt Enrolled Manager



Child Care Assistance Program ( formerly Day Care Subsidy)  
Aisha Hosier- Program Director, Kaitlyn Dombrowski- Case Manager (Spanish)

## OCFS NEWS



Looking for an easy way to sign up for trainings? Track your trainings?

The  
Aspire  
Registry

## The Aspire Registry:

- Provides with an online professional portfolio – Free of Charge
- Gives you the ability to record of your education, employment, and professional development
- Gives you the ability to search and register for training/professional development courses that are OCFS approved
- With an aspire registry your licensor/registrar can access your trainings at any time.

Teresa will be setting up a training in the near future for training on how to sign up, use, and maintain your aspire profile. If you are interested in this training, please reach out at 518-822-1944 or email at [TLewis@familyofwoodstockinc.org](mailto:TLewis@familyofwoodstockinc.org).

## CACFP



## Accommodating Allergies & Special Diets in the CACFP

When a child's diet is restricted due to a disability, federal law and USDA regulations require reasonable modifications to be made, at no extra charge. If you care for a child with allergies to wheat, you may start menu planning with rice, corn, or other gluten-free grains. If the child is allergic to both cow and soy milk, however, you may need to serve a milk substitute that does not meet the meal pattern requirements.

If the meal pattern cannot be met 100%, a medical statement from a State licensed healthcare professional is required. Note that reasonable modifications or accommodations do not extend to substitutions or changes in your program that could put you in a severe financial strain, such as accommodating a medical statement that specifies a brand of expensive infant formula.

It's not just about the ingredients, either. You may have a child with diabetes who needs help tracking their diet, or a participant who recently had surgery and needs a soft foods diet. Every child deserves the healthiest start in life, and recognizing specific needs while making the necessary modifications helps ensure adequate and nutritious food.

### Five Tips for Accommodating Allergies

1. Create separate cycle menus for common allergens to reduce time in figuring out what foods to serve.
2. Understand how to identify allergens and trace allergens using the food label.
3. Share your weekly menu, including the ingredient list, with parents and caregivers, and encourage them to share their child's preferred alternatives to allergens (i.e. seed butter instead of peanut butter).
4. Clean everything and keep separate utensils to prevent cross-contamination.
5. Holding meals in the most integrated settings possible is a requirement. For instance, you cannot isolate children with airborne allergies in a separate room during meal service.

*\*Eight foods are identified as major food allergens. Under the FASTER Act of 2021, sesame is being added as the ninth major food allergen, effective 1-1-23.*

### Know the Major Food Allergens\*



Milk



Eggs



Seafood



Shellfish



Tree Nuts



Peanuts



Sesame



Soybeans



Wheat

### Five Tips for Accommodating Special Diets

1. Understand the difference between preference vs. disability (supported/not supported by medical statement).
2. Incorporate dietary needs into the overall weekly menu instead of modifying one specific participant's meal.
3. Seek out modifications rather than alternatives when possible (i.e. pureeing carrots for a soft diet).
4. Show patience towards participants whose special dietary needs may cause them to eat slower.
5. Educate children and family about how some eat differently than others to help destigmatize special diets.

cacfp.org NATIONAL CACFP ASSOCIATION  
 CACFP is an indicator of quality care. This institution is an equal opportunity provider.

## CACFP NEWS

## \*\*\*\*CACFP TRAINING\*\*\*\*

We will be offering a training to review or familiarize you with the KidKare program. We use KidKare to track menus, meals, and attendance for the Child and Adult Care Food Program (CACFP). The training will be good towards your annual CACFP training requirement. We will offer the training virtually on **10/20 at 5:30pm or 10/25 at 6:30pm.** We will send out WebEx invitations. You only need to attend one.

Please feel free to reach out with any questions.

Robert 845-331-7080 ext. 171 or Kristin 518-822-1944 ext. 104



National CACFP Sponsors Association is thrilled to see the

## Keep Kids Fed Act Signed into Law



NCA is thrilled at the passage of the Keep Kids Fed Act! This law supports child nutrition programs, especially the CACFP. It extends certain flexibilities for child nutrition programs and provides temporary increases in reimbursement rates for school meals and meals provided at child care centers. No child should go hungry, and this is a positive step toward that goal.

Thank you to Senators Debbie Stabenow and John Boozman and Representatives Bobby Scott and Virginia Foxx for their leadership. We are especially proud of the CACFP community which swiftly mobilized to express support for this important legislation. We did it together!

Specifically for the CACFP, the bill includes, effective June 30, 2022 – July 1, 2023:

- A one-year extension of the area eligibility waiver for family child care providers (in simple terms, another year of all family child care receiving **Tier 1** level reimbursement for meals served through CACFP)
- A one-year temporary additional reimbursement of **10 cents** for each meal and snack served under the CACFP
- An extension of USDA's authority to issue Summer Nutrition waivers through September 30, 2022; meal pattern waivers through June 30, 2022, and non-cost nationwide waivers through school year 2022-2023

**HEALTH CARE CONSULTANT NEWS**

All child day care programs must have at least one (1) staff person, who holds a valid certificate in cardiopulmonary resuscitation (CPR) and First Aid, on the premises of the child care program during the program's operating hours. The staff person(s) who holds the valid certification in CPR and First Aid must have their certification on file and available for review during their working hours at the program.

CPR and First Aid certificates must be appropriate to the ages of the children in care. **CPR and First Aid training is ONLY APPROVED if presented in person OR in combination of online content and in person skills assessment AND by an approved trainer (see below).** If you are not sure the class you want to take is approved contact your regulator or Child Care Connections. Please check the links below for approved CPR/First Aid training

[EIP Eligible First Aid/CPR trainers](#)

[Aspire Registered First Aid/CPR trainer directory](#)

**\*NOTE: please hold control button then click link to open.\***

### Cardiopulmonary Resuscitation (CPR) and First Aid Training

According to the OCFS NYS Day Care regulations:

CPR and first aid certifications must be appropriate to the ages of the children in care. ***All certifications in CPR and first aid must contain an in-person competency component.***

#### WHAT are Cardiopulmonary Resuscitation (CPR) and First Aid?

First Aid is help given to a sick or injured person until full medical treatment is available. By knowing what to do, and what not to do, in a variety of situations you can help keep a person's injuries from becoming worse.

Cardiopulmonary resuscitation (CPR) is an emergency procedure for manually preserving brain function until further measures can be provided to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. By being prepared to perform CPR, and performing it in a timely fashion, you can save a life.

#### WHO is required to take CPR and First Aid Training?

All child day care programs must have at least one (1) staff person, who holds a valid certificate in cardiopulmonary resuscitation (CPR) and First Aid, on the premises of the child care program during the program's operating hours.

CPR and First Aid certificates must be appropriate to the ages of the children in care.

The staff person(s) who holds the valid certification in CPR and First Aid must have their certification on file and available for review during their working hours at the program.

#### WHERE can I get First Aid and CPR Training?

The National Safety Council training in First Aid and CPR will continue to be accepted as meeting the regulatory requirement.

Employees and caregivers seeking to take CPR and First Aid training must arrange for certification classes on their own. Educational Incentive Program (EIP) funding will continue to be available for those who are eligible and choose training organizations in the ASPIRE registry.

To find CPR/FA approved classes you can visit:

<https://nyworksforchildren.org/aspire/go/v7/trainings/search>



**NOTE: please hold control button then click link to open.\***

## INFANT/TODDLER NEWS



# INFANT & TODDLER

*news*  
Fall 2022



### INFANT & TODDLER SERVICES

- Assistance with challenging behavior
- Classroom/ Program environment
- Caregiver self-care strategies
- Mental health, wellness and mindfulness
- Program start-up and organization
- On-site and off-site staff training
- Provider Networking
- needed materials



*and more!*

### *Available Training*

- Caring Spaces Endorsement- for NEW and endorsed programs
- Intro to the ITERS
- Supervision and Challenging Behavior
- Implementing Ages and Stages in your program
- Language and Literacy

### *Contact Info*

**Ashley Murray**

Infant & Toddler Specialist

Ulster: (845) 331-7080

Columbia & Greene: (518) 822-1944

[amurray@familyofwoodstockinc.org](mailto:amurray@familyofwoodstockinc.org)

## FROM OUR COLUMBIA COUNTY CHILD CARE ASSISTANCE PROGRAM

If you know of a family that could use assistance paying for childcare, they may be eligible for Day Care Subsidy.

Day Care Subsidy is a Federally funded program to assist and support the goals of self-sufficiency!

Applications are available at the Columbia County Department of Social Services by mail (25 Railroad Ave, Hudson-518-828-9411) or by calling the subsidy office 518-822-0087.

### *Who's Eligible?*

- *A caretaker of a child or children under 13 years old.*
  - *Be actively employed or enrolled in an approved vocational or 2 year college program*
- \*\*All household income( wages, tips, child support, social security dividends, etc.) are used to determine eligibility according to NYS eligibility guidelines\*\**

FOR MORE INFO GO TO the following link:

<https://www.familyofwoodstockinc.org/child-care-services/columbia-county-subsidy-program/>

Interested in learning more about Legally-Exempt Child Care? There are two new free trainings on [ecetp.pdp.albany.edu](http://ecetp.pdp.albany.edu) called "What Is Legally Exempt Child Care?" and "Child Care Requirements and Resources for Legally Exempt Providers".

Child Care Assistance Program (Subsidy) income eligible guidelines have increased significantly.

	<b>June 1, 2022-July 31, 2022</b>	<b>Effective August 1, 2022</b>
Family Size	200% NYS Income Standard	300% NYS Income Standard
2	\$36,620	\$54,930
3	\$46,060	\$69,090
4	\$55,500	\$83,250
5	\$64,940	\$97,410
6	\$74,380	\$111,570
7	\$83,820	\$125,730
8	\$93,260	\$139,890
9	\$102,700	\$154,050
10	\$112,140	\$168,210



The Child Care Assistance Program, Formally known as Day Care Subsidy, has many exciting changes coming! The Child Care Assistance Program has updated eligibility rates effective June 1st, 2022 on our website. Please continue to check back as updates on income guidelines become available. Effective June 1st, 2022 the hourly rate for child care assistance has been removed. Part day rates will apply when child care is provided for less than 6 hours per day.

Market Rates have been increased to the 80th percentile effective June 1st, 2022 to better reflect actual cost of care. Providers can update their payment rates on record with the Child Care Assistance Program as often as their private pay rates change.

All providers are eligible for up to 80 absences per year per child with proper documentation. The 17.5 hour work requirement for post secondary education has been removed. Providers are encouraged to participate in Columbia County's Child Care Time and Attendance (CCTA) system for faster, online billing.

## SAFETY



# Baby Safety Tips

## for a Safe Sleep Space



**Use a crib, bassinet or play yard that meets current federal standards**

- **Bare Is Best**– Nothing but a fitted sheet in a crib, bassinet or play yard
- **Always place baby on back**
- **Check for recalls** on nursery products at [SaferProducts.gov](http://SaferProducts.gov)



NSN-15-092022



For more information, visit  
CPSC's Safe Sleep –  
Crib and Infant Products  
Safety Education Center:  
[cpsc.gov/safesleep](http://cpsc.gov/safesleep)

It is especially important to always put babies to sleep only in products that are safe for sleep—such as bassinets, cribs and play yards.

To keep baby's sleep space safe:

1. *Back to Sleep:* Always place the baby to sleep on their back to reduce the risk of sudden unexpected infant death syndrome (SUID/SIDS) and suffocation.
2. *Bare is Best:* Always keep the baby's sleep space bare (fitted sheet only) to prevent suffocation. Do not use pillows, padded crib bumpers, quilts or comforters.
3. Transfer the baby to a firm, flat crib, bassinet, play yard or bedside sleeper if they fall asleep in a swing, bouncer, lounger or similar product.
4. Inclined products, such as rockers, gliders, soothers and swings should never be used for infant sleep, and infants should not be left in these products unsupervised, unrestrained, or with soft bedding material, due to the risk of suffocation.

# Bare is Best

(fitted sheet only)

## Always put babies to sleep on their backs



## SEASONAL TIPS

## Seasonal Tips: Fall

PolsonHelp.HRSA.gov • 1-800-222-1222


**HRSA**  
 Health Resources & Services Administration

Poison Help

**Kids are back in school. Cold-and-flu season is here. Holidays are just around the corner. Here are some tips to help you prevent poisonings during this busy time of year:**



### Medicines

- Keep medicines (as well as vitamins and diet supplements) in the containers they came in. Do this at home AND when traveling.
- Lock up medicines and household products where children can't see or reach them.
- Use containers that are made to keep children out. Replace caps tightly after using a product. Remember that no container can promise to keep children out.
- Tell your doctor about all medicines you are taking. Mention prescription AND over-the-counter drugs.
- Read and follow directions and warnings on the label before taking medicine. If you have questions about how to use your medicine, call your doctor or pharmacist.
- Read the label before taking or giving medicine EVERY TIME.
- Be careful when taking drugs together. Doing so can be risky. Some medicines should not be taken with food, alcohol, or other medicines. Read carefully the labels of any over-the-counter drugs you are taking. Be sure you are not using two or more products that contain the same drug. Be extra careful with the drug acetaminophen.
- Never take other people's prescription drugs. Take only those that are prescribed for you. Never share prescription drugs.
- Never take medicine in the dark.
- Talk to your doctor before taking any food supplements (like vitamins, minerals, or herbs).
- Products, like medicine, that taste, smell, or look like candy or drinks may attract children. Be sure to keep these products out of sight. Keep them out of reach and locked up.

- Children learn by imitating adults. Children who see adults taking medicine will try to do the same thing.
- Get rid of medicines that have expired or are no longer needed. Ask your local pharmacist how you can return unused, unneeded, or expired prescription drugs to pharmaceutical take-back locations for safe disposal. If this is not available, take the unused, unneeded, or expired prescription drugs out of their original containers. Mix the drugs with an undesirable substance, such as kitty litter, and put them in waterproof containers, such as empty cans or sealable bags, to make sure that they are not found and used by people or animals. Throw these containers in the trash. Your poison control center may have updated advice for your area, call 1-800-222-1222.



### Berries

- Berries are often found on plants in the fall. Some berries can poison you.
- Berries may attract children. They may think these berries are just like the fruits at the food market.
- Some berries that can harm people do not harm birds and other animals.
- If you think someone ate one or more berries from a plant, call Poison Help (1-800-222-1222) right away. Poison control center experts probably WON'T be able to identify the plant on the phone. So, before a poisoning occurs, learn the names of plants around your home.
- A person at a greenhouse or plant nursery can help you identify the plant.

When accidents happen with chemicals or medicine, call Poison Help at 1-800-222-1222. Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away. [www.PoisonHelp.HRSA.gov](http://www.PoisonHelp.HRSA.gov)



## NUTRITION &amp; HEALTH

**Small Hands Crafting**

Cut the sides of a paper plates in an inward curve. Paint the pieces cut off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core. They can each choose how many seeds that they would like to paint.

Encourage them to paint different numbers.

You can then use the seeds in the apples as a visual to count 1-10 and also compare greater than, less than, and equal.



# Happy Autumn!

**Did you know that the USDA has strengthened nutrition standards for food and beverages served to young children and others in day care settings?**

Young children and adults in child care homes and centers who participate in the Child and Adult Care Food Program (CACFP) will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

**When your child care provider is a participant of the CACFP, you can be assured that your child is receiving the best nutrition to help them grow.**

## Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle. If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

## Peanut Butter & Apple Wraps

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple, but could use any variety of apple)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 Tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."

*Recipe from USDA Mixing Bowl*



## E-LEARNING courses through ECETP

COURSE TITLE	Go to: <a href="https://www.albany.edu/ceetp/find-trainings">ECETP:FindTrainings(albany.edu)</a>	HR	OCFS TOPICS
Foundations in Health & Safety		5.0	2 • 3 • 4 • 6 • 7 • 8 • 9
Mandated Reporter Training		2.0	5 • 6 • 8
What is Legally Exempt Child Care ?		1.0	3 • 7
Identifying and Responding to Anaphylaxis: Elijah's Law		1.0	1 • 2 • 4 • 5
Information and Resources to Promote a Successful Program		2.0	4 • 5
ACEs and Trauma-Informed Practice developed by CUNY School of Professional Studies		45	10
Supporting Language Development Birth to 5 years		2.5	1 • 3 • 4
Media Use & Safety with Children		1.5	1 • 3 • 4
What to Expect When Inspected		1.5	5 • 7
Introduction to NYS Child Day Care Regulations		1.0	5 • 7
Anti Bias Education in Early Childhood		1.5	1 • 3
Implicit Bias in Early Childhood		1.5	1 • 3
Prevention & Identification of Brain Injuries Including AHT		2.0	1 • 4 • 6 • 7 • 8
<i>Aprendizaje a distancia sobre fundamentos de salud y seguridad ~ Spanish</i>		5.0	2 • 3 • 4 • 6 • 7 • 8 • 9
Health, Safety & Nutrition ~ Chinese		5.0	2 • 3 • 4 • 6 • 7 • 8 • 9
Preventing SIDS & Promoting Safe Sleep		1.0	1 • 3 • 4 • 7
Early Intervention		1.5	1 • 4
Managing Challenging Behavior (18mo.-36mo.)		1.5	1
Keeping Children Safe: Prevention of Lead Poisoning & Other Dangers to Children		1.5	1 • 3 • 4 • 7
Transportation		2.0	3 • 4 • 7
Managing Challenging Behavior (Birth-18mo.)		1.5	1
Family Engagement		1.5	3 • 4
Emergency Preparedness		1.5	4 • 7
Obesity Prevention		2.0	2
Supervision of Children		1.0	1 • 3
School Age Child Care		1.0	1 • 3
Infant Brain Development		1.0	1 • 3
Expulsion & Supervision Prevention Strategies		1.5	1 • 3 • 4 • 7

## TRAINING OPPORTUNITIES



**Thursday, October 20, 6pm-8pm DEVELOPMENTALLY APPROPRIATE PRACTICE**

presented by Katrina LaLonde. FOW 31 Albany Avenue, Kingston

*Participants will leave this training able to define developmentally appropriate practice. In addition participants will learn three things to consider when implementing developmentally appropriate practice as well as 3 developmentally appropriate activities they can implement in their program.* OCFS: 1 & 3 Core Body of Knowledge: 1.4 (a, e, l, j)

**FREE** To register call 845-331-7080 or email [klalonde@familyofwoodstockinc.org](mailto:klalonde@familyofwoodstockinc.org)

**Saturday, October 22, 9am -12pm 101-LEVEL ADVERSE CHILDHOOD EXPERIENCES INSTITUTE**  
presented by Bright Side Up Child Care Connections 351 Fairview Ave, Suite 310, next to Shop Rite.

*This training aims to broaden the state's understanding of ACE's and their impact on young children, their families, and the field of early childhood education. The 101-Level ACE Institute Training for Child Care Providers and Educators is the first training in a series designed to broaden the awareness of the effects of ACE's on children. This is the foundational training in which providers will learn the basic brain science surrounding the ACE's research. In later training, providers will apply this knowledge and gain practical strategies for trauma informed practice in early childhood education and care.* To register call Rebecca DelGuidice @ 5184267181 ext. 361 or email [rdelguidice@brightsideup.org](mailto:rdelguidice@brightsideup.org)

OCFS:10 Core Body of Knowledge: 1, 6 Training hours: 3, CEU: 0.3

**Saturday, November 5, 9am-12pm 201-LEVEL ADVERSE CHILDHOOD EXPERIENCES INSTITUTE**  
presented by Bright Side Up. Child Care Connections 351 Fairview Ave, Suite 310, next to Shop Rite.

*This training aims to broaden the state's understanding of ACE's and their impact on young children, their families, and the field of early childhood education. The 201-Level ACE Institute Training for Child Care Providers and Educators is the second training in a series designed to broaden the awareness of the effects of ACE's. This workshop begins to unpack science-aligned interventions for both children and adults to create regulated spaces in child care programs. Providers will practice the key relational skills of co-regulation and framing of behavior to strengthen a provider's response to children's stress behavior.* To register call Rebecca DelGuidice @ 5184267181 ext. 361 or email [rdelguidice@brightsideup.org](mailto:rdelguidice@brightsideup.org)

OCFS : 1 & 3 Core Body of Knowledge: 1 & 4 Training hours: 3, CEU: 0.3

**Thursday, November 10, 6pm-8pm CHILDREN AND SOCIAL EMOTIONAL SKILLS**  
presented by Katrina LaLonde. FOW 31 Albany Avenue, Kingston

*Participants will leave this training able to: define social emotional learning, identify 3 social emotional skills, and 3 ways to incorporate them into their daily schedule.*

OCFS: 1, 3, & 4 Core Body of Knowledge: 4.5 (a, b, c, d)

**Saturday, December 10, 9am-12pm ASPIRE TRAINING** presented by Teresa Lewis. Child Care Connections 351 Fairview Ave, Suite 310, next to Shop Rite.

*The Aspire Registry is a free online professional portfolio that allows you to keep a record of your education, employment and professional developmental (trainings) in one place! Aspire verifies the trainings put in by each individual, and makes them available to the provider for review as well as licensors and registrars (when given access). This can make renewals and mid-points much easier and faster for everyone!*

*This training will start by reviewing the OCFS training requirements including each topic area, hours, and approved training resources. The bulk of the training will be a step by step walk-through on how to sign up and use aspire to document all your training. Additionally, the ability to set up accounts will be provided the day of, so please bring your laptops if you would like help in getting set up.*

Please use the following link to sign up! <https://form.jotform.com/222775897021160>

## TRAINING OPPORTUNITIES

### \*\*\*\*CACFP TRAINING\*\*\*\*

We will be offering training to review or familiarize you with the KidKare program. We use KidKare to track menus, meals, and attendance for the Child and Adult Care Food Program (CACFP). **The training will be good towards your annual CACFP training requirement.** We will offer the training virtually on **10/20 at 5:30pm or 10/25 at 6:30pm**. We will send out WebEx invitations. You only need to attend one. Please feel free to reach out with any questions: Robert 845-331-7080 ext. 171 or Kristin 518-822-1944 ext. 104

## Fall 2022

# Core Business Training Series

**Who:** ANY child care providers who are interested in improving their business operations are invited to register now for our Fall Core Business Training Series!

**What:** This is a free, in person, six-course business training series that will take place this fall in a cohort with up to 20 child care providers.

**Why:** You will gain confidence, skill, and practical expertise that will help you upgrade your child care business. Attendance at each course is worth 3 professional development training hours. **Choose one or all sessions!**

**When:** Each session of The Core Business Training Series will be offered from 9am-12pm on the following dates:

Saturday, September 10<sup>th</sup>: Business and Financial Structure

Saturday, September 17<sup>th</sup>: Ongoing Financial Management

Saturday, October 1<sup>st</sup>: Staff Recruitment, Management, and Retention

Saturday, October 15<sup>th</sup>: Marketing

Saturday, October 22<sup>nd</sup>: Facilities and Liability

Saturday, October 29<sup>th</sup>: Program Contracts and Policies:

**Where:** Family of Woodstock, 31 Albany Ave. Kingston NY 12401

**How:** To register email Kaity Altu at: [kaltu@familyofwoodstockinc.org](mailto:kaltu@familyofwoodstockinc.org) or call (845)331-7080 ext.130 or click on: <https://forms.gle/fLpzZaXLFHgNbwAv6>

## RESOURCE CORNER

Stress and Trauma Center on the Developing Child-Harvard University  
<https://developingchild.harvard.edu/science/key-concepts/>

Devereux Center for Resilient Children  
<https://centerforresilientchildren.org/>

Echo Training  
<https://www.echotraining.org/>

National Association for the Education of Young Children Trauma Resources  
<https://www.naeyc.org/search/trauma>

National Child Traumatic Stress Network  
<https://www.nctsn.org/>

New York State Department of Health NYS Trauma Program  
[https://www.health.ny.gov/professionals/ems/state\\_trauma/](https://www.health.ny.gov/professionals/ems/state_trauma/)

Sesame Street in Communities  
<https://sesamestreetincommunities.org/>

Zero to Three Trauma and Stress  
<https://www.zerotothree.org/>

Pyramid Model Book Nooks - <http://www.nysecac.org/contact/pyramid-model/book-nook>



1 Franklin Street, Catskill, NY 12414



The Catskill Public Library is open and inviting families and childcare providers to visit! Anyone who holds a library card for the Mid-Hudson Library System can utilize the library. Counties included are Columbia, Dutchess, Greene, Putnam and Ulster .

For information about Youth Programming and Outreach, please contact the Youth Services Librarian, Emily McCabe, by email at [emccabe@catskillpubliclibrary.org](mailto:emccabe@catskillpubliclibrary.org) or by phone at 518-943-4230, ext. 104.

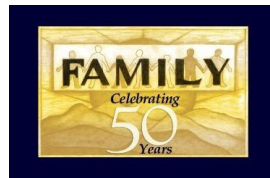
For Catskill Public Library hours please visit <https://www.catskillpubliclibrary.org>.

• NOTE: you must hold the control button and click on the links to open them

## ABOUT US

***About Child Care Connections***

Child Care Connections (CCC) is the local Child Care Resource and Referral Agency (CCR&R), one of 35 CCR&Rs across the state. CCC offers free referrals to parents seeking legal child care, provides regulatory oversight of Family Child Care and School Age Child Care programs in Columbia, Greene and Ulster Counties, and serves as the local sponsor of the Child and Adult Care Food Program, which is a federal reimbursement program for providers serving nutritious meals and snacks to the children in their care. CCC also is a local resource for the community, offering Infant Toddler Specialist services for providers, and offering expertise in the areas of child growth and development.

***About Family of Woodstock, Inc.***

Family of Woodstock, Inc. (Family) is a multi-program human service agency providing services throughout Ulster and surrounding counties. Founded in 1970, Family's principal focuses are crisis intervention services, emergency shelters, residential and non-residential domestic violence services, child care programs, case management and care coordination services, and food programs

## SPECIAL THOUGHT

gratitude

can transform common days  
into thanksgiving,  
turn routine jobs into joy, and  
change ordinary opportunities into

blessings.

~William Arthur Ward~



Funded by :  
 NYS Office of Children &  
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 and Adult Care Food Program,  
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 Association of Child Care  
 Resource & Referral

**Your Child Care Connections Staff:**

**Team Leader of Child Care Services Ulster, Columbia & Greene**

Kerry Wolfeil, • (845) 331-7080, ext. 134 or (518) 822-1944, ext. 103

**Ulster County Staff • (845) 331-7080**

Program Director • Penny Dombrowski, ext. 132  
 Assistant Program Directors • Ashley Murray, ext.136 • Katrina LaLonde, ext. 138  
 Parent Referral Manager & Consumer Education • Robert Weickel, ext. 171  
 Registrars • Nicole Robinson, ext. 135 • Katrina LaLonde, ext.138  
 CACFP Specialist • Robert Weickel, ext. 171  
 Legally Exempt Managers • Laura Pearson, ext.173 • Ramona Sanchez ext. 170  
 Physical Activity and Nutrition Education Manager • Tracy Snyder, ext.157  
 Stabilization/Desert Grants Manager, CACFP trainer • Kaity Altu, ext. 130  
 Training Supervisor • Katrina LaLonde, ext. 138  
 Infant Toddler Specialist • Ashley Murray, ext. 136  
 Reception • Margie Knox, ext. 101

**Columbia & Greene County Staff • (518) 822-1944**

Program Director • Suzanne Holdridge, ext. 105  
 Assistant Program Director • Kristin Scace, ext. 104  
 Registrar • Teresa Lewis, ext. 102  
 Parent Referral Counselor • Kristin Scace, ext. 104  
 CACFP Specialist • Kristin Scace, ext. 104  
 Legally Exempt Manager • Grace Jacklitch, ext. 107  
 Outreach & Grants Manager • Grace Jacklitch, ext. 107  
 Intake Manager • Dawn Meyer, ext. 100

**Columbia County Child Care Assistance Program Staff • (518) 822-0087**

Program Director • Aisha Hosier, ext. 102  
 Spanish Case Manager • Kaitlyn Dombrowski, ext. 103