



CAREGIVER NEWS



~ SPRING ISSUE 2012 ~

A PUBLICATION OF SULLIVAN COUNTY CHILD CARE COUNCIL, INC.

Kids In Action:

www.fitness.gov

For young children, physical activity is natural. **Kids in Action** is based on the premise that children love to move. Little ones are delighted to have your company and your undivided attention. Playing actively with them will give pleasure to both of you. You do not need to be an expert on movement to promote a child's daily physical activity, and no special equipment is necessary to make meaningful activity part of children's lives. Being active from an early age will help children become physically fit later in life. Health-related fitness involves cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. [Visit www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html to read the booklet and activities.]

Small children need several hours of unstructured movement every day. They should never be inactive for more than 60 minutes. Toddlers need at least 30 minutes of structured activities, and preschoolers need at least 60 minutes of structured activities. You can break all activity periods into smaller units of ten or fifteen minutes.

To help your child reach individual activity goals, choose several of the activities in *Kids in Action* each day. Play at each one for 10 or 15 minutes. Ideally, you would have at least two or three activity sessions a day. When playing with your child, choose only activities for which he is developmentally ready. For example, don't play Creepy/Crawly until your baby is able to crawl and creep successfully. For activities that call for your infant to be seated before she can sit up unassisted, prop her up against a stable object such as the front of a sofa, or surround her with firm pillows. Most babies can sit assisted by 4 months of age and unassisted by age 9 months.

As you perform activities in **Kids in Action** with your child, remember that the most important thing you can do to promote an active lifestyle is to be a role model. So have fun, and let the suggestions here inspire your own creative movement ideas.

Remember, in addition to structured movements young children should also participate in at least 60 minutes a day of unstructured physical activity. The more the better! So be sure they have the time, space, and opportunity to crawl, walk, run, jump, climb and play actively!

Source: www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html

Lets Move: Childcare

www.healthykidshealthyfuture.org



Why Should I Participate?

Committing to serve healthier foods and promote physical activity at every age is a win-win situation

for your staff, the families, and the children. Not convinced it's for you? Here's why we think joining us just makes sense:

Because you can make a difference.

You have one of the toughest, most important, and yet most under-recognized jobs in the world. You might not hear it nearly as often as you should, but what you do matters. And this is a major way you can make a lasting impact on every kid and help teach them how to grow up healthy.

Because you can be a champion for healthy choices.

You're on the front lines — from infancy on up. You have a powerful opportunity to instill healthy habits and make positive lifestyle changes in kids right now — as their bodies and brains are growing and before they start developing unhealthy food preferences and habits that are hard to break.

Because you're a role model.

Kids do as you do. When children see the grown-ups in their lives eating healthy and being active — and enjoying it — they're far more likely to do the same. When you serve nutritious foods and make physical activity a top priority at every age and stage, chances are, the kids will start asking for the same wholesome foods and fun activities at home. You might find that these changes are just as good for you, too — making healthier food choices and adding more activity will give you more energy and help you feel better overall.

Because you care.

You don't want to see the kids in your care become childhood obesity statistics. You love and nurture them like they were your own. You're helping to raise them and keep them safe, happy, and healthy just like their parents do at home.

Because you're a partner in parenting.

When moms and dads drop off their children, they know you're helping their little ones' brains and bodies grow up healthy. You can work together as a team to promote the importance of healthy lifestyles in their children's early development.

Because it's easier than you might think.

Serving healthy foods and beverages and incorporating physical activity into kids' regular schedules often just means finding and using creative ways to feed kids and let them move their growing little bodies — inside and outside. We're here to give you the all of the free tools and resources you need to get going — today.

Source: www.healthykidshealthyfuture.org/content.hkhf/home/startearly.html

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FEATURED AGENCY: International Boxing Academy of Monticello (IBAM)

The International Boxing Academy of Monticello, IBAM, is currently located at 44 Pleasant Street in Monticello, NY.

Licensed boxing trainers and Zumba instructors help young men and women build self confidence and to stay away from drugs, alcohol and gang affiliation.

The new Executive Director is Orlando Hernandez. Mr. Hernandez is also a Director at the Recovery Center and Certified Licensed Substance Abuse Counselor.

IBAM is currently serving the community through donations from businesses and people in the community who care about children and their current environment.

IBAM is a community based, not for profit organization. IBAM helps young men and woman who are leading destructive lives and need to be redirected in a positive way.

If you are interested in joining this program: boxing, exercise, Zumba, please feel free to call Orlando Hernandez (845) 807-7631. The boxing gym is open Monday through Friday from 4:30-8:30pm and Zumba classes are Tuesday through Sunday.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-5:30p Boxing in Circuit w Lisa	4:30-5:15p <u>Boxing w Kids</u> 4:30-5:30p Zumba w Blanca	4:30-5:30p Zumba w Lisa	4:30-5:30p Zumba w Blanca	4:00-5:00p Zumba w Kenya	9:00-10:00am Bootcamp w Myrna	9:30-10:30am Zumba w Blanca
 <p style="text-align: center;">5:30-8:30pm BOXING</p> 					10:00-11:00am Zumba w Lisa	
					11:15-12:15a Hip Hop w Kenya	
					12:30-1:30p Art (Ages 7-12yrs) w Laurie	
					2:30-3:30pm Scrapbooking (Every Other Week) W Tara	

Activity Guidelines for Preschool Kids

The American Academy of Pediatrics released new guidelines on physical activity at child care in late 2009. Researchers developed a list of best practices.

Just like bigger kids, preschoolers need at least an hour a day of unstructured physical activity, and another hour of structured (adult-led) physical activities. To achieve this, the AAP guidelines suggest:

- * Teacher-led physical activity at least twice a day
- * Outdoor play at least twice a day
- * Outdoor play space with open grassy areas, a paved surface for wheeled toys, and a wide variety of fixed play equipment (sandboxes, climbers, etc.)
- * Indoor play space large enough for running
- * Large variety of portable play equipment (balls, floor mats, jump ropes, etc.)
- * TV or videos rarely shown
- * Children not seated for more than 30 minutes at a time
- * Visible support for physical activity provided in classrooms and common areas through use of posters, pictures, and books
- * Active playtime should never be withheld as punishment, and additional active playtime should be given as a reward
- * Physical activity training (not including playground safety) should be provided for staff two or more times per year.

Submitted by Andrea Nero Eddings

A NOTE ON FITNESS

Submitted by Andrea Nero Eddings
On behalf of President of the Board, Bob Eddings

Health professionals agree that physical activity is essential for fit children. Ideally, children would be raised into a lifestyle that incorporates healthy habits including staying active. Sounds sensible and even possible. However, there is a clear and present adversary to our children's fitness that many people overlook and should be taken seriously... THE TV!

TAKE NOTE:

Research shows...

that the more TV children watch between the ages of 2 ½ to 4 ½ years, the less likely they are to exercise at the age of ten;

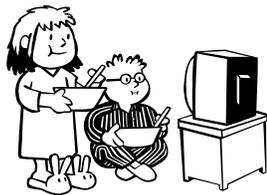
watching more TV was also linked to a higher body mass index (BMI)—as well as lower grades and intake of more snacks and soft drinks;

watching TV as few as 2 hours a day is linked to being overweight.

Remember, of course, that by "TV" we refer to all screens including computers, video games, DS, ipods, Kindles, PSPs...

What is the connection between fitness and screens?

More time spent staring at a screen is less time spent on active, physical play. Inactivity plays a huge role in weight gain, and television watching consumes only a few more calories than sleeping. Children who watch more television don't get as much physical activity and don't have time to explore new activities in the same way as children who spend less time in front of a screen.



In addition, snacking or eating during TV is a dangerous habit. It creates an impulsive habit of filling our mouths without paying attention to what goes in; mindless calorie consumption. Nutritionists recommend not eating in front of a screen at all. When children sit in front of the TV, they are more likely to snack and also to see advertisements for food products.

WONDERFUL ALTERNATIVES TO SCREEN TIME:

Books can be a wonderful resource for creative, active play. Children will love to get off their bums to perform their favorite story. Use simple props and "sets" to transform your space into the wild with *Going on a Bear Hunt*. *Harold and the Purple Crayon* would love company as he goes on his adventure. Many books also have great creature characters that youngsters love to dramatize. Try *Where the Wild Things Are* or *Brown Bear, Brown Bear What Do You See?*

Music, of course, offers endless choices of movement activities. It is nearly impossible for a toddler to stay still when an adult in their life starts moving to a hip-shaking rock n' roll song. Free dance is one of the easiest and memorable activities. Structured dance games can also be fun as well as developmental. Children can't get enough of the Freeze Dance where children must freeze when the music stops. Add some alternate directions for when the silence comes including sitting on a chair, holding hands, or stepping on a rubber marker. Like books—many songs offer imaginative ways to actively dramatize. Challenge your choreography skills by teaching simple repetitive motions to *Wheels on the Bus* or *Five Little Monkeys*. And never underestimate the healthiness of old

standbys like *Head, Shoulders, Knees and Toes*, the *Hokey Pokey* and the *Chicken Dance*.

Hunts are not just for Easter Eggs. Little ones will thrive on filling their empty bags with the hidden items. The possibilities are endless. Jingle bells, bean bags, hats, tokens, playing cards... Color hunts can be used to find objects of the day's color. If weather permits, outside hunts add the benefit of fresh air! Children can be encouraged to collect items from nature that can later be used in a collage project.

Obstacle courses create an exciting challenge for children. Both indoors and outdoors, you can build a fascinating circuit with a place to crawl, jump, balance, bounce and run. Keeping it simple: start with a table to crawl under, next a grounded hula hoop or two to jump in and out of, then a tunnel followed by a shoebox to step over... Your imagination sets the limit. In time, children will begin to suggest elements of their own!

Good lifestyle habits must be taught during the early, formative years. Just like we show young children how to brush their teeth, take a bath and use the toilet, we must teach them to be active. The preschool years are the time to plant the seeds of healthy habits and to combat the tendency of a sedentary life. Staying active and limiting the amount of screens can be used together as a strong foundation for a lifetime



Medication Administration Training (MAT)

Only topical ointments, sunscreens and repellents are legally permitted to be applied in a child care setting without a license or registration to administer medication. Join us at the Council for MAT with Nurse Lisa, to allow your program to be able to administer medications in times of need.

Saturday, June 9, 2012, 8:00am - 5:00pm
@ Council (845) 292-7166

There is a minimum class size of 5 and a maximum class size of 8. *Please return your **registration form and payment 7 days before the date of the training** to reserve your seat!*

MAT grant applications (**up to \$100 reimbursement**) can be obtained online at www.ecetp.pdp.albany.edu/mat.shtm or contact the SUNY MAT Grant Program at **800-295-9616** or mat@pdp.albany.edu.

Congratulations & Bravo

To the providers who have previously received their license to administer medication:

Best Friends Services

Jody Bruno-Rysdyke: Giggle-N-Grow, Inc.

The Center for Discovery

Jessica Dean

Easter Seals of New York

Andrea Garrett

Deborah Gubiotti

Diane Harvey: J&C First Steps

Little People's Express

Rachel's Angels Day Care: Rachel Lindsley

Marlena Pittaluga-Egan: Marlena's Family Daycare

Precious Child Care II

Leara Tausk: Sunny Days Preschool

Twin Bridge Play School Inc.

Kristy Strang

Sullivan County Head Start: (All locations)

YMCA of Middletown (Nana's House)



Obtain your MAT Certification with a new independent at home study program and a short testing period done with a SUNY MAT instructor.

For more information visit www.ecetp.pdp.albany.edu/mat.shtm or contact our MAT Trainer, Lisa Sauer, @ NURSELISAUER@aol.com.

MAT RENEWAL

You must renew your MAT Certificate every three years, **prior to the expiration date**.

Please visit the following website for specific information and direction on renewing your MAT Certificate www.ecetp.pdp.albany.edu/mat.shtm.

You may also contact our Health Care Consultant Lisa Sauer at nurselisasauer@aol.com, or call the Council at (845) 292-7166.

Child and Adult Care Food Program (CACFP)

WELCOME NEW CACFP MEMBERS: Jody Bruno-Rysdyke, Catherine Schouten, Lori Ward

The following providers have become

“Breastfeeding Friendly Child Care Homes”

and have received their 2 year certificate from NYSDOH:

Stacey Budd, Jessica Dean, Ali Granito, Diane Harvey, Vanessa Jones, Terri Pellam, Marlena Pittaluga-Egan, Tara Poje, Ellie Reed, Elizabeth Rivera-Corchado, Catherine Schouten, Kristy Strang

THANK YOU for your continued support of mothers who choose to breastfeed and continue to breastfeed when they return to work or school. To get more information or to see if your provider participates call Aimee Pittaluga (845) 292-7166 x306.

March 18 – 24 , 2012
is National CACFP week.

Thank you to all of the child care providers who participate in the Child and Adult Care Food Program (CACFP).

Children eat most of their meals while in child care. Healthy eating habits form at a young age. If your child care provider belongs to CACFP, thank them! Belonging to the CACFP program requires providers to maintain daily menus, meet required components and quantities for each age group; CACFP providers receive quarterly visits to verify that these requirements are met.

CACFP providers, **THANK YOU** for all you do! You are helping fight the childhood obesity epidemic and you are being a good role model to the children of our community.

Thank you to each child care providers that participates in the Sullivan County Child Care Inc., CACFP program. Feel free to contact Aimee Pittaluga, with any questions or concerns, at (845) 292-7166 x 306.

Child Care Providers that have an (*) near their name are “Breastfeeding Friendly” child care providers. They have received a certificate that they have made an extra effort to accommodate breastfeeding mothers and babies in their family child care home.



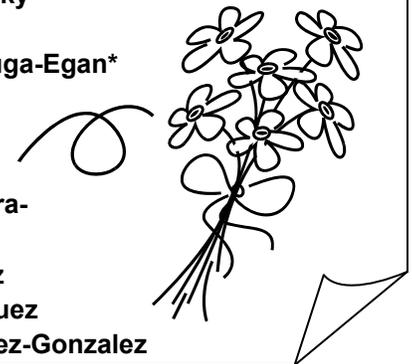
THANK YOU TO...



Arnell Anthony
Amy Babicz
Jody Bruno-Rysdyke
Stacey Budd*
Catherine Castillo
Jessica Dean*
Kathleen Diaco
Tonya Dirie
Celia DiVita
Christine Elvin-Garufi
Andrea Garrett
Margarita Gonzalez
Ali Granito*
Deborah Gubiotti
Diane Harvey*
Flor Hernandez
Barbara Hotchkin
Cheryl Johnson
Vanessa Jones*

Elizabeth Kaufman
Rachel Lindsley
Patricia McGovern
Faith Metzinger
Debra Miller
Angel Morton
Dawn Oliver-Haas
Pamela Osisami
Alice Patton
Terri Pellam*
Kristy Petrowsky*
Karen Pinkel
Marlena Pittaluga-Egan*
Tara Poje*
Iris Ramos
Elvira Reed*
Elizabeth Rivera-Corchado*
Lisa Rodriguez
Wanda Rodriguez
Daisy Rodriguez-Gonzalez

Catherine Schouten*
Deborah Silon
Deborah Stack*
Sadequa Steele
Sonia Tate-Powell
Leara Tausk
Joann VanDeursen
Lori Ward



CACFP Reimbursement Information

is now recorded at extension 301. You can call at anytime and ask for ext. 301 or dial ext. 301 after hours to find out the most up to date information about checks and direct deposit.

Irish Gold Soda Bread

Serves: 10

Ingredients:

- 3 3/4 C of flour
- 1/4 C brown sugar
- 1 T baking powder
- 1 t baking soda
- 3/4 C golden raisins
- 2 C of buttermilk
- 1 egg

Preparation:

1. Heat oven to 375°.
2. Line cookie sheet with parchment paper & set aside.
3. Place flour into a large mixing bowl.
4. Mix brown sugar,

baking powder, baking soda. Combine well.

5. Fold in raisins until incorporated well into the dry mixture .
6. Pour buttermilk into a separate small bowl.
7. Break egg into the buttermilk & whisk until completely combined.
8. Pour mixture into the dry ingredients & stir until all the ingredients are mixed & soft dough has formed.
9. Flour a flat surface lightly & transfer dough to the surface.

11. Knead dough 10x's or until the dough is pliable & smooth.
12. Form the dough into a large ball.
13. Place the dough on the prepared cookie sheet & use a sharp knife to cut a shallow X in the middle of the ball.
14. Bake the bread for 45 minutes or until browned on top & a toothpick inserted in the middle comes out clean.

Veggie Word Search

- ASPARAGUS
BROCCOLI
CABBAGE
CARROT
CORN
ONION
PEPPER
POTATO
SQUASH
STRINGBEANS

W	X	U	N	U	B	J	T	Y	K	C	P	S	Z
M	S	P	J	Q	C	Q	Z	D	F	K	D	P	D
G	J	N	Z	B	N	J	U	T	E	P	W	D	P
A	J	M	A	G	R	C	E	J	O	F	I	C	Y
N	L	X	S	E	N	O	A	E	N	R	S	I	D
T	W	I	U	J	B	E	C	B	R	O	R	J	Q
U	L	W	G	I	X	G	Y	C	B	Y	I	A	V
K	A	M	A	F	O	S	N	L	O	A	S	N	C
H	O	X	R	G	I	F	Q	I	Z	L	G	N	O
N	T	O	A	N	X	L	E	U	R	K	I	E	U
L	A	R	P	Y	C	O	R	N	A	T	X	S	D
X	T	I	S	P	E	P	P	E	R	S	S	V	X
D	O	U	A	X	E	J	K	Y	W	W	H	J	H
Y	P	B	V	P	Z	X	C	J	W	P	K	G	Y

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2012				1	2	3
4	5	6	7	8	9	10 MAT Training 8a-5p @ Council CANCELLED
11 Daylight Savings Time Begins Johnny Appleseed Day	12 Girl Scouts Birthday Napping Day Commonwealth Day	13 Good Samaritan Day Earmuffs Day Uranus Discovered	14 Albert Einstein Day Casey Jones Bday Pi Day National Ask a Question Day	15 Andrew Jackson Bday Absolutely Incredible Kid Day	16 James Madison's Bday Well Elderly Day	17 
18	19 National Quilting Day National Chocolate Caramel Day	20 First Day of Spring National Agriculture Day	21 Information Session 7:00pm @ Council (More info p.11)	22 "Developmental Milestones" @ Council 6p-8:30p	23 Toast Day	24
CACFP Week: March 18—March 24, 2012						
25	26 Make Up Your Own Holiday Day	27 Education & Sharing Day	28 "Creating Outdoor Spaces" @ Council 6p-8:30p	29 Pickle Day Health & Safety Training @ Council CANCELLED	30 Doctor's Day Pencil Day	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 	2 International Children's Book Day	3 World Party Day Find a Rainbow Day	4 National Day of Hope	5 National Read a Road Map Day	6 Good Friday Army Day Jump Over Things Day	7	
8 Easter Sunday	9 Name Yourself Day	10 National Farm Animals Day	11 Legally Exempt Training @ Council 10a-12:30p OR 6p-8:30p (More info p.9)	12 Walk on the Wild Side Day	13 Thomas Jefferson's Birthday Scrabble Day	14	
15	16 US Income Tax Filing Deadline	17 National Haiku Poetry Day	18 Information Session 7:00pm @ Council (More info p.11)	19 Recordkeeping, Legal & Insurance @ Council 6p-8:30p High Five Day	20 National Pineapple Upside Down Cake Day	21	
22	23 Homerun Day Movie Theatre Day	24 Pigs in a Blanket Day	25 <i>Administrative Professionals Day</i> Hug a Plumber Day	26 SUNY Videoconference @ Cornell 6:45-9:00pm	27 Tell a Story Day Babe Ruth Day	28	
Week of the Young Child: Early Years Are Learning Years April 22-28, 2012							
29	30 National Honesty Day World Healing Day	April 2012					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mother Goose Day Hawaiian Lei Day School Principals Day	2 National Truffles Day	3 National Day of Prayer National Two Different Colored Shoes Day	4 Stars Wars Day National Weather Observers' Day	5
6	7 Accountant's Day Health Awareness Day	8 No Socks Day National Teacher Appreciation Day	9 Donate a Day's Wage to Charity National School Nurse's Day Receptionists' Day	10 Legally Exempt Training @ Council 10a-12:30p OR 6p-8:30p (More info p.9)	11 Provider Appreciation Day Military Spouse Appreciation Day	12
13 Mother's Day	14 Dance Like a Chicken Day	15 International Day of Families National Chocolate Chip Day	16 Information Session 7:00pm @ Council (More info p.11) Nt'l Wear Purple for Peace Day	17 Pack Rat Day	18 Nat'l Pizza Party Day	19
20	21 National Endangered Species Day	22 National Maritime Day	23 Penny Day World Turtle Day	24 Brother's Day Morse Code Day	25 Cookie Monster's Bday National Tap Dance Day	26
27	28 Memorial Day Office Closed	29 Topic TBA @ Council 6p-8:30p	30	31 World No Tobacco Day	May 2012	

*****Please Note** Training Rules***

The Sullivan County Child Care Council, Inc. has developed the following training rules to ensure the most productive and enjoyable training experience for our providers. Please keep these rules in mind when attending a Council training:

- **Please arrive on time.** If you arrive more than 10 minutes late for the training, you will not be admitted.
- **No children** are permitted during training sessions.
- **In order to receive the full credit for the training, you must stay for the full training session.** If you need to leave early for any reason, you will not receive **any** credit for the training.
- **Please put cell phones/beepers on vibrate or silent mode.** If you need to take a call during the training, we ask that you please leave the training room so as to not disturb the rest of the group.

Thank you very much. We appreciate your understanding and cooperation!

OCFS Hrs/Topics Covered CDA CEU's/Topics Covered	Hrs/ CEU's	Non-Member/ Member Cost	1	2	3	4	5	6	7	8	9
			1	2	3	4	5	6	7	8	
Health & Safety	15.0 1.5	\$250/ \$250	x	X		X	X	X	X	X	X
Record Keeping, Legal & Insurance	2.5	\$20/ \$10					X	x			
MAT	8.0 0.8	\$160/ \$160		X		X					
Keeping Children Safe (Online)	1.5 0.15	Free	X	x	X	X			X		
Preventing SIDS & Promoting Safe Sleep (Online)	1 0.1	Free	X	x	X	X			X		x
Preventing SBS (Online)	1.0 0.1	Free	X	x		x	x				X
Mandated Reporter Online Training	2.0 0.2	Free						X			
Managing Challenging Behavior	1.5	Free	X			x					x
Developmental Milestones	2.5	Free	X								x

OCFS TOPICS

1. Principles of Child Development
2. Nutrition and Health Needs of Infants and Children
3. Program Development
4. Safety and Security Procedures
5. Business Record Maintenance and Management
6. Child Abuse and Maltreatment Identification & Prevention
7. Statues and regulations pertaining to child daycare
8. States & Regs pertaining to Child Abuse & Maltreatment
9. Shaken Baby syndrome

CDA TOPICS

1. Planning a safe, healthy, learning environment
2. Steps to advance children's physical and intellectual development
3. Positive ways to support children's social and emotional development
4. Strategies to establish productive relationships with families
5. Strategies to manage an effective program operation
6. Maintaining a commitment to professionalism
7. Observing and recording children's behavior
8. Principles of child development and learning

Focus on the Regulations

Diaper Changing Surfaces

417.11(o) Infants must be kept clean and comfortable at all times. Diapers must be changed when wet or soiled. The diaper changing area must be as close as possible to a sink with soap and hot and cold running water. This area or sink must not be used for food preparation. Diaper changing surfaces must be washed and disinfected with a germicidal solution after each use.

So get rid of those cloth diaper covers! They cannot be sanitized after each use as specified by the regula-

Nutrition & Exercise

417.12(a) The family day care home must provide plentiful and nutritious snacks to children. The provider must ensure that each child in care for more than four hours a day receives a nutritious meal. Each child in care for more than ten hours a day must receive a minimum of two nutritious meals. Food must be prepared and stored in a safe and sanitary manner and served at appropriate intervals.

(d) Children must be helped to gain independence in feeding themselves, and should be encouraged to learn acceptable table manners appropriate to their developmental levels.

417.7(d) As age and development permit, children must be allowed freedom of movement and must be provided with an environment designed to develop such skills as crawling, standing, walking and running.

From the Desk of the Registrar

Dear Providers,

This time of year, with the upcoming Week of the Young Child and Provider Appreciation Day, reminds me of how difficult the job is that you do.

The hours are long and the nap-less parents can sometimes be more unruly than the children. The children are up for any challenge to make the day a little more interesting and keep you on your toes (thank goodness for naptime)!

But in all seriousness, your job is one that the working parents in Sullivan County appreciate everyday. We may not think of it overtly as we trustingly leave our precious bundles with you each morning and retrieve them every afternoon in the same perfect condition in which we left them.

You make it possible for us to work, but more so for us to be able to work when we are there; when our children are out of our care, we have peace of mind knowing they are in good hands. Even though we may forget to say it except for every now and again, you play one of the most important roles in our lives as you support our parenting and our children's growth and development.

So, just because we may not say it frequently enough—thank you each and every day!

Theresa Murdock-Marin
Registrar



Dear Jodi

Dear Jodi,

I am sort of embarrassed to tell you that I have no more ideas of activities to do with the kids. I know that there is a major focus on fitness and nutrition, but it seems so broad and sometimes I am maybe just too tired to come up with creative ideas to keep that theme in my day care.

In need of Ideas Youngsville

Dear Needing Ideas,

Fitness and nutrition will become a habitual way of life for children as long as you are incorporating those types of activities in a productive, fun way in your program.

For example, don't make TV seem more rewarding than sleigh riding or bike riding. Even if the weather is bad you can still do things like London Bridges, Ring Around the Rosy and Head, Shoulders, Knees and Toes; where the children are singing and dancing—but the main goal of movement has still been met!

Encourage healthy eating and make it routine. Practice what you preach if you really want to set a good example.

Also, check the newsletter calendar for daily themes. You can find activities including children's books, cooking, singing and dancing relating to the themes listed on the calendar if you are at a loss for ideas.

There are also plenty of books and activities in the Lending Library at the Council that are available to borrow for 30 day time periods.

Hope that helps!

Jodi

The Council is on Facebook!

Like us and you will see our news feeds on your home page. Just "like" us and you can see our information where we will post updates about current happenings at the Council!



SUNY Video Conferences

The SUNY Video conferences are held at **Cornell Cooperative Ext. in Liberty**. Classes start at **6:45**, so please arrive on time. These are adult learning experiences.

No children, please.

Keep checking in at :

<http://ecetp.pdp.albany.edu/schedules.shtm>

Visit <http://ecetp.pdp.albany.edu/schedules.shtm>

To register: Complete the registration form online @ www.tsg.suny.edu. Fax the registration to (518) 443-5941, or mail to: SUNY Early Childhood Education and Training Program, State University Plaza Albany, NY 12246-0001, or call (518)

Free Online Trainings

NYSOCFS/PDP Trainings
www.ecetp.pdp.albany.edu/learn_catalog.shtm

During these fully narrated courses trainees will learn important information on the stated topic. Learning points of the training are enhanced throughout using video clips and interactive exercises. As you complete each 10-15 minute section, the application saves your progress and allows you up to 30 days to complete the entire course.



Available Courses:

- * Keeping Children Safe: Prevention of Lead Poisoning and Other Dangers to Children
- * Preventing Sudden Infant Death Syndrome & Promoting Safe Sleep
- * Prevents Shaken Baby Syndrome (SBS)
- * Mandated Reporter Online Training
- * Managing Challenging Behavior: Birth to 18 Months

See chart on p.7 for hours & topics covered.

Legally Exempt Bulletin Board

From the Desk of
Lee A. Goldsmith,
Legally Exempt Coordinator

ATTENTION ALL

LEGALLY EXEMPT PROVIDERS!!

You must contact the Legally Exempt Coordinator @ 292-7166 ext. 302 if:

- ⇒ The PROVIDER or Parent MOVES
- ⇒ The Child Care SITE LOCATION CHANGES
- ⇒ The PROVIDERS or PARENTS MAILING ADDRESS CHANGES
- ⇒ The PROVIDERS or PARENTS PHONE NUMBER CHANGES
- ⇒ The PARENT is NO LONGER ELIGIBLE for Child Care Assistance
- ⇒ NO LONGER ARE PROVIDING CARE FOR FAMILY YOU ENROLLED WITH

Please note the change in the Jurisdiction rule pertaining to Legally Exempt Child Care:

You must submit the completed Legally Exempt Enrollment to the Enrollment Agency in the County where the Child Care is being provided. (If you need further clarification please feel free to contact our agency).

REMINDER of 1 Year Approval Period:

Remember that all Legally Exempt Providers are approved for a 1 year period (from the date we received your initial enrollment). Please watch for your re-enrollment packet 60 days prior to your expiration date. If for some reason you do not receive one, please contact our agency.

Please save these 2012 dates:

APRIL 10

MAY 10

JUNE 5

JULY 11

Legally Exempt Provider classes are held at the Council, 10am-12:30pm & 6pm-8:30pm. Choose one session. Topics to be announced. To register call (845) 292-7166 x 304.

Standard Without training	0 - 1½ yrs	1½- 2yrs	3-5 yrs	6-12 yrs
Weekly	\$98	\$91	\$91	\$91
Daily	\$20	\$20	\$20	\$20
Part Day	\$13	\$13	\$13	\$13
Hourly	\$2.60	\$2.60	\$2.60	\$2.76

Enhanced With training	0 - 1½ yrs	1½- 2yrs	3-5 yrs	6-12 yrs
Weekly	\$105	\$98	\$98	\$98
Daily	\$21	\$21	\$21	\$21
Part Day	\$14	\$14	\$14	\$14
Hourly	\$2.80	\$2.80	\$2.80	\$2.98

The Sullivan County Child Care Council, Inc. offers free classes, funded through a contract with the Sullivan County Dept. of Family Services. The trainings allow you to gain knowledge, as well as, earn or maintain hours towards the *enhanced pay rates*.

Do you still need more training hours? Please ask us about

Assistance trainings that can be conducted in your home..

All trainings will be held at the Sullivan County Child Care Council, Inc., 7 Community Lane, Liberty, NY. Parents Welcome! Sorry, no children.

Please call the Training Coordinator, to register at (845) 292-7166 x 304.

CCTA

Congratulations

To Our Newest Child Care Time & Attendance (CCTA) Web-Submittal Enrollees:

- ◆ Ali Granito
- ◆ Sharon Cohen
- ◆ Debra Knox
- ◆ Angela Spencer
- ◆ Ann Marie Hicks

*If you are interested in submitting your time sheets electronically, please contact Samantha MacManus for more information at smacmanus@scchildcare.com or (845) 292-7166 Ext 311.

Papa Bear Loungeabouts Children's Pajamas Recalled by Retailers Due to Violation of Federal Flammability Standard

Description: This recall involves all styles of pajama sets (tops and bottoms), separate pajama pants and nightgowns sold in boys and girls sizes 0-6X and 7-14. A garment label with the name "Papa Bear Loungeabouts" and a picture of a bear is sewn into the center back neckline on the outside of the garments. A hanging label features the same name and image. The sleepwear is 100% cotton poplin or 100% cotton flannel and the different styles come in a variety of colors and novelty print designs, including: bling, cows, Scotty dogs, hot-roads, basketball, sports, vintage, rodeo, rock and roll, ballerinas, popcorn and more.

Remedy: Consumers should stop using the recalled sleepwear immediately and return the product to the retailer where the product was purchased for a refund, exchange or store credit.

Consumer Contact: For additional information, please contact the retailer from whom you purchased your recalled products. Participating in this recall are the following retailers with their contact details:

CCS Group d/b/a Pajamamania: 866-472-5262, Email: customerservice@pajamamania.com; includes Sleepyheads and Pajamaheaven of Erlanger, Ky.; websites: www.pajamamania.com, www.sleepyheads.com

Cotton Tots, Inc. d/b/a Bright Beginnings and Bestdressed Kids of Austin, Tx.: 512-453-0433, Email: customerservice@bestdressedkids.com; website: www.bestdressedkids.com

Comfykid.com of San Jose, Calif.: 877-479-9040, Email: orders@comfykid.com; website: www.comfykid.com

My Baby Pajamas, LLC of Scottsdale, Ariz.: 480-330-6380, customerservice@mybabypajamas.com; website: www.mybabypajamas.com

Pajama Company of New Canaan, Conn.: 877-757-4386 info@thepajamacompany.com; website: www.thepajamacompany.com

Zulily, Inc. of Seattle, Wash.: 855-812-0945 service@zulily.com; website: www.zulily.com

Kelty Recalls Jogging Strollers Due to Fall and Injury Hazards

Hazard: The front wheel can come loose during use and cause the stroller to tip over, posing a fall and injury hazard to children in the stroller and adults pushing the stroller.

Incidents/Injuries: There have been three reported incidents with these recalled strollers, including cuts, scrapes and fractured bones to adults, and minor cuts and scrapes to children.

Description: This recall involves Kelty Speedster Swivel Deluxe single jogging strollers and Swivel Deuce double jogging strollers. The strollers have an aluminum frame and a cloth seat with a canopy. They were sold in color combinations blue/gray and orange/gray. "Kelty Kids" is embroidered on the front of the stroller in the child's leg area. The following model numbers are included in this recall. The model number and stroller name are printed on a tag inside the stroller's seat area.

Remedy: Consumers should immediately stop using the recalled strollers & contact Kelty to receive free updated assembly & maintenance instructions.

Consumer Contact: For additional information, contact Kelty toll-free at (866) 349-7225 between 8a-4pMT, or visit www.kelty.com.

Child Safety Seat Recalls

Model #'s: Chaperone E9L692J Blk/Sil, Chaperone E9L692K (red), Chaperone E9L692L cowmoof, Chaperone E9L692M Green

Production Dates: Sept. 1, 2010—April 30, 2011

Defect: Britax is recalling certain chaperone infant child restraint systems produced from Sept 1, 2010—April 30, 2011. The harness adjuster can detach from the seat shell.

Consequence: Should the harness adjuster detach from the seat, the child may not be properly restrained in the event of a crash, increasing the risk of injury or death.

Corrective Action: Britax will notify owners and provide repair kits free of charge. The safety recall and mailing of the kits began on Feb. 7, 2012. Any seats on which the harness adjuster has detached will be replaced. Owners may contact Britax at 1-888-427-4829 or visit www.chaperonerecall.com.

Notes: Customers may also contact the National Highway Traffic Safety Hotline at 1-888-327-4236 or go to <http://www.safercar.gov>.

Infant Toddler Corner: We Need Exercise, Too! Fitness Starts at an Early Age by Gwen Brown-Murray, Infant Toddler Specialist

According to the Early Childhood Learning & Knowledge Center, a Service of The Office of Head Start, it was not until 2002 that there were written guidelines regarding physical activity for infants and toddlers. This initial report was written by the National Association for Sport and Physical Activity (NASPE). The report indicated that in many cases there was a direct relationship between babies being confined to strollers, play pens, car and infant seats for hours at a time and developmental delays such as rolling over, crawling, and walking. For young babies, being down on the floor wiggling is good physical activity. Dr. Rachel Telléz, a pediatrician at Unity Health Care, Inc. in Washington DC says that, "the earlier young children learn that being active is fun, the more likely they are to develop physical activity as a habit for life.

The NASPE task force came up with 5 guidelines for physical fitness in infants.

These guidelines cover the following areas. Infants should interact with the adult(s) in their lives in daily physical activities that promote exploration of their environment. Infants should be in clean, safe settings that encourage physical activity. They should not be confined for extended periods of time. Development of movement skills should be promoted.

Highlights from the guidelines for Toddlers and Preschoolers include the recommendation that toddlers should have at least 30 minutes of structured physical activity daily, 60 minutes is recommended for preschoolers. The amount of time is cumulative, it doesn't have to be all at once. Both age groups should have a minimum of 60 minutes unstructured physical activity. The only time a young child should be sedentary for more than 60 minutes at a time is when they are sleeping.

It is very important that programs provide indoor and outdoor space that allows for needed physical activity. It is up to the adults in young children's lives to provide opportunities to experience and even to encourage development of a physically active lifestyle.

Lastly, parents and caregivers should try to remember that children often do what they see us do. If we exercise and eat healthy, there is a very good chance that as they grow, the children over whom we have influence will do so, too!

Resources:

Physical Fitness in Infants and Toddlers
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/For%20Parents/Safe%20and%20Healthy%20Family/Health/PhysicalFitness.htm>

Prevention of Overweight and Obesity in Infants and Toddlers
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/For%20Parents/Safe%20and%20Healthy%20Family/Health/Prevention%20of%20Overweight%20and%20Obesity%20in%20Infants%20and%20Toddlers.htm>

Child Care Council Info



Normal Business Hours

Monday-Friday 8:30am-4:30pm

We are available for assistance in person:

7 Community Lane, Liberty, NY 12754,
or we can be contacted by mail:
PO Box 186, Ferndale, NY 12734.

Staff members can be reached by telephone at
(845) 292-7166, or toll free: (877) 292-7190.

Prospective Child Care Providers

If you are interested in becoming a child care provider please attend an informational session at the Council for more information & an application.

The info sessions are held on the following

Wednesdays at 7:00pm:

March 21, 2012

April 18, 2012

May 16, 2012

Please RSVP to the Training Coordinator,
by calling (845) 292-7166, ext. 304.

If you would like to contribute something to our next newsletter, or have an idea of something we should include, please contact Donna Willi or Theresa Murdock-Marín @ info@scchildcare.com.

Child Care Programs in Sullivan Co.

Township	OCFS Registered/Licensed Child Care Programs			Other Programs	
	Day Care Centers	Family Day Care Homes	Group Family Day Care Homes	Private Schools	School Age Programs (SACC)
Bethel		2	0		Yes
Callicoon	0	3	2		
Cochecton	0	2	0		
Delaware	0	2	0		
Fallsburg	4	4	2		Yes
Forestburgh	0	1	0		
Fremont	0	0	0		
Highland	0	1	0		
Liberty	1	11	5	Yes	Yes
Lumberland	0	1	0	Yes	
Mamakating	1	0	4		Yes
Neversink	0	3	1		Yes
Rockland	0	4	0		
Thompson	6	13	5	Yes	Yes
Tusten	0	1	0		

Average Weekly Cost of Child Care	6wks-18mos	6wks-24mos	2yrs-5yrs	18mos-36mos	3y-5y	5y-12y
Family Day Care	n/a	\$150.00	\$142.52	n/a	n/a	\$128.04
Group Family Day Care	n/a	\$163.57	\$144.90	n/a	n/a	\$119.55
Day Care Center	\$175.00	n/a	n/a	\$168.75	\$148.75	\$150.00



Sullivan County Child Care Council, Inc. Membership Application



Professional Membership

(Check One)

- \$35 Family Day Care Provider Membership (code 1000)
(\$25 if participate in CACFP)
- \$50 Group Family Day Care Membership (code 2000)
(\$40 if participate in CACFP)
- \$125 Day Care Center / SACC Membership (code 3000)
(\$100 if participate in CACFP)
- \$25 Legally-Exempt Provider Membership (code 6000)
(\$15 if participate in CACFP)

Community Supporter

(Check One)

- \$50 Advocate (code 4000)
- \$100 Sponsor* (code 5000)
- Other \$_____ * (code 5000)

Mail Form & Payment To:

Sullivan Co Child Care Council, Inc.
PO Box 186
Ferndale, NY 12734

Please One

- New Membership
- Renewal Membership

Name/Organization _____

Phone () _____

Address _____

Email _____

*Please submit a business card with your membership payment of \$100 or more.

Membership Fees are non-refundable.

Thank you for your financial support; it helps families gain access to quality and affordable childcare!

For information on membership benefits call (845) 292-7166 or (800) 292-7190.

Hours of Operation: Monday-Friday 8:30am-4:30pm



Sullivan County Child Care Council, Inc.



P.O. Box 186
Ferndale, NY 12734

Phone: (845) 292-7166 Email: info@scchildcare.com
Toll free: (877) 292-7190 Hours of Operation:
Fax: (845) 292-1755 Monday - Friday 8:30-4:30

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“In three words, I can sum up everything I’ve learned in life—it goes on.” —Robert Frost

Sullivan County Child Care Council, Inc. Members

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Rhonda Decker
Bob Eddings
James Farrell
John Ferrara
Jodi Kane
Katia Martin
Robin Meddaugh
Dr. Jamie Noeth
Susan Peters
Dominick Scala
Sherry Stanton
Barbara Sush
Laura Quigley

Council Sponsors: **Best Friends Services, Inc.** **James Farrell** **John Ferrara** **Frost Valley YMCA** **Burton Ledina**

Stacey Budd	Elizabeth Murphy-Halvas
Tonya Dirie	Alice Patton
Celia Divita	Marlena Pittaluga-Egan:
Barbara Hotchkin	Marlena’s Family Day Care
Daisy Rodriguez-Gonzalez	Joann VanDeursen
Deborah Gubiotti	Child Development Center, SCCC
Patricia McGovern	Twin Bridge Play School Inc.



Caregiver News

Caregiver News is published quarterly by the Sullivan County Child Care Council, Inc: Executive Director, **Donna Willi** and Editor, **Theresa Murdock-Marín**. Sullivan County Child Care Council is a not-for-profit corporation which offers direct and supportive services to all members of the community. The Sullivan Co. Child Care Council provides equal program and employment opportunities.

The Child Care Council Staff

Donna Willi
Executive Director
Michelle Albrecht
Administrative Assistant
Pamela DeMarmels
Subsidy Specialist II
Cassandra Egan
Provider Services Specialist
Lee A. Goldsmith
Legally Exempt Coordinator
Christy Hernandez
Training Coordinator
Yvette McIntosh
Financial Consultant
Samantha MacManus
Subsidy Specialist I
Theresa Murdock-Marín
Registration Coordinator
Cathy Patton
Parent Counselor
Aimee Pittaluga
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