WINTER Volume 2022 Issue

# Child Care Chatter Resource Guide for Child Care Information

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Meeting @ Child Care





< < Visit with Christina Houghtaling

Visiting Paige Jones with >> Mrs. Puddleduck's

By Ted Remsnyder

Columbia-Greene Media

December 2, 2021

"HUDSON- State Sen. Michelle Hinchey, R- Saugerties, visited Columbia County on Wednesday accompanied by an influential colleague from New York City to discuss the ongoing issues the county has with providing affordable, reliable child care.

Hinchey and state Senator Jabari Brisport, D-Brooklyn, who chairs the Senate's Committee on Children and Families, arrived at a Hudson strip mall to hear from child care providers and local officials at the Child Care Connections day care facility. Brisport spent the day with Hinchey touring the state, including a child care site in Tannersville, as his committee prepares to introduce a child care bill in the upcoming legislative session."

For full article see link below:

Hinchey holds roundtable discussion of child care | NY State | hudsonvalley360.com

#### 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.

Child Care Chatter

## **CACFP NEWS**

# National CACFP Week is March 13-19, 2022



Everyone who registers at our event calendar will receive an exclusive sample cycle menu, which was developed using meals and snacks that were shared by real CACFP providers during our #CACFPWeek social media campaign.

Registering for the event will also keep you up-to-date on any additional CACFP Week promotions.



Additionally, you'll be entered into a drawing for a giveaway valued at over \$600! One lucky entrant will receive one registration to the virtual option of the 2022 National Child Nutrition Conference, 25 copies of the updated child/adult and infant meal pattern cards, 25 copies of the 2021-2022 Child Nutrition Magazine, a \$250 gift card, a CACFP Week apron, and a colorful set of measuring cups.

Register for CACFP

Get the 2022 CACFP Week Materials

## Child Care Chatter

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## CACFP NEWS CONTINUED...

## Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



# Happy Winter

Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.

It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!



#### Inside Fun: Movement in Winter

Mitten Match – Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the the kids move around to complete the task.

Masking Tape Fun – You can use masking tape to make lines (Straight and curved), designs (zigzags, grids) hopscotch/obstacle course, alphabet mazes, and large tic tac toe boards all of over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

Twister – Make your own large twister board. Using colored feet or circles secure them on the ground with clear contact paper.

#### Winter Stew

- 1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 ½ pounds cooked stew meat
- 1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

In a large pot, combine all ingredients except beef and apricots and mix well. Bring the pot to a boil for 5 minutes. Cook over low to medium heat for 30 minutes. Stir every 15 minutes. Add beef and apricots to the pot and mix well. Cook over low heat for 10 minutes.





CACFP is an indicator of quality child care.

www.cacfp.org

## 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 <u>Aspire Registered First Aid/CPR trainer directory</u> **\*NOTE: please hold control button then click link to open.\*** 

There has been some confusion for some programs when it comes to the need for a <u>Child's In-</u> <u>dividualized Health Care Plan</u>. According to the NYS Day Care Regulations a staff must be aware of each child's special health care needs identified in the child's individual health care plan. This includes, but is not limited to, allergies, **disabilities** and medical conditions. An Individualized Health Care Plan is <u>required</u> for all children with a chronic physical, developmental, behavioral or emotional condition

It is defined: A child with a special health care needs means a child who has a chronic physical, **developmental**, **behavioral or emotional condition** expected to last 12 months or more and who requires health and **related services** of a type or amount beyond that required by children generally.

The Owner/Director of the program should be asking the parent at registration if there are any special health care needs including, but not limited to, allergies, disabilities (developmental, behavioral, and/or emotional) and medical conditions. Ask if the child has an Individualized Education Plan (IEP) and get a copy. It is recommended that you document what you asked. Your program staff will not be able to assist the child properly if they are not aware of the goals for progress. The IEP can give the staff a better understanding of the child's strengths and challenges. It will also help layout exactly how your program can improve to build the child's skills. It is also a good idea if you can attend the IEP meetings to support the parent, while being able to advocate for continuation of or addition of services for the child.

It is so important that we work collectively to destignatize the need for an IEP. Many children outgrow developmental delays and challenging behaviors. It is important to the child's growth to have the child care program staff working with the child to reach their goals. If you need more information please contact your Health Care Consultant or regulator.



## **NUTRITION & HEALTH**

Good Afternoon Child Care Professionals:

In light of the new shortened quarantine guidance distributed in a <u>Dear Provider</u> <u>Letter 12/30/2021</u> some questions have come up regarding the children in your programs and quarantine requirements. According to OCFS on 1/5/2022 at this time the shortened quarantine period is only for essential workers (child care programs) who are vaccinated at the determination of an employer and does not apply to children. The shortened quarantine period does not apply to children, only staff who are vaccinated and are critical/essential. Therefore the children in your program must follow the quarantine instruction from the DOH (generally 10-14 days or otherwise specified by DOH AND symptom free) See the attached DOH guidelines.

Child care programs are required to remain in compliance with New York State Child Day Care Regulations at all times. The regulations are posted in English and Spanish at: <u>https://ocfs.ny.gov/programs/childcare/regulations/</u>.

Face coverings to prevent the spread of the novel coronavirus identified as SARS-CoV -2 or COVID-19.

Any Individual two years of age or older, who is able to medically tolerate a face covering, must wear a face covering when indoors, subject to applicable Centers for Disease Control and Prevention (CDC) standards and recommended exceptions.

Any individual who claims that they are unable to medically tolerate a face covering must provide medical documentation of such to the Office upon demand.

The violation of these regulations shall be a basis to deny, limit, suspend, revoke, or terminate a license or registration, pursuant to Social Services Law § 390 (10) and applicable regulations.

The CDC strongly recommends unvaccinated persons to continue to wear masks indoors and according to NYS Governor Hochul on 12/10/2021 masks will be required to be worn in all indoor public places unless businesses or venues implement a vaccine requirement. **\*\*Note: To open links, hold control button then click on the link.** 

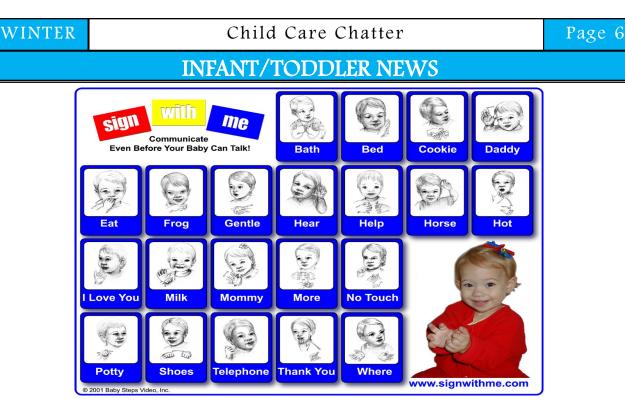
ATTENTION: If you have an active case of COVID-19 please notify your local health department for guidance.

Columbia Health Department: 518-828-3358

Greene Health Department: 518-719-3600

Ulster Health Department: 1~845~340~3150





Baby sign language is the use of manual signing allowing infants and toddlers to communicate emotions, desires, and objects prior to spoken language development. With guidance and encouragement signing develops from a natural stage in infants development known as gesture. These gestures are taught in conjunction with speech to hearing children, and are not the same as a sign language. Some common benefits that have been found through the use of baby sign programs include an increased parent-child bond and communication, decreased frustration, and improved self-esteem for both the parent and child. Researchers have found that baby sign neither benefits nor harms the language development of infants. Promotional products and ease of information access have increased the attention that baby sign receives, making it pertinent that caregivers become educated before making the decision to use baby sign.

Research on <u>baby sign language</u> has found that teaching baby signs **improved cognitive and emotional development**. Far from slowing down speech, baby sign language actually increases the rate of verbal development and at the same time increases the parent/child bond.

## Why you should Teach Your Baby sign language?

**Baby Signing:** Thus, by **teaching** them **sign language** at a young age, parents can greatly increase their children's cognitive development. The use of the infants hands and arms to **sign** is a great way for him to gain control of his upper-body motor skills; plus it helps to increase dexterity and muscle memory.

#### Interested in an online course?

You take the course at your own pace. It is all broken down into modules and videos. Here's the website: <u>www.chatterbub.com</u> and the discount code so that you don't have to pay anything: *Chatterbubinfantcare* 

Child Care Chatter

## FROM OUR COLUMBIA COUNTY DAY CARE SUBSIDY DEPARTMENT

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\*\*

Please check out some of OCFS's materials on making mask-wearing fun for children.

https://www.littlemedicalschool.com/ottawa/in-the-news/making-masks-fun-tips-forgetting-kids-to-embrace-face-coverings-amid-the-coronavirus-pandemic/

https://www.pbs.org/parents/thrive/tips-to-help-your-child-wear-a-mask

https://youtu.be/hXp8bK3C8qA

https://youtu.be/hkoIjDGQkzQ

https://youtu.be/wRYfw5hIWwM

https://www.youtube.com/results?search\_query=make+masks+fun+kids+COVID

en espanol:

https://www.pbs.org/es/parents/prospera/9-consejos-para-ayudar-a-su-ni%C3%B1o-ausar-una-mascarilla/

https://www.youtube.com/watch?v=D74SaY2Oqjk

https://youtu.be/hXp8bK3C8qA

https://www.bing.com/videos/search?q=spanish+language+of+Wear+a+Mask+ (Be+Our+Guest+Parody)

## **OCFS NEWS**

#### Elijah's Law

In 2019, the Governor signed new legislation called "Elijah's Law". The law is named after 3year-old Elijah Silvera from New York City who was given a grilled cheese sandwich while at day care despite having a known severe dairy allergy. After Elijah went into anaphylaxis, his family was not told what he had eaten and 911 was not called. Elijah died in November 2017. Implementation of Elijah's Law requires changes to your child care program, valuable, potentially life-saving changes, that are intended to prevent further tragedy.

As a child care professional, you play a critical role in protecting the health and safety of the children in your program. The US Centers for Disease Control and Prevention (CDC) estimates that 1 in 13 children is impacted by allergies. Allergies have the potential to create a life -threatening situation. Anaphylaxis must be treated right away. By gaining knowledge about allergies, prevention of anaphylaxis, and what action is to be taken during a medical emergency, child care providers can save lives.

#### See the Elijah's Law page for more information.

Policy
Anaphylaxis Policy for Child Day Care Programs:
Anaphylaxis Policy for Child Day Care ProgramsWord   Anaphylaxis Policy for Child Day Care
<u>ProgramsPDF</u> ~ English
Política de anafilaxia para programas de cuidado infantilWord   Política de anafilaxia para pro- gramas de cuidado infantilPDF - Spanish / Español
Forms
OCFS-LDSS-7006 - Individual Health Care Plan for a Child with Special Health Care Needs
<u>OCFS~LDSS~7006</u> ~ English
<u>OCFS-LDSS-7006-S</u> - Spanish / Español
<u>OCFS~LDSS~7006~TC</u> ~ Chinese, traditional / 中文
OCFS-6029 - Individual Allergy and Anaphylaxis Emergency Plan
OCFS-6029 - English
OCFS-6029-S - Spanish / Español
<u>OCFS-6029-TC</u> - Chinese, traditional / 中文
OCFS~6029A ~ Epinephrine Auto~Injector Release from Liability and Hold Harmless Agreement
OCFS-6029A - English
OCFS-6029A-S - Spanish / Español

#### Training

Elijah's Law training can be found on the ECETP training site: ecetp.pdp.albany.edu.

Please note changes are being made constantly regarding this law and what it entails. Please update yourself regularly on the OCFS website.

\* remember to press control and then the link to open link \*

## Child Care Chatter

## E-LEARNING courses through ECETP

COURSE TITLE Go to: <u>ECETP:FindTrainings(albany.edu)</u>	HR	OCFS TOPICS
Foundations in Health & Safety	<i>5.0</i>	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
Aprendizaje a distancia sobre fundamentos de salud y seguridad ~ Spanish	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 Chil- dren	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

## Child Care Chatter

TRAINING OPPORTUNITIES



Institute of Child Nutrition https://theicn.docebosaas.com/learn



Just a reminder if you need CACFP training...

Webinars are held on the third Thursday of every month, in English from 2:00 to 2:30 PM ET and in Spanish from 3:00 to 3:30 PM ET. Practice what you have learned, answer scenario-based questions for a certificate of completion. Since you are required 1 hour each year you will need to watch two webinars. You can also view previous recordings by using one of the links below or go to CACFP.org, click on resources, then on Learning Center and then Thirty on Thursdays. https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series

OR

https://www.cacfp.org/resources/learning-center/thirty-thursdays/ \* NOTE: you must hold the control button then the link to open

\*\* A reminder about the training requirements that went into effect in **September of 2019**, which could have been overlooked with the pandemic coming into our world in early 2020.

The training requirement that had changed and was added into regulation is the requirement of doing 5 hours of training each year. Regulation can be found at section .14 (c) (2), which states that: A minimum of five hours of Office approved training must be obtained each year which addresses topics or subject matters set forth in .14(f).

There are no longer any training waivers that may be requested, and Our Regional Offices have indicated that this must be cited as a violation. The hours can be in any topic area and will need to be verified with a training certificate. A good rule of thumb is to complete 15 hours of training per year, which would meet that requirement, while also ensuring you are on schedule to have 30 hours every 2 years, when it comes time for your midpoint or renewal.\*\*

**New regulation\*:** There has been a 10th topic added to the training requirements for child care providers, which is regarding ACEs (Adverse Childhood Experiences). This training requirement went into effect April 6, 2021. This training will be part of the required 30 hours of training every 2 years. Providers and daycare staff will need to take this training to maintain compliance.

The training is currently offered online through the CDC website, direct link is: <u>Preventing Adverse</u> <u>Childhood Experiences | VetoViolence (cdc.gov)</u> The certificate is only issued after the test is taken, and it is a separate link which is in the training, at the end. This is a free training that takes about 90 minutes. This version or the PDP version will be accepted. The link for the test is <u>https://</u> tceols.cdc.gov

minder, the link below can be accessed to view the approved distance learning trainings that are accepted by OCFS to meet training requirements. <u>PDP - OCFS Reviewed Non-Credit Bearing Distance Learning Courses (albany.edu)</u>

**CPR AND FIRST AID CLASSES** 

\*NOTE: hold control then the underlined links on this page, to open.

For Information call or go online:

MARGE GAGNON PHONE • 845.706.6459 EMAIL • <u>rwcscrc@aol.com</u>



NATIONAL SAFETY COUNCIL PHONE • 518.438.2365 EMAIL • <u>www.safetycouncilny.com</u> Page 10

Child Care Chatter

## **ACTIVITIES & FUN**

<< winter math activity

Snowflake art >>

Here is a **Valentine's day** science experiment is growing your own borax crystal hearts. These will start to form within 24 hours and it's a really fun science experiment for kids to observe!

#### Here is what you will need:

\*mason jar

\*Borax (adults only to handle)

\*Boiling water (adults to assist)

\*Red pipe cleaners and craft sticks

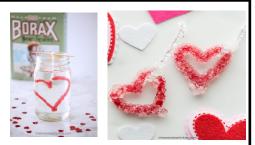
1. ADULTS ONLY-the boiled water will be very hot and the Borax is a chemical that only adults should handle. Add 3 tbsp. Borax per cup of boiled water into mason jar. Stir well to be sure Borax is dissolved.

2. Make a heart with pipe cleaner. Use another pipe cleaner to twist onto popsicle stick. Popsicle stick will rest atop of mason jar to allow heart to hang in solution. 3. Add heart to mason jar and let sit 24 hours.

Or try one of these fun outdoor activities!

- \* Ice skating or sledding
- \* Paint on snow
- \* Explore on a winter hike and take pictures! \*Blow bubbles
- \* Build a snowman or snow animal
- \* Use beach toys to build a snow castle If it's too cold out, curl up with some
- hot chocolate and a good book...or two
- \*The Mitten by Jan Brett
- \*Tacky the Penguin by Helen Lester
- \*Winter Wonderland by Jill Esbaum
- \*Owl Moon by Jane Yolen or
- \*The Snowy Day by Ezra Jack Keats







Child Care Chatter

**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 <u>https://www.naeyc.org/search/trauma</u>

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 <u>https://sesamestreetincommunities.org/</u>

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

Cold and Flu Season during COVID-19: The Child Care Director's Guide (with printables) <u>https://blog.himama.com/child-care-director-cold-flu-guide/?</u> <u>utm\_campaign=facebook&utm\_source=facebook&utm\_medium=social&utm\_content=facebook&utm\_k&fbclid=IwAR3OAOaiepTBxGRYejHEaJBzNF6yYF9YSWFodxNbYyd-O7SRqzWAmDo0iDw</u>







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, Duchess, Greene, Putnam and Ulster.

For information about Youth Programming and Outreach, please contact the Youth Services Librarian, Emily McCabe, by email at <u>emccabe@catskillpubliclibrary.org</u> or by phone at 518-943-4230, ext. 104.

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

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

Child Care Chatter

**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 vio-lence services, child care programs, case management and care coordination services, and food programs

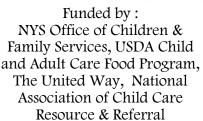
## SPECIAL THOUGHT

A good teacher can inspire hope, ignite the imagination, and instill a love of learning. - Brad Henry











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 • Samantha Drezek, ext. 138 CACFP • Kaity Altu, ext. 130 Legally Exempt Managers • Laura Pearson, ext. 173 • Nicole Robinson, ext. 135 • Samantha Drezek, ext. 138 Physical Activity and Nutrition Education Manager • Alex Lam, ext. 157 Outreach Manager • Kaity Altu, ext. 130 IT Specialist • Ashley Murray, ext. 136 IT Mental Health Consultant • Alana Jefferson, ext. 170 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 • Sue Holdridge, ext. 105 • Grace Jacklitch, ext. 107 IT Specialist • Ashley Murray, ext. 101 IT Mental Health Consultant •Alana Jefferson, ext. 106 Intake Manager • Dawn Meyer, ext. 100

## Columbia County Child Care Subsidy Staff • (518) 822-0087

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