



Child Care Chatter

Resource Guide for Child Care Information

SUMMER Volume 2022 Issue 3

**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.

INSIDE THE ISSUE

RIBBON CUTTING	2 & 3
CACFP NEWS	4
HEALTH CARE CONSULTANT NEWS	5
INFANT/TODDLER NEWS	6
FROM OUR CHILD CARE ASSISTANCE PROGRAM	7
OCFS NEWS	8
SEASONAL TIPS	9
NUTRITION & HEALTH	10
E-LEARNING - ECETP	11
TRAINING OPPORTUNITIES	12
RESOURCE CORNER	13
ABOUT US	14
SPECIAL THOUGHT	14
STAFF DIRECTORY	15

The Columbia County Chamber of Commerce and Greene County Chamber of Commerce held a Ribbon cutting at Child Care Connections in Hudson. We are now located at:

351 Fairview Avenue, Suite 310 in the Shop Rite Plaza



We at Child Care Connections would like to say thank you to our friends at the Columbia County Chamber, Senator Michelle Hinchey, NYS Representative, Didi Barrett Assembly District 106, neighbors, friends and family for attending this evenings special event.

*continued on page 2 & 3

RIBBON CUTTING JUNE 27, 2022



Columbia County
Ribbon cutting



Greene County
Ribbon cutting



RIBBON CUTTING JUNE 27, 2022



Sue receiving a Certificate of Recognition from Senator Michelle Hinchey.



Senator Michelle Hinchey shaking hands with Columbia County Chamber Director, William Gerlach.



Senator Michelle Hinchey, Sue Holdridge & Didi Barrett.

CACFP NEWS



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

Summer 2022



INFANT & TODDLER SERVICES

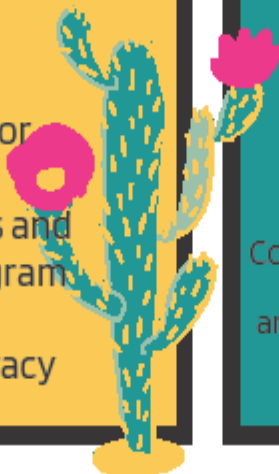
- Assistance with challenging behavior
- Classroom/ Program environment
- Caregiver self-care strategies
- Mental health, wellness and mindfulness
- Program start-up and organization
- On-site and off-site staff training
- Provider Networking
- needed materials

..... and so much 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

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 called "What Is Legally Exempt Child Care?" and "Child Care Requirements and Resources for Legally Exempt Providers".

NYS Day Care Assistance (Subsidy) income eligible guidelines have increased significantly.

	June 1, 2022-July 31, 2022	Effective August 1, 2022
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.

OCFS NEWS

2022-2023 NYS Budget Overview

- NYS has \$1.3 billion to spend on child care in FY 2022-2023, with another \$1 billion available for discretionary spending
- The budget calls for \$7 billion to be spent over four years. It is a public commitment only, not a binding proposal and may not be renewed in following budgets.
- All counties in NYS will expand subsidy eligibility from 200% of FPL to 300% FPL in August 2022.
 - A family of two's eligibility will increase to \$54,930 annually
 - A family of four's eligibility will increase to \$83,250 annually
- The state has only budgeted for a 15% increase in eligible families
- All current work requirements for subsidy eligibility remain in place
- All current citizenship/immigration status requirements for subsidy eligibility remain in place
- Family co-pays will be capped at 10% of household income above the FPL
 - A family of 2 will pay no more than \$3,662/year for child care
 - A family of 4 will pay no more than \$5,550/year for child care
- The market rate will increase for 69th percentile to 80th percentile based on the 2018 market survey in June 2022. Estimates are about a 5-8% increase in rates across NYS.
- It will increase again to the 80th percentile based on the 2021 market survey in October 2022. There are no estimates yet on what this increase will be.
- \$343 million in Stabilization Grant funds
 - 75% will go to "Workforce Initiatives". What qualifies as "Workforce Initiatives" has yet to be defined.
 - No information yet on how funds will be dispersed



2022-2023 Legislative initiatives

- Decouple work hours from eligible care hours for subsidy
- Require subsidy rate to be set at a 15% differential for homeless children and non-traditional care hours state wide
- Extend subsidy eligibility to 24 months (families would only need to recertify every 2 years)
- Undocumented children to be covered by subsidy
- Create an automatic market rate increase
- Pay subsidy based on enrollment not attendance



SEASONAL TIPS

Seasonal Tips: Summer

PoisonHelp.HRSA.gov • 1-800-222-1222



HRSA
Health Resources & Services Administration

Poison Help

As the weather warms and we spend more time outside, families face new risks. Here are some hints to avoid poisonings that occur most often in summer:



Food Poisoning

- Always wash hands and counters before preparing food. Use clean utensils for cooking and serving.
- Store food at the proper temperatures. Refrigerated foods cannot be left out at temperatures above 40 degrees F (5 degrees C). The following foods, and others, can quickly spoil and become unsafe: party platters, meat, poultry, seafood, dairy products, eggs, mayonnaise, and cooked vegetables.
- Wash hands with hot, soapy water after handling raw meat, poultry, or seafood. Wash cutting boards, utensils, and dishes after use with these foods.
- Use a thermometer when cooking and reheating foods. That will help you to know when they are done and safe to eat.
- Do not let food sit out at room temperature for more than 2 hours.
- Watch for signs of food poisoning. They include fever, headache, diarrhea, stomach pains, nausea, and vomiting.



Insect Bites

- Be alert to insects that may bite or sting. After a sting, the site will show redness and swelling. It may be itchy and painful. Be careful around bees, wasps, hornets, and yellow jackets.
- Some people are allergic to insect stings. To these people, a sting may cause serious problems and even death. Go to a hospital right away if you are stung and have any of these signs: hives, dizziness, breathing trouble, or swelling around eyes and mouth.



Snake Bites

- If a poisonous snake bites you or someone you know, call Poison Help (1-800-222-1222) right away.
- The experts at your poison center will determine if the snake is poisonous. They will tell you what signs to watch for and what to do.
- If the snake is not poisonous, you will need to wash the wound. You also may need a tetanus booster shot. Check with your doctor to find out.



Spider Bites

- Most spider and tick bites do not cause harm. But, there are some spiders that can cause illness in some people. Two common spiders that can harm you are the female black widow and the brown recluse. A bite from one of these spiders can cause serious problems in a child, a senior, or a person in poor health. But these bites rarely cause death.
- The female black widow is a black, shiny spider. It has a red or orange hourglass shape on its underside. Within 2 hours after being bitten by the female, you may feel stomach pain, dizziness, and muscle stiffness. You may have trouble breathing.
- The brown recluse is a yellowish-tan to dark brown spider. It has a small body and long legs. The brown recluse has a dark violin shape on its body. Within 36 hours after being bitten, you may see or feel signs of poisoning. You may feel restless. You may have fever, chills, nausea, weakness, a rash, or joint pain. A blister or wound may develop at the bite site. The wound may be shaped like a bull's eye (a blister with rings around). If the wound worsens, see a doctor. Most likely you will not need antibiotics. States known to be home to the Brown Recluse are AL, AR, FL, GA, IA, IL, IN, KS, KY, LA, MO, MS, NC, NE, NM, OH, OK, SC, TN, TX.

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



NUTRITION & HEALTH



BABY BEAR'S HONEY BITES

Total Time	Serving size	Servings	Components
30 min	2 bites	6	Meat/Meat Alternative, grains

INGREDIENTS:
 1 cup rolled oats
 1/2 cup peanut butter
 2 tbsp. honey
 1 tsp. Vanilla

DIRECTIONS:
 1. Mix all ingredients together well.
 2. Use tbsp. scoop to form 12 bites.
 3. Place on lined baking sheet, chill to set. Serve 2 bites per child.



10 ways to improve your heart health

1 Balance calories eaten with physical activity.

2 Reach for a variety of fruits and vegetables.

3 Choose whole grains.

4 Include healthy protein sources, mostly plants and seafood.

5 Use liquid non-tropical plant oils.

6 Choose minimally processed foods.

7 Subtract added sugars.

8 Cut down on salt.

9 Limit alcohol.

10 Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart

E-LEARNING courses through ECETP

COURSE TITLE	Go to: ECETP:FindTrainings(albany.edu)	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

7/12/2022 7-8 pm *Incorporating food into your Curriculum* (Webinar, I will offer credit). Participants will learn how to use food to teach children in their care about different cultures, diversity and inclusion as well as how to incorporate it into all areas of the curriculum such as Story Time, Arts, Academics and Circle Time. Participants can implement the strategies provided to enrich the daily schedule of the children. Core Competency Areas: 1 & 4 OCFS training topics 1 & 3.

7/23/2022 9:30-11am *Marketing via Community Engagement* (In Person at Woodland Playhouse LLC, Phoenicia, NY- Christina Davis). This training gives participants strategies for how to market their childcare business while engaging with their local communities. We will discuss utilizing local events, media stations and publications to advertise and boost enrollment while giving attendees the opportunity to share experiences they've had with their local community. Core Competency Areas: 2, 6 & 7 OCFS training topics 3 & 5. Geared towards DCC but open to FDC & GFDC that are looking to expand. Maximum number of attendees is 15 in order to accommodate for distancing and to be able to allow each person the opportunity to network or ask their fellow providers questions. Aspire Approved training.

7/29/2022 10:00-11:30am *Early Childhood Education and Playscapes Environments* (In Person at the YWCA) This training gives information on the correlation between Early Childhood Education and outdoor play time. The training focuses on the specifics of structuring outdoor childcare settings as natural spaces having a diversity of landscape elements, vegetation and topography (gradients and textures) which leads to greater inventiveness, creativity, extended engagement and exploration. Core Competency Areas: 5 OCFS training topics 1 & 4. Part of the YWCA's Professional Development day/ not open to the public. However it can be listed in case other programs would be interested in this training as part of their Professional Development day. Aspire Approved training.

8/2/2022 7-8:30pm *Marketing via Community Engagement* (In Person at Heidi's House Daycare Saugerties NY- Heidi Brandt). This training gives participants strategies for how to market their childcare business while engaging with their local communities. We will discuss utilizing local events, media stations and publications to advertise and boost enrollment while giving attendees the opportunity to share experiences they've had with their local community. Core Competency Areas: 2, 6 & 7 OCFS training topics 3 & 5. Geared towards FDC & GFDC but open to DCC. Maximum number of attendees is 15 in order to accommodate for distancing and to be able to allow each person the opportunity to network or ask their fellow providers questions. Aspire Approved training.

8/12/2022 9:00am-4:00pm *Orientation :the Process to Staff Integration* (In person with Katrina Lalonde at the Family of Woodstock Kingston Office) This training will review employment and orientation processes and their relevance to selecting and retaining qualified staff. It is designed to encourage directors to lead new teachers/staff to become part of their team with a common mission and vision. The training will provide directors with an orientation checklist and other resources to develop their own yearlong orientation process. Core Competency Areas: 7 OCFS Topics 4, 5, & 7.
Open to Day Care Centers and School Age Child Care Programs Only.

8/20/2022 9-11am *Getting Fresh at the Farmers Market CACFP training.* (In Person at the Family of Woodstock Kingston Office) This Training gives participants information on CACFP program requirements as well as the opportunity to shop for an abundance of fresh fruits and veggies along with many other interesting goodies at the local Farmers market. Participants will go home with some Farmers Market tips, handouts, and recipes. We will end the training with a simple food Demo using ingredients purchased at the market! Open to all CACFP participants as well as anyone interested in joining the program. Maximum number of attendees is 15 in order to accommodate for distancing.

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/

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 or by phone at 518-943-4230, ext. 104.

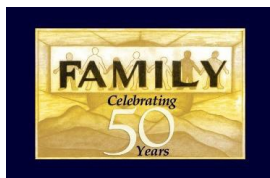
For Catskill Public Library hours please visit <https://www.catskillpubliclibrary.org>.

• 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

WHAT CHILDREN
NEED MOST.....
LOVE Respect **to PLAY**
 to have fun to be seen
TO BE LISTENED TO
 Your presence A hero
 A fostered sense of wonder
LOTS OF HUGS To **PLAY**
 The chance to make mistakes
 Encouragement to try again
 Room to grow **DREAMS**
 To be told **YES!**
 To be trusted **Affection**
GUIDANCE TO PLAY

Growing A Jeweled Rose.com

Child Care Connections
serving Columbia, Greene, & Ulster
Counties



Keeping child care programs, parents &
communities connected



CHILD & ADULT CARE FOOD PROGRAM



Funded by :

NYS Office of Children &
Family Services, USDA Child
and Adult Care Food Program,
The United Way, National
Association of Child Care
Resource & Referral

Your Child Care Connections Staff:

Team Leader (All areas) • 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

Referral Manager • Robert Weickel, ext. 171

Registrars • Nicole Robinson, ext. 135 • Katrina LaLonde, ext.138

CACFP Centers, Summer Foods • Kaity Altu, ext. 130 • 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

Outreach & Grants Manager • Kaity Altu, ext. 130

Credentialed Trainer • Katrina LaLonde, ext. 138

IT 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 Counselor • Kristin Scace, ext. 104

CACFP • Kristin Scace, ext. 104

Legally Exempt Manager • Grace Jacklitch, ext. 107

IT Specialist • Ashley Murray, ext. 101

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 Hart, ext. 102

Spanish Case Worker • Kaitlyn Dombrowski, ext. 103