



CAREGIVER NEWS



~ SUMMER ISSUE 2012 ~

A PUBLICATION OF SULLIVAN COUNTY CHILD CARE COUNCIL, INC.

**“Small business, small community, big effect.
How becoming a Child Care Provider has enhanced my life,
the lives of the families I serve and the community I live in.”**

**In Celebration of
the Week of the
Young Child:
Congratulations
to the Essay
Contest Winner,
Faith
Metzinger**



I've often said that this profession has chosen me. I believe this more and more every day. It has enhanced my life and the lives of my own family many times over.

Becoming a family day care provider, you become an extension of the families you serve. They depend on you for guidance, support, and understanding. I remember the late night phone calls when a crisis arose and they knew they could count on me. I also remember the invitations my family would receive to their events such as a holiday get togethers, birthday parties, and graduations. I enjoy going to functions at our school and seeing the faces of all my children. Even the grown ones will go out of their way and give me a hug and a high five. This feeling is like no other.

The families I have served in our small town have given me a richness to life I'm certain would not exist without them. My home has become a second home to my kids. Some of them have even stopped by long after their done needing me just to say, "Hi." I can recall a few times when some of my parents would just want to talk. Whether they had a tough day or a problem to solve, they knew they could come to me; we developed real trust and a mutual respect. It's a rewarding feeling when you know you have the ability to make a difference in their lives. Even on a small scale with helping one family at a time.

I believe if I had to do it all over again, I would choose this profession. I'm positive I would and I wouldn't change a thing.

—by Faith Metzinger, Kenoza Lake

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Provider Appreciation Day

...is a special day to recognize child care providers, teachers and other educators of young children everywhere. Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this event has grown each year and recognition presently includes individuals and government organizations throughout the United States.

Ideas for Parents

- Get together with other parents to create a surprise
- Send flowers, cards or a handwritten note of appreciation
- Prepare & deliver a healthy meal or snack
- Work with your child to create a special remembrance
- Buy something for your provider's play area
- Give your provider a paid day off, a raise, or a bonus
- Order an official Provider Appreciation Day logo gift
- Key in on your provider's hobby & buy an appropriate gift.



They Will Remember

I take care of your children.
I love them.
I teach them.
I clean them, and I feed them.
And when nighttime comes,
my heart worries about them.
I take care of your children.
I see their first steps.
I hear their first words.
I share their happiness,
and I feel their hurts.
I take care of your children,
as if they were my own.
And when they are grown,
and no longer need me,
My love will be a part of them
deep within the heart of them.
They will know that I was there
for them unconditionally.
And they will remember!

by Eileen Koscho

The Childcare Provider

Although I'm not their mother,
I care for them each day.
I cuddle, sing, and read to them,
And watch them as they play.
I see each new accomplishment,
and help them grow and learn,
I understand their language,
and I listen with concern.
They come to me for comfort,
And I kiss away their tears.
They proudly show their work to me,
I give the loudest cheers!
No, I am not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.
I know someday
the time may come,
When we will have to part,
But I know each child I've cared for
Is forever in my heart!

—author unknown

FEATURED AGENCY: Delaware Highlands Conservancy



DELAWARE
HIGHLANDS
CONSERVANCY



The Delaware Highlands Conservancy works in partnership with landowners and communities to conserve the natural heritage, locally sustainable economies, and quality of life of the Upper Delaware region.

To date, we have protected more than 13,000 acres of farm and forestlands and important natural areas, which are also vital to the protection of clean drinking water for our region and millions of people downriver.

The Conservancy promotes the message that everything is connected. If our lands are protected, our water will be clean, and the habitats that wildlife—and people—need to thrive will be healthy, now and for future generations.

We work actively in the community to foster this connection between people and the lands where they live, work, and play through strong partnerships with other local organizations and a diverse network of volunteers. We have two offices, one in Hawley, Pennsylvania and one in Bethel, New York, which cover Pike and Wayne Counties in PA and Sullivan and Delaware Counties in NY.

The Conservancy hosts frequent fun and educational events for the community throughout the year, many of which are great for the whole family. This year as well, we are embarked on a program enhancement that will see us adding even more family programs to our agenda. Keep checking our website for news and updates. Watch especially for the launch of our teaching garden and orchard at our Bethel office in Spring 2013.

Here are some upcoming programs for spring and summer (and watch for more coming!):

June 2, 9am-12 pm - Native Plants Walk with Dr. Ann Rhoads, Camp Speers-Eljabar YMCA, Dingmans Ferry, PA: Take a walk and learn all about the native plants found in a wetland community.

August 18, 10 am - Monarch Program with Ed Wesely, Butterfly Barn, Milanville, PA: Come learn all about the life cycle of monarch butterfly and help Ed Wesely and Barbara Yeaman tag early migrants. Together, Ed and Barbara have nurtured and rescued more than 3,000 adult monarchs since 1996. Visit www.ButterflyBarn.org for more information.

For more information about the Conservancy, our events, or to preregister, visit

www.DelawareHighlands.org, call the Conservancy offices at 570-226-3164 or 845-583-1010, or email info@conservancy.org.

Getting kids outside and involved in activities like raising butterflies or learning about the plants that grow where they live is a great way to foster an appreciation for nature and outdoors that can last a lifetime. Many people consider their best childhood memories to be times spent outdoors, exploring and learning about the natural world in hands-on activities. Being outdoors together is a great way for a family to be active and healthy together.



Rough-and-Tumble Play

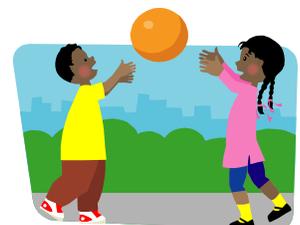
We believe that exuberant, boisterous, rough-and-tumble play supports preschoolers' development. Energetic big body play lets children use language understand cause and effect, and learn how to negotiate, take turns, compromise, and make and follow rules. Vigorous big body play is a great way to support physical development. Because children enjoy it so much, they tend to play for a long time. Play big body games, such as tag and hopscotch, or throw, catch, and roll a ball with your child.

To support big body play, at home you can

- Build and use an indoor or outdoor obstacle course. Include a box to crawl through, a piece of rope on the ground to walk like a tightrope, and a hula hoop to jump in and out of.
- Supervise your child's active play, whether solitary or with a friend; be sure to watch and listen at all times.
- Walk, instead of riding, to the places you are going. Vary your movements to include periods of hopping, skipping, galloping, and twirling.
- Move aside furniture and breakables in an area of a room so children can tumble and wrestle safely.

Encourage children's rough-and-tumble play outside in the yard or at a park. Preschoolers like to run, jump, tag, roll, twirl, fall down, and chase—each other or you.

Source: *Teaching Young Children*, Vol. 5, No. 4, p 20



PLAY AND LEARN THE OUTDOOR WAY

By Danielle Marshall and Amy Dickinson

When asked about their program's preschool learning environment, educators often mention the rich and varied resources in the classroom. Children have access to open-ended materials throughout the room, and there are centers for dramatic play, music and movement, blocks, science, literacy, and more. Teachers might not mention the outdoor play spaces as part of the learning environment.

Outdoor spaces can offer children much more than opportunities to run, jump or climb. In fact, every activity that children typically enjoy in the classroom can take place outdoors as well. Careful planning for outdoor spaces coupled with intentional adult support can foster children's cognitive, social-emotional, and physical development.

Whatever the size of your outdoor space, here are some simple ideas for enhancing it.

1. Incorporate loose and found parts.

How? Find a local supplier of recycled materials. Ask families to contribute large cardboard boxes, leftover fabric, lumber or other items that would enhance children's outdoor play. Contact local utility companies and manufacturers for donations of spools, tubing, caps, tires, or packing materials. Gather sticks, reeds, rocks, and other natural materials.

What happens? Children explore the open-ended materials, creating areas to play in and on. They develop problem-solving and social-emotional skills as they build their constructions together.

Why? Using these items is fun—and they encourage children's construction, intervention, problem solving, curiosity, cooperation, and

exploration of shape, size and texture.

2. Embrace dirt and mud.

How? Create an on-the-ground mud patch with a mix of dirt and sand. Introduce mud in large buckets or sensory tables. Proactively use the corner of the playground that gets muddy when it rains. Keep in mind that children can play outdoors during all kinds of weather. Ask families to provide boots, raincoats with hoods, and a change of clothes.

What happens? Children use tools such as trowels and rakes in the mud area. If teachers provide measuring cups, spoons, recycled plastic food containers, funnels, and baking tins, children will bake mud muffins, make mud creations, and more.

Why? Children gravitate to mud anyway, so why not support their exploration? Mud play prompts dramatic play, measurement, experimentation with volume and weight, scientific observation and inquiry, and development of fine motor skills.

3. Make music and start moving.

How? Carry a basket of instruments outdoors and hang wind chimes from a tree or fence. Use a central space as a stage, or hang sheets and fabric to create a performance space. String a clothesline, and hang up pots, lids, triangles, and chimes. Arrange stumps, buckets, and bowls into drum sets, making the contours and elements of the play space part of the drum set's levels. Create a giant xylophone from scrap wood and blocks. Children can use large spoons as mallets.

What happens? Children create impromptu concerts. One or more children might act as conductors. Music making leads to jumping and spinning and swaying arms.

Why? What a better place to bang a loud drum than outside? Children will develop fine and gross motor skills, sharpen listening skills, and investigate tempo and rhythm.

4. Act out: Include areas and rhythm elements for dramatic play.

How? Improvise dramatic play areas by capitalizing on existing boundaries or divisions. Include dress-up clothes and props that encourage dramatic play. Designate an area to be a stage for performances.

What happens? Children might set up a mud kitchen in the mud patch. A restaurant might open nearby. If a teacher pitches a tent, children can go camping or on a mountain excursion. They might spot a lion or some bears. Set up a science laboratory near a grassy spot using magnifying glasses, recycled containers, spoons, and shovels.

Why? During dramatic play, children engage in critical social interaction and role exploration. They sharpen communication skills, using creative thinking and problem solving, and work cooperatively.

5. Allow for hideaways and quiet zones.

How? Create cubbies, nooks, crannies, and hiding spots outdoors by hanging fabric, using sticks to make teepees, or planting greenery that will grow into shade-providing overhangs. Think long-term and plant weeping willows.

What happens? Children migrate to these spaces when they need and want time to pause, reflect, relax, or hide. Providing more solitary zones encourages a sense of wonder, fosters the thrill of secret spaces, and facilitates meeting in pairs and small groups.

Why? Children can develop a sense of independence and self concept, build community, and practice self control in areas that allow for solitude.

6. Add a little Picasso: Transform the outdoor space into an art studio.

How? Go simple, and move your table and supplies outdoors. Go creative, and construct outdoor sculptures that will be a permanent part of the play space. Or set up an art zone, combining simple supplies such as paints and brushes with existing loose parts such as boxes, tree slices, and pieces of wood.

What happens? Children construct collaborative sculptures from painted tree slices, and their artwork becomes another part of the outdoor environment. Children decorate bamboo mobiles and hang them from trees or fences. They paint poles and then plant them in the ground to create mazes or pathways.

Why? Taking art outside helps everyone think more freely as they choose materials. Everyone can get messy! Children gain a sense of pride and ownership by helping shape the space, engage in creative expression, explore new colors and combinations, and recognize and create patterns and geometric shapes.

(Continued on p.10)



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, September 8, 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 Petrowsky

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.

Message From Nurse Lisa

Summertime Safety

Summertime is just around the corner and adults can play an important role in protecting children from injuries that are more likely to occur in this season. The top seven summer safety hazards according to parents.com are playgrounds, heat exposure, food poisoning, fireworks, skateboards/scooters and lawnmowers. Playground surfaces should be cushioned and preschool age children should not be more than four feet off the ground. Make sure equipment is maintained, bolts are covered and that there are no "S" hooks. Children, especially those under age four are very vulnerable to heat exhaustion. Play in shaded areas outdoors and offer drinks frequently. Never leave a child in a vehicle. Always check a vehicle when exiting to ensure it is empty and lock the vehicle so a child cannot become trapped inside. Warm temperatures can cause bacteria to grow rapidly in foods. Keep cold foods cold and hot foods hot. Discard food that has been out for over an hour. Wash hands frequently when handling food and before eating. Use separate plates when preparing raw and cooked food. Summertime fireworks are a tradition so visit a professional display. Do not let children near fireworks or sparklers. They can cause burns and severe eye injuries. When riding bicycles always wear a helmet and protective gear, and never let a child ride a bike in the road. Avoid wearing loose pant legs or hanging strings when riding a bike. Children under 5 should not use skateboards or two-wheeled scooters. Older children need protective gear including helmet, wrist guards, and knee/elbow pads. Children should not operate lawn mowers. Injuries often happen when adults are in the reverse gear and accidentally back over a child so check and recheck. Two other summer hazards are sun exposure and ticks. Sunscreen and protective clothing should be used to protect skin from sun damage. Children should be checked daily for ticks. Inspect areas where skin touches skin, underarms, belly button, buttocks, thighs, head/neck. Summertime provides great opportunities for physical exercise and enjoyment. Following the guidelines above will promote the health and safety of the children we serve.

Lisa Sauer, RN

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 MEMBER: Patricia Hatton

The following providers have become

“Breastfeeding Friendly Child Care Homes”

and have received their 2 year certificate from NYSDOH:

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

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.

Get the children outdoors and picnic!

Picnicking with children is a great way to get outdoors, enjoy nature and eat healthy foods. Children love to experience new things and get excited about packing up foods and eating them with their friends. You can picnic in the backyard or walk to a local park. Just be sure children are washing up before eating.

When having a picnic keep a few things in mind. Keep it simple. Try to pack finger foods and box drinks. Let children help you pack their bags and make their sandwiches. You could always pre-cut items and store in tupperware and let them eat family style if that works better with the children you care for.

Keep your food choices limited. Sandwiches are very simple to pack up. Other ideas are pizza, pre-cut vegetables, crackers, apples, bananas, grapes, pretzels, wraps, hard boiled eggs, cheese and a dip.

Don't forget a bag for your garbage. Show children that it is important to clean up their mess and to keep the environment clean. You can even have them help clean up other items at the park that are littered.

Enjoy your surroundings. Talk to the children about the different bird calls, the color of the trees, the ants or bugs you may encounter.

Having the children learn to love and appreciate our earth are important skills that they can learn from a simple outdoor picnic.



Now bring on the warm weather and sunshine!



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.

Join Eat Smart NY! For a **FREE 6** hour credit training series where you will gain nutrition knowledge to benefit your child care program, your family & you personally & receive many goodies for you to keep!

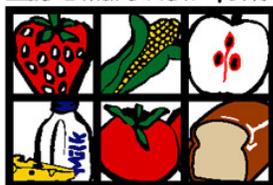
Eat Smart New York! is a **free nutrition class series** where participants will learn about:

- the new ChooseMyPlate,
- understanding food labels,
- food safety and
- how to stretch food dollars while on a limited budget. (Learn to maximize your CACFP reimbursement!)

Each participant will receive:

- a free small kitchen incentive item for each lesson completed
- sample tasty healthy low cost recipes
- a gift bag of small kitchen items (upon completion) and
- a certificate of completion worth 6 hours of nutrition education (that can be applied to your NYSOCFS training topic #2, Nutrition & Health Needs of Infants & Children) from ESNY & Cornell University.

Eat Smart New York!



ESNY



ESNY! classes are *discussion based* learning along with several *hands on activities* and visuals that help participants understand why learning about nutrition is essential for good health and obesity awareness which could lead to chronic illness.

Participants will receive 2 free dietary analyses (worth \$150 each if done at a medical office) along with a healthy eating plan for their own specific caloric needs. The dietary analyses break down how the participant is eating as compared to what is recommended for their age, gender and activity level. (You can use one for you and one for one of the children in your care that you are feeding to analyze the nutrition they are receiving in your care.)

[Each class session will offer a physical activity which might include light stretching, walking or some type of movement. Participation of physical activity is not mandatory but strongly encouraged by the health educators.]

SAVE THE DATES! July 12 & July 26 & August 9th
(3) Thursday nights from 6pm-8pm

Post cards will be mailed from the Council with RSVP information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2012					1 Flip a Coin Day	2 National Running Day
3 First US Spacewalk 1965	4 Aesop's Birthday CACFP Menus Due	5 Legally Exempt Training @ Council 10a-12:30p OR 6p-8:30p (More info p.9)	6 D Day Nat'l Yo-Yo Day	7 Daniel Boone Day	8 Banana Splits Day	9 Donald Duck's Bday MAT Training @ Council 8a-5p
10 Ride the Wind Day	11 Corn on the Cob Day	12 Ann Frank's Bday	13 Weed Your Garden Day	14 Flag Day SUNY Videoconference @ Cornell 6:45p "Behavior Management"	15 Nature Photography Day Nat'l Flip Flop Day 	16 Nat'l Fudge Day
17 Father's Day	18 International Picnic Day	19 Garfield the Cat Day	20 Information Session 7:00pm 	21 World Handshake Day	22 Take Your Dog to Work Day	23 Great American Backyard Campout
24 Log Cabin Day	25 Eric Carle's Bday	26 Nat'l Chocolate Pudding Day	27 Nat'l HIV Testing Day	28 "Challenging Behaviors" @ Council 6p-8:30p	29 Nat'l Camera Day	30 Nat'l Organization for Women Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 US Postage Stamp Day	2 Made in the USA Day	3 Compliment Your Mirror Day CACFP Menus Due	4 	5 Bikini Day	6 World Kiss Day	7 Chocolate Day
8 Nat'l Chocolate w Almonds Day	9	10 Teddy Bears' Picnic Day	11 Slurpee Day Legally Exempt Training @ Council 10a-12:30p OR 6p-8:30p (More info p.9)	12 Eat Smart Session 1 6-8pm @ Cornell (More info p 5)	13 Nat'l French Fries Day	14 Cow Appreciation Day
15 Nat'l Ice Cream Day	16 Global Hug Your Kid Day	17 Yellow Pig Day Health & Safety Training @ Council 4-9pm	18 Information Session 7:00pm @ Council (More info p.11)	19 Health & Safety Training @ Council 4-9pm	20 Ramadan	21 Nat'l Hot Dog Day Health & Safety Training @ Council 9a-3p
22 Parent's Day	23	24 Cousins Day "Contracts & Policies" @ Council 6p-8:30p	25 Carousel Day	26 Nat'l Chili Dog Day Eat Smart Session 2 6-8pm @ Cornell	27 Walk on Stilts Day	28 Nat'l Day of the Cowboy
29 Lasagna Day	30 Cheesecake Day Father-in-Law Day Paperback Book Day	31 Mutt's Day	July 2012			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>August 2012</h1>			1 Girlfriend's Day US Air Force Day	2 SUNY Videoconference @ Cornell 6:45p "Recipes for a Healthier Lifestyle"	3 Watermelon Day 	4 Barack Obama Bday
5 Friendship Day Nat'l Kids Day Sister's Day	6	7 Lighthouse Day Purple Heart Day	8 Happiness Happens Day	9 Int'l Day of the World's Indigenous People	10 Smithsonian Day	11 Nat'l Garage Sale Day
12 Sewing Machine Day	13 Int'l Left Handers Day	14	15 Best Friends Day Nat'l Relaxation Day Information Session 7:00pm @ Council (More info p.11)	16 Joe Miller's Joke Day	17 Hug Your Boss Day	18 World Daffodil Day 
19 World Humanitarian Day	20 Cupcake Day	21 Senior Citizen's Day	22 Be An Angel Day	23 Day of Remembrance of the Slave Trade & It's Abolition	24 Nat'l Waffle Day	25 Kiss & Make Up Day
26 Women's Equality Day	27	28	29 Regulated Topic TBA @ Council 6p-8:30p	30	31	

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. Statutes 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

****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:

- **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 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.

OCFS Hrs/Topics Covered	Hrs/CEU's	Cost/Reduced Cost	1	2	3	4	5	6	7	8	9
CDA CEU's/Topics Covered			1	2	3	4	5	6	7	8	
Health & Safety	15.0 1.5	\$250/ \$250	x	X		X	X	X	X	X	X
Contracts & Policies	2.5	\$20/ \$10					X	x			
MAT	8.0 0.8	\$160/ \$160		X		X					
Challenging Behaviors	2.5	Free	X			x					x
ESNY	6.0	Free		X							
Transportation (Online)	2.0	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 (Online)	1.5	Free	X			x					x
Preventing SIDS & Promoting Safe Sleep (Online)	1 0.1	Free	X x		X x	X x			X		x
Keeping Children Safe (Online)	1.5 0.15	Free	X x		X	X			X		

- **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!

Focus on the Regulations

OUTDOOR PLAY

417.3(h) Each home must have access to outdoor space which is adequate for active play

417.5(a) Suitable precautions must be taken to eliminate all conditions in areas accessible to children which pose a safety or health hazard.

417.5(k) Indoor and outdoor plants which are hazardous to children must not be accessible to the children.

417.5(n) Materials and play equipment used by the children must be sturdy and free from rough edges and sharp corners.

417.5(o) *Outdoor equipment such as swings, slides and climbing apparatus must be installed and used in accordance with the*

manufacturer's specifications and instructions, be in good repair, and be placed in a safe location. Such equipment and apparatus may be used only by the children for whom it is developmentally appropriate.

417.7(f) **Daily supervised outdoor play is required for all children in care**, except during inclement or extreme weather or unless otherwise ordered by a health care provider. If there is a second caregiver available, parents may request and providers may permit children to remain indoors during outdoor play time so long as such children will be supervised by a caregiver. Nothing contained in this subdivision shall be construed to require a provider to have a second caregiver available.

From the Desk of the Registrar

Dear Providers,

Congratulations to Faith Metzinger, winner of this year's Essay Contest.

In honor of the Week of the Young Child and Provider Appreciation Day, the Sullivan County Child Care Council, Inc. held a contest to afford a Family or Group Child Care Provider an opportunity to win a trip to the annual Family Child Care Association New York State (FCCANYS) Conference held this year at the Villa Roma Resort in Callicoon.

This was an excellent opportunity for training that took place in our county. Unfortunately, only two child care providers in Sullivan County attended the Conference.

Thank you Faith Metzinger (above left), and Deborah Gubiotti (above right), for taking advantage of this great opportunity to gain knowledge and network with other Family Child Care Providers!

Theresa Murdock-Marin
Registrar



Dear Jodi

Dear Jodi,

I am confused about playground surfacing. I want to be in compliance with the regulations. I am not sure what regulations it is that I am supposed to be following, or where I get the information to be sure that if I spend the money to change the surfacing that I am going about it correctly.

What type of surfacing needs to be used and where do I find the information?

Need More Information
Hurleyville

Dear Needing More Information,

The regulation number that you are looking for is 417.5(o). It states that outdoor equipment (slides, swings and climbers) must be installed according to the manufacturer's specifications and instructions.

You can also find more information about playground surfacing on the OCFS website http://www.ocfs.state.ny.us/main/childcare/Protective_Surfacing.asp.

Also, use the home playground surfacing information on the CPSC website <http://www.cpsc.gov/volstd/homeplayground/playgroundsurfacing.html>. In the Handbook there is a Playground Safety Checklist with *Types of Surfacing* that gives a good description of appropriate surfacing which can be used.

If you still have questions, or are not quite sure, contact your registrar or licenser to give you more guidance before you purchase the surfacing.



Jodi

The Council is on Facebook!

Like us and you will see our news feeds on your home page 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.*

June 14:

Behavior Management

August 2:

Recipes for a Healthier Lifestyle

October 18:

*Nurturing Creativity
During the School-Age Years*

November 15:

Emergency Preparedness

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) 443-5940.

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
- * **NEW** Transportation

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

Legally Exempt Bulletin Board

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

All Legally Exempt Providers are eligible for unannounced inspections during the duration of the approval period. Inspections are conducted for a number of reasons; here are a few:

- Assess the site location and determine if it is approvable
- Assist the provider to stay compliant with regulations
- Assist the provider with any technical issues
- Verify child care
- Provide technical assistance
- Distribute grants

Helpful hints to keep your program "In Compliance" after and inspection is conducted:

1. ALWAYS HAVE A WORKING PHONE AVAILABLE (make sure the Council always has a working number to reach you)
2. ALWAYS keep an up to date copy on file of each child's IMMUNIZATION RECORDS
3. CONDUCT AND DOCUMENT evacuation drills – minimum one per month
4. KEEP ALL chemicals, medications and cleaning products in original containers and store them WHERE THE CHILDREN CAN'T ACCESS THEM
5. NEVER leave the children unsupervised or in the care of any other individual
6. NO SMOKING in a home or vehicle while the children are present.

Are you in need of any health and safety items to help ensure that your site location is both safe and approvable to provide child care in? If so please contact Lee our Legally Exempt Coordinator and ask about a grant. Quantities are limited so call now!

*****NEW & IMPORTANT*****

SUSPENSION OF PAYMENTS

While your program is in Non-Compliant you are NOT eligible for any child care subsidy payments until you come back into compliance.

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 Department of Family Services. The trainings allow you to gain knowledge, as well as, earn or maintain hours towards the *enhanced pay rates*.

Trainings will be held at the Sullivan Co. Child Care Council, Inc., 7 Community Lane, Liberty, N.Y. Parents Welcome! Sorry, no children. Please call the Training Coordinator, to register at (845) 292-7166 x 304.

Do you still need more training hours? Please ask us about our Technical Assistance trainings that can be conducted in your home.

Please save these
2012 dates:

JUNE 5

JULY 11

AUGUST 9

SEPTEMBER 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.

CCTA

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

Home Playground Safety Checklist

Use this simple checklist to help make sure your home playground is a safe place to play.

1. Install and maintain a shock-absorbing surface around the play equipment. Use at least 9 inches of wood chips, mulch, or shredded rubber for play equipment up to 7 feet high. If sand or pea gravel is used, install at least a 9-inch layer for play equipment up to 5 feet high. Or, use surfacing mats made of safety-tested rubber or rubber-like materials.
2. Install protective surfacing at least 6 feet in all directions from play equipment. For swings, be sure surfacing extends, in back and front, twice the height of the suspending bar.
3. Never attach—or allow children to attach—ropes, jump ropes, clotheslines, or pet leashes to play equipment; children can get strangled on these.
4. Check for hardware, like open "S" hooks or protruding bolt ends, which can be hazardous.
5. Check for spaces that could trap children, such as openings in guardrails or between ladder rungs; these spaces should measure less than 3.5 inches or more than 9 inches.
6. Make sure platforms and ramps have guardrails to prevent falls.
7. Check for sharp points or edges in equipment.
8. Remove tripping hazards, like exposed concrete footings, tree stumps, and rocks.
9. Regularly check play equipment and surfacing to make sure both are in good condition.
10. Carefully supervise children on play equipment to make sure they are safe.

<http://www.cpsc.gov/CPSCPUB/PUBS/Pg1.pdf>

Target Recalls Bunny Sippy Cups Due to Injury Hazard

Hazard: The ear on the bunny sippy cup can poke a child in the eye area while using the cup for drinking, posing an injury hazard.

Incidents/Injuries: Target has received 6 reports of incidents where the plastic ear poked children during routine use of the product. Cuts & bruises were reported in 3 of these reports.

Description: The recall involves two styles of Target Home Bunny Sippy Cups. The cups come with handles on both sides in pink & blue, female & male. Each contains a corresponding white bunny head screw-on lid & one bent ear & one straight ear. The cups can be identified by imprints on the bottom: "TARGET 200020683" for pink & "TARGET 200020884" for the blue.

Sold exclusively at: Target stores nationwide from February 2012—April 5, 2012 for \$3.

Remedy: Consumers should immediately stop using the recalled sippy cups and return them to any Target store for a full refund.

Consumer Contact: For additional information, contact Target at (800) 440-0680 between 7a & 6p CT M—F, or visit www.target.com.



Manhattan Group Recalls Baby Rattles Due to Choking Hazard

Name of Product: Whoozit® Starry Time Rattle

Hazard: The clear spheres on each end of the rattle can break, releasing small parts, posing a choking hazard to small children.

Injuries/Incidents: Manhattan Group has received two reports of rattles breaking. No injuries have been reported.

Description: This recall involves Whoozit® Starry Time baby rattles. The plastic rattles feature three colored (orange, aqua blue & purple) stars stacked front to back between two clear spheres on a flexible stem. The rattle measures about 5-1/2-inches long. Each clear ball, located at the end of the rattle, measures 1-3/4 inches in diameter. The clear rattles contain small multi-colored beads & a white plastic disc featuring a blue smiling character face inside. The name of the product is printed on the hang tag.

Sold at: Specialty toy & baby stores nationwide, in Canada, & online at www.manhattantoy.com from September 2011—March 2012 for about \$15.

Remedy: Consumers should immediately take these rattles away from young children & return it to the store where purchased for a full refund.

Consumer Contact: For additional information, contact Manhattan Group at (800) 541-1345 between 8a—5 p CT M—F, or visit www.manhattantoy.com.

Play and Learn the Outdoor Way (Continued from p. 3)

7. Get sopping wet.

How? Drill holes in a variety of recycled containers bottles, then build a water wall with the children by attaching them to a fence or a wooden board. Add water to create streams, drips, trickles, and pools. Fill a sensory table with water and add watering cans, containers, cups, brushes, basters, or droppers. Take advantage of puddles.

What happens? Children can fill and refill containers, thus creating personalized rivers and waterfalls. They can attach corks with string to create a snake or an eel in

the water tub. A puddle can become a crocodile-infested swamp that children must leap over escape unscathed. **Why?** On a hot day, nothing feels better than plunging one's arms or feet into water. Water is infinitely malleable and open-ended. Children can measure, weigh, mix imagine and experiment when water is involved.

8. Maximize pathways and entrances.

How? Use rocks, plantings, fabrics, stumps, or stepping-stones to add new pathways to existing areas. Design plantings to crate labyrinths or mazes. Mow a maze in the tall

grass of a meadow. Place stumps in the ground to make interconnected circles.

What Happens? Pathways create a sense of wonder and possibility. Dividing the space can encourage creative and accessible uses, such as hiding and chasing games, biking, hiking, and exploration.

Why? Interesting pathways invite movement. Children use their gross motor, decision making, and social skills. Having set the stage for enriched outdoor play experiences, what comes next? When children are at play, they communicate a wealth of information about their

abilities and needs. We learn about their interests and home lives as they engage in imaginative play, and their understanding of science and math principles as they manipulate sand and water. We can see social structures start to emerge as children negotiate roles and develop rules for self-created games. Through observation and reflection, you will find many opportunities to facilitate and extend children's play. You will also expand your own knowledge and enhance relationships with children.

Source: Teaching Young Children, Vol. 5, No. 4, pgs 24-26

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:

June 20, 2012

July 18, 2012

August 15, 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-Marin @ 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	2	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	\$150.69	\$142.63	n/a	n/a	\$128.35
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	\$149.79	\$150.00



Sullivan County Child Care Council, Inc.



Professional Supporter (Check One)

*Eligible for reduced training costs.

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

Name/Organization _____

Phone () _____

Address _____

Email _____

*Please submit a business card with your donation of \$100 or more.
Donations are non-refundable.

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

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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“Mother's love is peace. It need not be acquired, it need not be deserved.” —Erich Fromm, Psychologist

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

Why Hands-on?

I tried to teach my child with books;
He gave me only puzzles looks.
I tried to teach my child with words;
They passed him by often unheard.
Despairingly, I turned aside;
"How shall I teach this child," I cried.
Into my hand he put the key,
"Come," He said, "Play with me."

—author unknown



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.

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