

Caregiver News

Publication of Sullivan County Child Care Council, Inc.

Website

Our new website is up and running! Please visit the site for information regarding all of the functions of the Council and services that we provide; including our upcoming events, training calendar **AND OUR NEW ONLINE TRAININGS!** Find information about child care and the most recent publications of our quarterly newsletter.

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!

Please Take Note of our Facebook Policy
 Pictures of children will not be allowed to be uploaded on our facebook "wall" without the Sullivan County Child Care Council, Inc. having prior written consent from the parents/guardians. If a picture is posted on our facebook wall the image will be removed within 24 hours/ business day. The person that posted the photo will receive an email outlining our policy. If this policy is broken a second time the person will be blocked from interacting on the page.



Happy Holidays

FCCANYS Conference 2013

SAVE THE DATE!
 Friday and Saturday, April 19 & 20, 2013
 Villa Roma Resort & Conference Center,
 Callicoon, NY

Register online at www.fccanys.org.
 Visit website for conference details and room rates.

FCCANYS accepts EIP awards as payment for conference registration. Visit www.ecetp.pdp.albany.edu or call EIP at (800) 295-9616 or email eip@pdp.albany.edu.

In honor of the Week of the Young Child, the Sullivan County Child Care Council, Inc. would like to offer a Family or Group Child Care Provider an opportunity to win a trip to the annual 22nd Family Child Care Association of New York State (FCCANYS) Conference held right here in Sullivan County!



- This package includes:
- Workshops & keynote speakers. (Check out the website for details at www.fccanys.org)
 - Saturday: Breakfast & Lunch
 - A membership to the FCCANYS

In order to qualify we would like you to write an essay that will be reviewed by two Council board members. Names will not be disclosed to the essay review committee. Only one winner will be selected. Look for more details about the contest coming soon at www.scchildcare.com.

The winner will be required to sign a release to allow us to use their name and/or essay for promotional purposes in our newsletter and/or our website.



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2013 Events

- CACFP Week
 March 18-22, 2013
- Week of the Young Child
 April 14-20, 2013
- Screen Free Week
 April 29-May 5, 2013



Featured Agency:

the



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Sullivan County

Did you know that the YMCA has a presence in Sullivan County? We actually have a wonderful partnership with the Monticello Central School District and run the Wellness Center and classes at the Monticello High School along with additional classes at the Ted Stroebele Center in downtown Monticello.

Our **winter programs will offer many fitness and fun opportunities.** At the YMCA of Sullivan County we pride ourselves on providing quality programming for adults as well as the youth of our community. We will have a full schedule of adult group fitness classes that take place Monday-Saturday. Our classes **include Indoor Cycling, willPower & grace, Full Body Toning, and Zumba. Both WillPower and Zumba are Family classes where we encourage the adults to bring their children to work out alongside them.** All of these classes are included for free with membership to our Wellness Center, which has a full array of cardio equipment, circuit machines, and free weights. We also offer equipment orientations and personal training sessions. All of our instructors and trainers are fully certified fitness professionals. We accommodate all fitness levels in our classes as well as our Wellness Center and work with our members to find the fitness solutions that are right for them. To accommodate our members we offer our *Child Watch program during the week in the evenings so their children have a safe place to keep busy while they make use of the YMCA.* The **youth programs at the YMCA include Karate, Basketball, Dance, and Pee Wee Sports.** We also offer adult sports in volleyball, soccer, and basketball.

This holiday season you can **give gift certificates** to your friends and family for the YMCA of Sullivan County. Membership, personal training, and program gift certificates are available!

For more information and program dates check out our website at www.middletownymca.org, you can also find us on facebook!

This article was written by Michelle Spafford and Sandi Cassaro, both staff members of the Sullivan County YMCA.

Frost Valley YMCA

Frost Valley YMCA, located in the heart of the Catskills, is proud to provide four seasons of outdoor, experiential and educational opportunities for all ages! If you haven't yet joined us for a winter activity, now is the time! We offer a variety of activities suitable for both children and adults. All of our programs can be found on our website at www.frostvalley.org and you can also follow us on Facebook to keep track of all our up and coming events. This winter we would love you to join us for any or all the following programs:

Winter Holiday Break Camp, December 26-28 and Dec 31 – Jan 1.



Activities include Snow Tubing, Cross Country Skiing, Broomball, Arts & Crafts, Sledding, Incredible Edible and Sports & Games. Lunch and snack provided daily as well as free transportation from Liberty, Neversink and Grahamsville. Please

contact Katia Martin at kmartin@frostvalley.org for more information.

Free Snowshoe Hike, January 20th, 2013, 1:00-3:00pm. Enjoy the crisp mountain air while learning how to hike snowshoe through the forest. All equipment provided and advanced registration is required; please contact Heather Bowman at hbowman@frostvalley.org for more information.

Martin Luther King Break Camp, January 21st, 2013. Activities include Snow Tubing, Arts & Crafts, Sports & Games and more! Lunch and snack provided as well as free transportation from Liberty, Neversink and Grahamsville. Please contact Katia Martin at kmartin@frostvalley.org for more information.

Free Cross-County Ski Hike, February 3rd, 1:00-3:00pm. Glide with ease across our groomed trails and take in the beauty that surrounds all of Frost Valley. All equipment provided and advanced registration is required; please contact Heather Bowman at hbowman@frostvalley.org for more information.

President's Day Break Camp, February 18th, 2013.

Activities include Snow Tubing, Arts & Crafts, Sports & Games and more! Lunch and snack provided as well as free transportation from Liberty, Neversink and Grahamsville. Please contact Katia Martin at kmartin@frostvalley.org for more information.



Below you will find a thematic book list for a unit study about winter. These books may be found at your local public or school library. For your convenience, [when you visit <http://www.apples4theteacher.com/holidays/winter/kids-books/> and click on the book titles] ISBN numbers, book reviews and related links have been provided on each detail book page.

- ***Hello Snow***
by Hope Vestergaard
- ***I Like Winter***
by Lois Lenski
- ***It's Winter - Celebrate the Seasons***
by Linda Glaser
- ***Lights of Winter***
by Heather Conrad
- ***Ollies Ski Trip***
by Elsa Beskow
- ***Poppleton in Winter***
by Cynthia Rylant
- ***Snowball Fight!***
by Jimmy Fallon
- ***Snowmen at Night***
by Caralyn Buehner, Mark Buehner
(Illustrator)
- ***Teaching About Winter Holidays
With Favorite Picture Books***
by Immacula A. Rhodes
- ***The Big Snow***
by Berta Hader
- ***The Five Dog Night***
by Eileen Christelow
- ***The Shortest Day: Celebrating the
Winter Solstice***
by Wendy Pfeffer, Jesse Reisch
(Illustrator)
- ***The Snow Dude***
by Daniel Kirk
- ***The Tomten***
by Astrid Lindgren
- ***The Winter Solstice***
by Ellen Jackson
- ***There Was a Cold Lady***
by Lucille Colandro
- ***When Winter Comes***
by Nancy Van Laan
- ***While the Bear Sleeps***
by Caitlin Matthews
- ***Winter - An Alphabet Acrostic***
by Steven Schnur
- ***Winter Lights***
by Anna Grossnickle Hines
- ***Winter Lullaby***
by Barbara Seuling
- ***Winter Waits***
by Lynn Plourde

Source: <http://www.apples4theteacher.com/holidays/winter/kids-books/>

State Health Commissioner Warns Those Without Power to be Aware of the Silent Killer: Carbon Monoxide

ALBANY, N.Y. (November 7, 2012) – New York State Health Commissioner Nirav R. Shah, M.D., M.P.H., is urging residents impacted by Hurricane Sandy to stay safe, as a Nor'Easter approaches coastal areas. Commissioner Shah also warned people who may have lost power due to Hurricane Sandy that deadly carbon monoxide (CO) can result from the improper use of alternate power sources.

"Carbon monoxide is known as the silent killer because it can strike without warning, causing severe injury and potential death," said Commissioner Shah. "That is why it is critical to take the proper steps to be as safe as possible."

Carbon monoxide poisoning is the leading cause of poison-related fatalities in the United States. According to the Centers for Disease Control and Prevention (CDC), CO is responsible for approximately 450 deaths and over 20,000 injuries every year.

Poisoning occurs when CO—an odorless, colorless, and tasteless gas—escapes from fuel-burning appliances and becomes trapped in enclosed spaces. Poisonings from CO are often caused by faulty furnaces, improperly operating portable generators, or using other fuel-burning devices indoors.

Although CO poisoning occurs frequently, the following tips can help to prevent it from happening to you.

Tips on proper maintenance and operation of dangerous CO producers

- Never run generators in indoor spaces, such as garages, basements, porches, crawlspaces or sheds, or in partly enclosed spaces such as carports or breezeways. Generators should only be operated outside, far away from (25 feet or more if possible) and downwind of buildings.
- Never use a gas range or oven for warmth. Using a gas range or oven for warmth can cause a buildup of toxic CO inside your home, cabin, or camper.
- Never use a charcoal grill or a barbecue grill in your home or garage. Using a grill indoors will cause a buildup of toxic CO.
- Never start up or run any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws,

- generators, or other small motors) in enclosed spaces.
- Never use a stove or fireplace unless it is properly installed and vented. Annually, have it inspected and have oil and gas heat and hot water systems serviced.
- Never run your car or truck or motorcycle inside a garage that is attached to a house or in a detached garage with the garage door shut; open the door to remove CO and other toxic gases in the exhaust.

Symptoms of CO poisoning

CO is known as the "silent killer." It can prevent the body from getting oxygen. Symptoms can be flu-like: nausea, headache, dizziness, shortness of breath, sleepiness, weakness. In large amounts, CO can cause loss of consciousness, brain damage, or death.

If you suspect CO poisoning

- **Open** all windows and doors.
- **Get Out** of the building and into the fresh air.
- **Call** the fire department from outside the building.
- **Call** the gas company from outside the building.
- **Call 911** if you or someone else is experiencing symptoms, or take the ill person to the emergency room. Tell the physician you suspect CO poisoning.

Install CO Detectors

- Install a CO detector which is battery-powered or has a battery back-up, and is certified by Underwriters Laboratories (UL).
- Carefully follow manufacturers' installation, use, maintenance, and replacement instructions.
- Check the CO detector batteries twice a year.
- If the alarm sounds, get out of the building.
- Don't let having a CO detector lull you into a false sense of security. Preventing the problem is better than relying on an alarm.

For more information about preventing carbon monoxide poisoning, go to http://www.health.ny.gov/environmental/indoors/air/carbon_monoxide_need_to_know.htm

Contact: NYSDOH (518) 474-7354, ext. 1.

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.

The next course will be offered on January 5, 2013, 8a-4p at the Council
(with a snow date of 11/12/12).

Please call Christy at (845) 292-7166 x305 to register and for payment information.

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

Congratulations & Bravo

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

Best Friends Services, Inc.

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

Early Childhood Cooperative Experience

Jessica Dean

Easter Seals of New York, Inc.

Andrea Garrett

Deborah Gubiotti

Diane Harvey: J&C First Steps

Rachel Lindsley: Rachel's Angels Day Care

Nana's House Child Care Center, Inc.

Marlena Pittaluga-Egan:

Marlena's Family Daycare

Precious Child Care II

Deborah Silon: Little People's Express

Leara Tausk: Sunny Days Preschool

Twin Bridge Play School Inc.

Kristy Petrowsky

Sullivan County Head Start: (All locations)



Child & Adult Care Food Program (CACFP)

WELCOME NEW CACFP MEMBERS:

**Stephanie Levy, Debra Larsen,
Sharleen White, Susan Sennett-DeWitt**

The following providers have become
"Breastfeeding Friendly Child Care Homes"

and have received their 2 year certificate from NYSDOH:

**Jessica Dean, 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 as they return to work or school.

For more information call Aimee Pittaluga (845) 292-7166 x306.

Gross Motor and Children

Eating healthy and exercising are vital to the children in your care. During the winter months it is much harder for children to be able to run and play and use big movements. Make sure parents dress children properly so that you can all go outside and get some fresh air even if it's for a few minutes. It is still very important for children to remain active and to release their energy. Gross motor skills can be learned and improved with practice so children need opportunities to exercise these skills. If you can't get outdoors then be sure to incorporate gross motor into your daily indoor routine.

What is gross motor?

Gross motor refers to the movement of the large muscles of the body.

Why is gross motor so important?

- It is very important for school readiness
- It allows children to develop body awareness, helps with balance, coordination, special awareness and fine motor skill development (grabbing, self feeding, touching)
- Releases energy
- Develops movement

Gross Motor Idea's

- Run, skip, jump, climb
- Jump rope
- Play games like soccer, baseball, basketball, football even if you don't follow all the rules of the game
- Ride a bike or a scooter
- Dance
- Play games like Simon Says or Shadowing, Mother May I? & Duck Duck Goose
- Act like an animal
- Use a large ball to kick, throw, roll

Name 3 things that your child likes to do that is a gross motor activity?

1. _____
2. _____
3. _____

Name 3 gross motor activities your child did today?

1. _____
2. _____
3. _____

Be active and be a good role model, it will benefit you all. Take walks together and talk, play in the leaves, stop to check out a caterpillar.....

Take every moment as a lesson and ENJOY! Thank you.

Medication Administration

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

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 the Council at (845) 292-7166 or info@scchildcare.com.

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.*

December 6, 2012:

Child Abuse & Maltreatment

Postponed from 11/15 Date TBA:

Emergency Preparedness

2013 Videoconference Schedule Not Yet Available

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

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

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.

Intensive Technical Assistance

The Sullivan County Child Care Council, Inc offers intensive technical assistance in areas of your choice. If you feel that you are lacking strength in a certain area, or would like to gain more knowledge about a specific topic, a training can be set up to address your needs. They can be individual sessions or multiple session; generally conducted at your home during down time in your program.

If you would like to earn training through intensive technical assistance and you are not sure of a topic, you can choose from one of the topics listed below:

“Creating Safe & Healthy Spaces”

“Child Care Environments”

“Bullying: How You Can Help”

“Helping a Child Through Grief”

“Child Abuse & Maltreatment”

“Ideas for Better Nutrition & Physical Activity”

“Winter Safety”

Contact Christy Hernandez at (845) 292-7166 x305 to request a class or more information.

Online Trainings

NYSOCFS/PDP Online Trainings—FREE!

www.ecetp.pdp.albany.edu/learn_catalog.shtml

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
- * Transportation
- * **NEW** Early Intervention

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

Child Care Aware Training Academy™

is a powerful, comprehensive online collection of the best training courses in the child care industry. All courses are written by nationally recognized experts on high impact topics in the child care profession.

With the Training Academy, you'll enjoy:

- Learning at your own pace & on your own schedule
- Easy to use
- Friendly 1-800 Help Support Line
- Affordable courses
- One year to complete a course
- International Association for Continuing Education & Training (IACET) approved courses and college credit
- CEU certificates issued immediately

<http://www.smarthorizons.org/naccrra/sccc>

Choose courses from Physical & Intellectual Development, Commitment to Professionalism, Effective Program Operation, Social & Emotional Development, Observing & Recording Progress & Behavior of Children, Positive Relationships with Families, Child Growth & Development, and Safe & Healthy Environment. Courses range from 2 hours for \$35 to 20 hours for \$149.

Currently individual trainings are approved for OCFS training hours. EIP approval is in-process. For more information visit the website listed above.


**How does
QUALITYstarsNY
work?**





QUALITYstarsNY is a voluntary system that will be available to all regulated programs serving young children—in centers, schools and homes. It provides guidance, support and resources for technical assistance and professional development so that



programs improve their quality rating over time. Programs receive points for incorporation practices that go *above and beyond* basic health and safety requirements and are based on the latest research. Star ratings are based on an evaluation and assessment of practices in the following categories:

- Learning Environment
- Family Engagement
- Qualifications & Experience
- Management & Leadership

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|--|
|  <h1>December 2012</h1>  | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 SUNY Videoconference @ Cornell 6:45p "Child Abuse & Maltreatment" | 7 Pearl Harbor Remembrance Day | 8 Hanukkah  |
| 9 | 10 | 11 Legally Exempt Training: "Creating a Safe & Healthy Environment" 10a-12:30p @ Council | 12 Council Closing at 12:30 | 13 | 14 | 15 |
| 16 | 17 | 18 Legally Exempt Training (Snow Date 12/11) | 19 Information Session 7:00pm @ Council (More info p.11) | 20 | 21 First Day of Winter (Winter Solstice)  | 22 |
| 23 30 | 24 Christmas Eve Council Closes at 12:30 31 New Year's Eve | 25 <i>Merry Christmas</i>  | 26 Kwanzaa (12/26-1/1) Council Closed | 27 | 28 | 29 |

Check out our Training and Events Calendar on our website at <http://scschildcare.com/calendar/>.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---------------------|---|---|-----------------------------|---|
|  | | 1 Council Closed | 2 | 3 | 4 | 5 MAT Training 8a-4p @ Council (Snow date Jan 12) |
| 6 Epiphany | 7 | 8 | 9 | 10 Legally Exempt Training: "Keeping Kids En- gaged During the Winter Months" 6-8:30p @ Council | 11 Amelia Earhart Day | 12 (Snow date for 1/5/13 MAT Training) |
| 13 | 14 | 15 | 16 Information Session 7:00pm @ Council (More info p.11) | 17 Legally Exempt Training (Snow Date for 1/10) Benjamin Franklin's Birthday | 18 | 19 |
| 20 Inauguration Day | 21 Council Closed Martin Luther King Jr Day | 22 | 23 | 24 Health & Safety 5:30p-8:30p @ Council (Part 1) | 25 | 26 Health & Safety 9:00a-3:30p @ Council (Part 2) |
| 27 | 28 | 29 | 30  | 31 Health & Safety 5:30p-8:30p @ Council (Part 3) | <h1>January 2013</h1> | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------------------|--|--|--|--|--|----------------------------------|---|
| February 2013 | | | | |  | 1 National Freedom Day | 2 Health & Safety 9:00a-3:30p @ Council (Part 4) |
| 3 | 4 | 5 | 6 | 7 | 8 Boy Scout Day | 9 | |
| 10 Chinese New Year | 11 | 12 Legally Exempt Training: "Emergency Preparedness" 10a-12:30p @ Council | 13 Ash Wednesday | 14  | 15 | 16 | |
| 17 | 18 Council Closed President's Day | 19 Legally Exempt Training (Snow Date for 2/12) | 20 Information Session 7:00pm @ Council (More info p.11) | 21 "Building Healthy Working Relationships Between Providers & Parents" 6-8:30p @ Council | 22 | 23 | |
| 24 Purim 31 | 25 | 26 | 27 | 28 Healthy Working Relationships Snow Date | 29 | 30 | |

| | |
|--------------------|---|
| 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 |

| OCFS Hrs/Topics Covered CDA CEU's/Topics Covered | Hrs/ CEU's | Cost/ Reduced Cost | 1 1 | 2 2 | 3 3 | 4 4 | 5 5 | 6 6 | 7 7 | 8 8 | 9 9 |
|--|--------------------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Health & Safety | 15.0 1.5 | \$250/ \$250 | x | X | | X | X | X | X | X | X |
| Building Healthy Working Relationships | 2.5 | \$20/ \$10 | | | X | x | x | x | | | |
| Child Abuse & Maltreatment (SUNY Videoconference) | 2.5 0.25 | Free | X x | | | X x | | X | | X x | X |
| Early Intervention (Online) | 1.5 0.15 | Free | X | | x | X x | | | | x | 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 | | | | X | |

****Please Note** Training Expectations**

The Sullivan County Child Care Council, Inc. has developed the following training expectations to ensure the most productive and enjoyable training experience for our providers. Please keep the following 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.
- 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.

Focus on the Regulations

Evacuation/Emergency Plan

417.5 SAFETY

(b) The provider must submit a written plan for the emergency evacuation of children from the premises for each shift of care provided (day, evening, night), using a form furnished by the Office or an approved equivalent form. Primary emphasis must be placed on the immediate evacuation of children. The plan, as approved by the Office, must be posted in a conspicuous place in the home or filed in a place in the home which is available to the parents of the children in care. The approved emergency evacuation plan must describe the following:

- (1) how children and adults will be made aware of an emergency;
- (2) primary and secondary evacuation routes;

(2) methods of evacuation, including where children and adults will meet after evacuating the home, and how attendance will be taken; and

(3) notification of authorities and the children's parents.

(c) Portable electric heaters or other portable heating devices, regardless of the type of fuel used, may not be used in rooms accessible to the children.

Food & safe drinking water

417.12 NUTRITION

(f) Perishable food, milk and formula must be kept refrigerated.

(g) Safe drinking water must be available to children at all times and must be offered at intervals that are responsive to the needs of the individual children.

From the Desk of the Registrar

Dear Providers,

I hope that all of you and your families are well and have regained normalcy since Hurricane Sandy. Thank you for your hard work, each and everyday and for supporting the families who relied on you during the difficult conditions left by the storm.

This is one of those rare emergencies that we try to prepare for. (Although this type of weather may be becoming more of a norm; therefore we should get ourselves more prepared.) Even though there was plenty of warning that the storm was coming, we may not have planned for it the best we could have.

I would just like to remind everyone to take a moment and review your emergency plans. What worked? What didn't work? How well

prepared were you? Could you be better prepared if something like this, or worse, was to happen again?

You may have discovered that you want to amend your day care policies as a result of this storm. Will your child care program be open in a state of emergency? What is your policy regarding a state of emergency? Things to consider may include how far away parents work, what type of job they have and how many emergency supplies you are able to stock to have enough for your own family plus the daycare children. Can you reasonably feed the children in your care without refrigeration? Do the day care children need medication? Do you have enough? Does the medication require refrigeration?

Theresa Murdock-Marin
Registrar



Welcome to our
newest provider:

Debra Larsen:
Kid's Korner West

Dear Jodi

Dear Jodi,

I am a Day Care Center Director and I am confused about the Trainer's Credential. What are the fees and deadlines? Who is going to be able to give trainings and how will we know what will be acceptable for the 30 hours of training required by OCFS regulation?

Inquiring
Harris

Dear Inquiring,

"In collaboration with partners statewide, the New York Association for the Education of Young Children (NYSAEYC) has developed a trainer approval process that verifies the education and qualifications of trainers who provide professional development to early learning providers in the state." (Guide to the NYS Early Learning Trainer Credential, www.nysaeyc.org)

There is OCFS grant money available to reduce the cost of becoming a credentialed trainer available until 12/31/2013. The cost for the application is currently \$75.00. The fee will more than triple to \$300 after 12/31/2013.

Trainers/organizations will not be allowed to receive EIP monies for trainings after 12/2/2013 if they are not credentialed. If your agency trains anyone other than direct staff they should submit their application by 10/1/2013 to be sure that they will meet the deadline set in place for EIP.

Janice Molar, Deputy Commissioner of OCFS has made it clear that in the future only trainings received through an approved Credentialed Trainer/Agency will count towards the 30 hour training requirement for licensing. It is, therefore, in the best interest of your agency (since the fees will more than triple to apply after 12/31/2013) to start the application process so when the changes are put into affect you have less to do to remain in compliance.

The Trainer's Credential will also likely align with QUALITYstarsNY requirements.

For more information you can visit <http://nycecpdi.org/trainers/index.php>. Or <https://nyworksforchildren.org/Aspire/Go/Authentication/SignIn.aspx> to start the application process.

Jodi

Legally Exempt Bulletin Board

| 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 |

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, NY. Parents Welcome! Sorry, no children.

Please call the Training Coordinator, to register at (845) 292-7166 x 305.

| 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 |

Do you still need more training hours? Please ask us about our Technical Assistance trainings that can be conducted in your home. Choose a topic that you would like more information on or choose from the topics below:

“Creating Safe & Healthy Spaces”

“Child Care Environments”

“Bullying: How You Can Help”

Contact Christy Hernandez at (845) 292-7166 x305 to request a class or more information.

Please save these dates:

December 11
(Snow date 12/18)

January 10
(Snow date 1/17)

February 12
(Snow date 2/19)

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 305.

CCTA

*If you are interested in submitting your time sheets electronically, please contact the Council for more information at (845) 292-7166.

Happy New Year—Word Search

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Q | H | B | A | L | L | O | O | N | S | T |
| C | O | B | A | S | H | K | I | W | G | O |
| T | R | A | D | I | T | I | O | N | S | A |
| P | N | F | I | R | E | W | O | R | K | S |
| A | S | M | I | D | N | I | G | H | T | T |
| R | N | G | C | O | N | F | E | T | T | I |
| T | R | E | S | O | L | U | T | I | O | N |
| Y | F | A | M | I | L | Y | N | L | W | P |

| | | | |
|----------|-----------|----------|------------|
| BALL | CONFETTI | HORNS | RESOLUTION |
| BALLOONS | FAMILY | MIDNIGHT | TOAST |
| BASH | FIREWORKS | PARTY | TRADITIONS |

Source: <http://www.apples4theteacher.com/holidays/new-years-day/printables/word-search.html>

Winter Issue 2012

Winter-Time By Robert Louis Stevenson

Late lies the wintry sun a-bed,
A frosty, fiery sleepy-head;
Blinks but an hour or two; and then,
A blood-red orange, sets again.



Before the stars have left the skies,
At morning in the dark I rise;
And shivering in my nakedness,
By the cold candle, bathe and dress.

Close by the jolly fire I sit
To warm my frozen bones a bit;
Or with a reindeer-sled, explore
The colder countries round the door.



When to go out, my nurse doth wrap
Me in my comforter and cap;
The cold wind burns my face, and blows
Its frosty pepper up my nose.



Black are my steps on silver sod;
Thick blows my frosty breath abroad;
And tree and house, and hill and lake,
Are frosted like a wedding cake.



Product Recalls

www.recalls.gov

Imagine Nation Books Recalls Double Dazzler Light Show Toys Due to Burn Hazard

Hazard: The battery in the toys can overheat and pose a burn hazard.

Incidents/Injuries: The firm is aware of five incidents of overheating. No injuries or property damage have been reported.

Description: Silver, plastic, baton-like toy with white plastic tubes at each end that become multi-colored spinning lights when operated. The wand or stick device is 10.5 inches long and has an "on" button in the center hold area. The battery pack is located at the center handhold location. The package states "DOUBLE DAZZLER LIGHT SHOW" and "Color Changing LEDs / Ages 8+ /Batteries Included."

Sold by: Imagine Nation Book dealers nationwide at corporate offices, hospitals and schools from March 2012 to September 2012 for about \$9.

Remedy: Consumers should immediately take the recalled toy from the child and contact the firm for a refund.

Consumer Contact: Imagine Nation Books at (800) 917-0213 from 8a-5p MT M-F, by email at product-info@booksarefun.com or online at www.booksarefun.com/recall and for more information.

Dorel Juvenile Group Recalls Eddie Bauer Rocking Wood Bassinets Due to Infant Suffocation Hazard

Hazard: The bottom locking mechanism can fail to lock properly if a spring is not installed, allowing the bassinet to tip to one side and cause infants to roll to the side of the bassinet. This poses a suffocation hazard to infants.

Incidents/Injuries: Dorel has received 17 reports of incidents with the recalled bassinets involving infants primarily younger than three months old. In two of the incidents, infants were reported to have had breathing difficulties after they rolled into the side of their bassinets.

Description: Eddie Bauer Rocking Wood Bassinets. The bassinets have a dark brown wooden headboard and footboard and a cotton bassinet; comes in a variety of colors and patterns. These bassinets have a dial at the base of the footboard that locks and unlocks the rocking motion of the bassinet. The following model numbers have been recalled: 10632, 10639, 10832, 10835, 10839 & BT021 (model number located on the top surface of the mattress support board or on the wash & care label).

Remedy: Immediately stop using the recalled bassinets & contact Dorel to obtain a free repair kit, which includes a spring & new instructions for assembly.

Consumer Contact: Dorel; toll-free at (877) 416-0165, 8a-5p ET M-F, or www.djgusa.com & click on Safety Notices for more information.

Child Safety Seat Recalls

www.recalls.gov

Certain Evenflo Big Kid Factory Select booster seats, Model Nos. 30911173AD, 3091967AD, 30911118AD, and 30911120D, shipped between 8/6/12—9/18/12, fail to conform to the requirements of Federal Motor Vehicle Safety Standard No. 213, "Child Restraint Systems." The subject seats were originally manufactured solely for purposes of retail display and not to be sold at retail. Therefore, the seats were packaged without the instruction manual or the required registration card. However, the seats were inadvertently shipped to Evenflo's institutional customers (i.e. hospitals, government agencies) to be given to families. None of the affected units were sold at retail stores.

Consequence:

Without the instruction manual the seat may be used improperly. Should the owner not file a registration with the child seat manufacturer due to lack of information on how to do so, they may not be notified of a safety recall. Either condition puts the child at an increased risk of possible injury in the event of a crash.

Remedy:

The affected seats have a label stating: "DISPLAY ONLY – NOT INTENDED FOR SALE," located on the back of the booster seat headrest. Evenflo will mail owners who have received an affected Big Kid booster seat a remedy kit that includes a consumer registration card, an instruction manual, and an over label to cover the current label stating: "DISPLAY ONLY – NOT INTENDED FOR SALE." The remedy kit will be provided free of charge. Notification began on October 10, 2012. Owners may contact Evenflo at 1-800-233-5921 or at safety.evenflo.com.

Notes:

Owners may also contact the National Highway Traffic Safety Administration Vehicle Safety Hotline at 1-888-327-4236 (TTY 1-800-424-9153), or go to www.safercar.gov.

New Safety Swing Standard from CPSC

CPSC Approves New Federal Safety Standard for Infant Swings

Infant swings are stationary juvenile products with a frame and powered mechanism that enables an infant to swing in a seated position. An infant swing is intended for use with infants from birth until a child is able to sit up unassisted. Cradle and travel swings are also included in the standard.

The new federal standard, requires the following:

- a stronger, more explicit warning label to prevent slump-over deaths. The warning advises consumers to use a swing in the most reclined position until an infant is 4 months old and can hold up its head without help;
- a stability test that prevents the swing from tipping over;
- a test that prevents unintentional folding;
- tests on restraint systems, which are intended to prevent slippage and breakage of the restraints during use;
- the cradle swing surface to remain relatively flat, while in motion, and while at rest;
- electrically-powered swings to be designed to prevent battery leakage and overheating.;
- toy mobiles to be designed to ensure that toys do not detach when pulled;
- swings with seats angles greater than 50 degrees to have shoulder strap restraints; and
- dynamic and static load requirements to ensure the infant swing can handle specified loads without breaking.

Between 5/2011-5/2012, CPSC received reports of 351 infant swing-related incidents that occurred between 2009 and 2012. Two of the 351 incidents resulted in fatalities, and 349 incidents were nonfatal; 24 of the nonfatal incidents resulted in injuries.

The effective date for the mandatory infant swing standard is May 7, 2013.

The Danny Keysar Child Product Safety Notification Act, Section 104 of the Consumer Product Safety Improvement Act of 2008, requires CPSC to issue safety standards for durable infant or toddler products, including infant swings. In addition to infant swings, CPSC has issued mandatory safety standards for full-size and non-full-size cribs, play yards, children's bed rails, baby bath seats, baby walkers, and toddler beds.

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 Family Day Care Provider (FDC) or School Age Child Care Program (SACC) you must attend an informational session at the Council for more information & an application.

Group Family Day Care and Day Care Center applicants should call the Spring Valley Regional Office at (845) 708-2400 for more information.

Information/Start-up Sessions for FDC & SACC are held at the Council on the following **Wednesdays at 7:00pm:**

January 16, 2013

February 20, 2013

March 20, 2013

Please RSVP to the Training Coordinator, by calling (845) 292-7166, ext. 305.

Child Care Programs in Sullivan County

| 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 | 4 | 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 | \$157.50 | \$143.64 | n/a | n/a | \$131.39 |
| Group Family Day Care | n/a | \$163.85 | \$144.34 | n/a | n/a | \$118.56 |
| Day Care Center | \$175.00 | n/a | n/a | \$168.75 | \$149.79 | \$150.00 |

Sullivan County Child Care Council, Inc. 2013 Donation Form

Professional Supporter (Check One)

*Eligible for reduced training costs.

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

Community Supporter (Check One)

- \$50 Advocate
- \$100 Sponsor*
- Other \$ _____*

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

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PAID
PERMIT NO. 51
12754

“If evolution is fact, why do mothers only have two hands?” - Milton Berle

Sullivan County
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Council, Inc.
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James Farrell

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Dr. Jamie Noeth

Susan Peters

Dominick Scanna

Sherry Stanton

Barbara Sush

Laura Quigley



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

Please email us at info@scchildcare if you are interested in becoming a Sullivan County Child Care Council, Inc board member.

If you would like to contribute something to our next newsletter, or have an idea of something we should include, please contact us @ info@scchildcare.com.

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 County Child Care Council, Inc. provides equal program and employment opportunities.

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