



# Caregiver News

Publication of Sullivan County Child Care Council, Inc. for those who care for, educate, and nurture the young child.

## “Taking Care of Yourself”

Preschool teachers have a rewarding, but intense and demanding job. Daily stressors such as helping children cope with challenging behavior and conflicts are common. They can be exhausting. Taking time to take care for ourselves helps us maintain the health and happiness we need to share joy and laughter with the children—and the other important people in our lives. Bounce back and beat stress by using the following 10 strategies.

**1. Practice effective communication.** State your feelings in a clear way. For example, “I feel angry when you raise your voice.” Describe what upsets you using facts rather than labels or judgments. Effective communication can reduce conflict and create environments where ideas, problem solving, affection, and caring can thrive.

**2. Establish “Me Time!”** Schedule time to enjoy your hobbies. Read a book, garden, dance or take up something new you have always wanted to do. Stepping out of the same old routine can reenergize your spirit!

**3. Have friend time.** Find ways that friends, family, and colleagues can support you. Share your successes, air your feelings, and ask for help. Realize you are not alone and together you can help one another.

**4. Take time to imagine.** Find a comfortable place and close your eyes. Picture a comforting and peaceful setting. Take a moment to rest in this space, taking a few deep breaths. Allow yourself to relax. Visualizing something pleasant is a proven way to reduce stress, and it only takes a few moments each day. (You

**Recognize the sign of stress**  
 Knowing our own signs of stress can help us to meet them head-on, before we feel overwhelmed and run-down. Common signs of stress include

- Increased heart rate and blood pressure, feeling tense, irritable, tired, or depressed
- Lack of interest, inability to concentrate, racing thoughts, and excessive worry
- Avoidance behaviors, such as drinking, smoking, or drug use

can find an audio recording of a guided imagery exercise at [www.ecmhcc.org/relaxation\\_exercises.html](http://www.ecmhcc.org/relaxation_exercises.html).)

**5. Create consistent and healthy routines.** Listen to soothing music on the way to work every day. Drink water, and prepare healthy snacks. Take a walk after work several nights a week. These simple and healthy habits can make a surprisingly big change in the way you feel in a short amount of time.

**6. Try belly breathing.** Sit in a chair or stand and place your hands at your side. Close your eyes and focus on your belly. Imagine a small balloon inside. Breathe in slowly and deeply through your nose, and imagine the balloon inflating. Slowly hold for a few seconds. Exhale through your mouth, imagining the balloon slowly deflating. Blow out of your mouth—as if you were blowing out a candle—three times. Deep breathing reduces stress and calms us. You can practice this every day—in the classroom, at home on the bus or anywhere.

**7. Focus on what is possible.** Practice focusing on what you have control over in life versus things that are out of your hands, such as how people respond to

you or how other people respond to you or how other people feel. When we focus on things that are out of our control, it can bring us down and increase feelings of anxiousness and stress. When we act on those things that we can control, such as our reaction to events and people, we feel empowered and less stressed.

**8. Turn the negative into the positive.** Thoughts can affect our stress levels. If we perceive things to be stressful, they are! Practice “thought stopping.” First, notice your thoughts. Are they positive and helpful or negative and unhelpful? Next, use a trigger word to stop a negative and unhelpful thought. Last replace it with a more helpful thought! Here is an example:  
 1. You think to yourself, “I am a terrible teacher.”  
 2. Use a trigger work, like “Stop!”  
 3. Replace with, “I need to find some new strategies for involving children in cleanup.”

**9. Get enough sleep.** Sleep combats stress by giving our bodies and brains a much-needed break. Experts recommended adults get seven to nine hours of sleep per night. If you need more rest time, try turning off the computer and television a few hours before bedtime, write a worry list and put it aside, and keep your bedroom a place for sleeping not working.

**10. Ask for help when you need it.** If your stress is chronic and you feel overwhelmed or depressed, seek professional help. First, see your family physician to rule out any medical problem. Then consider seeing a specialist who can help you cope with these feelings.

Source: TYC, Vol 5, No 4, (p 6-7)

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# Featured Agency: SULLIVAN RENAISSANCE

Article submitted by Cara Kowalski, Volunteer Coordinator

SULLIVAN



RENAISSANCE

Sullivan Renaissance is a beautification and community development program principally funded by the Gerry Foundation. Established in 2011, the program provides grant money for projects that enhance the appearance of Sullivan County while fostering pride and spirit. This year, Sullivan Renaissance is funding 41 community initiatives—from small-scale improvements to environmental projects and Main Street makeovers.

All Sullivan Renaissance projects rely on community involvement, and over the years thousands of volunteers have championed beautification efforts in all 6 villages and 15 towns of Sullivan County. Through planting flowers, creating parks, and building and maintaining vibrant community spaces, volunteers come together to make a difference—and have fun! Individuals of all ages are encouraged to participate and youth involvement is an integral part of the program. Internship and scholarship programs encourage young people to create positive change in their communities. Young children also play a role in beautification! Here are several ways to get involved:

### Plant seeds

Introduce a child to gardening to foster a lifelong appreciation for community and nature. Plant a flower together! Display it in your window or plant it outside to add color and interest to your residence.

### Cultivate community pride

Spend time outside. Remember to enjoy the parks and public places in or near your neighborhood. As you walk, point out the things you like about your community and encourage children to do the same. Pick up litter that you see. Instill a sense of pride and ownership that will one day translate to greater community participation.



### Learn about gardening and volunteerism

Check out [www.facebook.com/SullivanRenaissance](http://www.facebook.com/SullivanRenaissance) to get gardening tips, learn about different plants, and gain insight into community engagement. Find kid's gardening activities online and explore the 'Youth Gardening' section of the American Horticultural Society website.

### Support a Sullivan Renaissance Project

Have an hour a week to spare? There are many ongoing opportunities for involvement with a Sullivan Renaissance project group. Groups need assistance with planting, garden maintenance, and a variety of other horticultural tasks, as well as outreach, fundraising and administrative support. Don't know how to garden? We'll teach you. No matter your background, we welcome your energy and time. Here are a few opportunities for involvement:

### Swan Lake Renaissance Family Work Days

Help with general garden maintenance to keep Swan Lake beautiful all summer long. The group meets every Saturday from 9:30 am to noon in front of the Swan Lake Country Store. For information, call Nancy Levine at 292-5553.

### Monticello Beautification Group Family Work Days

Beautify Monticello beautiful by helping to care for the flower beds along Broadway. To learn more, contact Kathy Fielding at (845) 798-2479.

### Hurleyville-Sullivan First Community Kick-Off Concert

Saturday, June 15 from 3:30 – 5:00 PM

### Hurleyville Firehouse

Join the Hurleyville-Sullivan First Renaissance team and your neighbors for some rock n' roll music roll with Side F/X. Free! Each person will be given a plant to place in the new Children's Garden.



### Join the Sullivan Renaissance Volunteer Corps

Want to do even more? Can you help with 7 activities between June and September? If so, join our pilot Volunteer Corps! Participants will volunteer in work days, trainings, program events, and field trips—all in the spirit of beautification and community engagement—and will be recognized at our annual Awards Ceremony.

To learn more about upcoming events, project volunteer opportunities near you, and the Volunteer Corps, call Cara Kowalski (Volunteer Coordinator) at 295-2405 or email [volunteer@sullivanrenaissance.org](mailto:volunteer@sullivanrenaissance.org).

www.apples4theteacher.com

Look at the Father's Day Recommended Reading—Kids Books for Fathers Day:

Give Dad an autographed book to show your love & read together.

**A Perfect Father's Day**  
by Eve Bunting

**Daddy All Day Long**  
by Francesca Rusackas

**Father's Day**  
by Anne Rockwell

**If I Were Your Father**  
by Margaret Park Bridges

**My Dad**  
by Anthony Browne

**What Dad's Can't Do**  
by Douglas Wood

**Because Your Daddy Loves You**  
by Andrew Clements

**Daddy Kisses**  
by Anne Gutman

**I Love My Daddy**  
by Sebastien Braun

**It's Father 's Day, Charlie Brown!**  
by Judy Katschke

**The Father Who Had 10 Children**  
by Benedicte Guettier

**The Very Best Daddy of All**  
by Marion Dane Bauer

**The Day I Swapped My Dad for Two Goldfish**, by Neil Gaiman

**The Secret Father's Day Present**, by Andrew Clements  
**In Daddy's Arms I Am Tall:**

**African Americans Celebrating Fathers**, by Javaka Steptoe

**Maurice Sendak's Little Bear: Father Bear's Special Day**  
by Else Holmelund Minarik

**When Daddy Comes Home: A Lift-the-Flap Book**  
by Lorie Ann Grover

www.apples4theteacher.com/holidays/fathers-day/kids-books/

## Martha Stewart's Homemade Gifts for Father's Day

www.marthastewart.com  
(Holidays, Father's Day)



**How can kids spell out how much they love Dad on Father's Day?** By

making him a paper picture frame using the letters of his name (D-A-D). [Martha Stewart Kids, Volume 18 2005]

The present will stand proudly on a desk or bureau with the assistance of bent paper clips. The photographs, trimmed to show kids' faces, peek through the holes of the letters. (#3) **Frame How-To:** Photocopy and cut out the frame template (link on website). Lay the template over lightweight card stock; trace with a pencil and cut out. Mom can cut out the middle parts of each letter. Trim photos to fit the openings, making them slightly larger than the holes; tape them behind the frame. To make the frame stand up, bend open two paper clips and tape the small sides to the backs of the letters at the very bottom.

**Let kids redo this basic office staple as a gift for Dad—their messages will last well beyond Father's Day.**

[Martha Stewart Living, June 2008]

(#6) Wrap a rubber band around a notepad cube and have kids write greetings and make drawings on two sides with a broad, pointy marker. (Fine tips will get caught between the pages.) Move band, and decorate the other two sides. Tie the notepad with a colorful ribbon. As an added gift, slide in a pen.



**Sources:** Blank note cubes, \$4.95 for three, from Oriental Trading, 800-228-2269 or orientalking.com.

## Child Care: We Are All Stakeholders Donna Willi, Executive Director

The evolution of child care began in the 1940's during World War II when mothers were driven into the workforce while their husband's were off fighting the war. Since then child care has remained a necessity for working families; however they present.

Statistics show children attending high quality child care are 200% more likely to succeed in school and attend college. The children in our child care system today are our future leaders, entrepreneurs, employees and community volunteers. Demanding high quality child care is the responsibility of everyone in a community. The regulated child care system in NY requires regulatory compliance but also provides tools for best practices in child care. NYS is working to implement the QualityStarsNY program with the intention of giving child care providers an opportunity to offer recognizably, high quality programs.

According to *Child Care Aware of America's "We Can Do Better" 2013 Update*, New York is the only state that is in the top ten for both program requirement and oversight scores. NYS requires anyone providing child care to maintain credentials when a specific number of children are in care. Additionally considered is the relationship of those children to the provider. The regulated child care providers of Sullivan County work diligently every day and sometimes nights and weekends, to provide the best possible care to our children. Sullivan County currently has fifty-eight family, ten center and six school-age programs representing 1,976 child care slots for children aged six weeks to twelve years old. According to the US Census Bureau: American Fact Finder, there are approximately 5,320 children aged five or younger living in working families in our county. One can wonder and have reasonable concern for where the other 3,344 children spending their time while their parents are working.

The average cost of full-time child care in Sullivan County is \$161.44. A child care provider's average day is often ten or more hours per day; based on a five day work week, the hourly rate of pay comes to \$3.25 per child. Additionally, most child care providers do not have benefits such as paid time off, retirement or health insurance. However, at the same time the mean income in Sullivan County is \$71, 302 making the cost of full-time child care for one child approximately 12% of their household income.

Child care is not as simple as the A, B, C's or 1, 2, 3's. High quality child care should be demanded and comes with a price but low quality child care comes at a much higher price. High quality child care requires everyone; parents, providers, educators, employers and all members of a community to view themselves as a stakeholder.

Thank you for your continued support and partnership in our mission: **To link the parents of Sullivan County to safe, enriching, quality child care by strengthening professional providers through education and resources.**

Warm regards,  
Donna Willi, Executive Director

## 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.

**For upcoming trainings or to make an appointment for your 3 year renewal practicum, please call Christy Hernandez at (845) 292-7166 x305.**

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

## 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)



## 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](http://www.ecetp.pdp.albany.edu/mat.shtm).

You may also contact the Council at (845) 292-7166 or [info@scchildcare.com](mailto:info@scchildcare.com).

## Child & Adult Care Food Program (CACFP)

### WELCOME NEW CACFP MEMBERS:

**Frank Flowers, April Degraw, Betty Gonzalez, Madge Jones, Desirae Schubert, George Conklin, Joanna Jaquez, Sierra Konikowski**

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 Petrowsky**

**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**

## 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.

## Subscribe

*Make sure you stay up to date with info & updates from the Council!*

Subscribe to e-news on our website by typing in your email and hit subscribe!

If you unsubscribed from our new notification system, you will no longer receive our emails and child care updates; you will need to re-subscribe.

Visit [www.scchildcare.com](http://www.scchildcare.com) and subscribe on any page (as shown to the right).



Subscribe to e-news for our updates & child care info

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## SUNY Video Conferences

The SUNY Video conference will be held at *Sullivan County Child Care Council in Liberty*; please arrive on time. These are adult learning experiences. *No children, please.*

June 20, 2013, 6:00pm :

*Observation and Assessment with Focus on School Readiness*

**\*\*\*The Videoconferences originally scheduled for April ("Child Growth & Development with a Focus on Autism") & May ("Environment & Curriculum with a Focus on Learning Environments: A Return to Nature") will be shown on DVD at the Child Care Council, date TBA—notification will be emailed, posted on the Council website and on Facebook. \*\*\***

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

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

**To register:** Online @ [www.tsg.suny.edu](http://www.tsg.suny.edu); Fax registration to: (518) 443-5941; 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:

- “Bullying: How You Can Help”
- “Child Abuse & Maltreatment”
- “Child Care Environments”
- “Creating Safe & Healthy Spaces”
- “Helping a Child Through Grief”
- “Ideas for Better Nutrition & Physical Activity”
- “Learning through Nature”
- “Summer Safety”

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

## Online Trainings

### NYSOCFS/PDP Online Trainings—FREE! [www.ecetp.pdp.albany.edu/learn\\_catalog.shtml](http://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

**Find the courses on our website [www.wscchildcare.com](http://www.wscchildcare.com)—under Provider Education! or [www.smarthorizons.org/naccrra/sccc](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
<b>June 2013</b>						1
2	3 Nat'l Egg Day	4 Aesop	5 World Environment Day	6 Nat'l Yo-yo Day	7 Donut Day	8
9	10 Ball Point Pen Day <b>Legally Exempt Training: "Intro to LE Care " 10-12:30pm @ Council</b>	11 Corn on the Cob Day	12 Loving Day	13	14 Flag Day	15
16	17 Eat Your Vegetables Day	18 Go Fishing Day	19 <b>Information Session 5:30pm @ Council (More info p.11)</b>	20 <b>SUNY Videoconference @ Council 6:45-9:15pm (More info p.11)</b>	21 First Day of Summer 	22
23 30	24 Int'l Fairy Day	25 Eric Carle	26 Garfield the Cat Day	27 Helen Keller	28 Paul Bunyan Day	29

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 US Postage Stamp Day	2 Made in the USA Day	3 Compliment Your Mirror Day	4 <b>CLOSED</b> 	5	6
7 Father Daughter take a Walk Together Day	8 Nat'l Chocolate w Almonds Day	9 Legally Exempt Training: <b>"Intro to LE Care " 6-8:30p @ Council</b>	10 Teddy Bear's Picnic Day	11 Slurpee Day	12 Cow Appreciate Day	13
14	15 Gummi Worm Day Global Hug Your Kid Day	16 <b>Registered Training: "DAP " 6-8:30p @ Council</b>	17 <b>Information Session 10:30am @ Council (More info p.11)</b>	18 <b>Health &amp; Safety 5:30p-8:30p @ Council (Part 1) *Will only run with 4 paid registrants</b>	19	20 <b>Health &amp; Safety 9:00a-3:30p @ Council (Part 2) *Will only run with 4 paid registrants</b>
21	22	23 Nat'l Hot Dog Day	24 Cousins Day	25 <b>Health &amp; Safety 5:30p-8:30p @ Council (Part 3) *Will only run with 4 paid registrants</b>	26 New York (1788)	27 <b>Health &amp; Safety 9:00a-3:30p @ Council (Part 4) *Will only run with 4 paid registrants</b>
28	29 Lasagna Day	30 Paperback Book Day	31	<b>July 2013</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 2013</b>				1 Respect for Parent's Day	2	3
4	5 Assistance Dog Day	6	7 Professional Speakers Day <b>Legally Exempt Training:</b> "Intro to LE Care" 10-12:30pm @ Council	8 Odie Day	9 Int'l Day of the World's Indigenous People	10
11	12 Int'l Youth Day	13 Int'l Left Handers' Day	14 Registered Training: "Marketing" 6-8:30p @ Council	15 National Relaxation Day	16	17
18	19 Aviation Day	20 Nat'l Chocolate Pecan Pie Day	21 <b>Information Session</b> 5:30pm @ Council (More info p.11)	22 Be an Angel Day	23 Day of Remembrance of the Slave Trade & It's Abolition	24
25	26 World Daffodil Day	27	28	29	30 Nat'l Toasted Marshmallow Day	31 

<b>OCFS TOPICS</b>	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

<b>CDA TOPICS</b>	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
<b>Developmentally Appropriate Practice</b>	2.5	\$20/ \$10	X x		X x						x
<b>Marketing</b>	2.5	\$20/ \$10				X x					
<b>Health &amp; Safety</b>	15.0 1.5	\$250/ \$250	x	X		X x	X x	X x	X x	X x	X x
<b>SUNY Videoconference Observation &amp; Assessment</b>	2.5 0.25	Free	X x		X x						
<b>Early Intervention (Online)</b>	1.5 0.15	Free	X			X x				x	x
<b>Transportation (Online)</b>	2.0	Free	X x			X x	x			X	
<b>Preventing SBS (Online)</b>	1.0 0.1	Free	X x		x	x					X
<b>Mandated Reporter Online Training</b>	2.0 0.2	Free						X			
<b>Managing Challenging Behavior (Online)</b>	1.5	Free	X				x				x
<b>Preventing SIDS &amp; Promoting Safe Sleep (Online)</b>	1 0.1	Free	X x		X x	X x				X	x
<b>Keeping Children Safe (Online)</b>	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

**417.14(b)** Each provider and alternate provider **must complete a minimum of fifteen (15) hours of training during the first six months** of registration. Any person who becomes an alternate provider after the initial registration of the home **must complete a minimum of fifteen (15) hours of training during the first six months after becoming an alternate provider.** In either case, this initial fifteen (15) hours applies toward the total thirty (30) hour minimum requirement for each registration period. **A total of thirty (30) hours of training must be completed every two years.** Such training must address the following topics:

- (1) **principles of childhood development**, including the appropriate supervision of children, meeting the needs of children enrolled in the program with physical or emotional challenges and behavior management and discipline;
- (2) nutrition and health needs of children;
- (3) child day care program development;

- (4) safety and security procedures, including communication between parents and staff;
- (5) business record maintenance and management;
- (6) child abuse and maltreatment identification and prevention;
- (7) statutes and regulations pertaining to child day care; and statutes and regulations pertaining to child abuse and maltreatment
- (8) statutes and regulations pertaining to child abuse and maltreatment.
- (9) Education and Information on the Identification, Diagnosis and Prevention of Shaken Baby Syndrome
- (c) Training received after the application has been submitted but before the application has been approved and the registration granted may be counted towards the initial fifteen (15) hours required in subsection (b) above.

You can find NYSOCFS Child Care Regulations and more information at [www.ocfs.state.ny.us](http://www.ocfs.state.ny.us) or [www.scchildcare.com](http://www.scchildcare.com).

## From the Desk of the Registrar

### Dear Providers,

Child care providers love what they do because they love the little people they care for each day.

Regulated child care involves learning through play, imperative guidance and supervision for children, plus the pesky business paperwork that needs to be cared for, as well.

Although on a day to day basis, caregiver trainings do not seem to play nearly as significant a role as supervision and age appropriate toys and books integrated in meaningful ways into your program; your own continuing education serves to remind you of the important role you play for the children you serve, and how to maintain your program and environment to best suit the growing needs of the children, and for yourselves.

Since you are no longer receiving renewal packets every 2 years to remind you that your 30 hours and 9 topics (including current First Aid and CPR certifications) are coming due, it's easy to forget to complete your trainings in a timely manner.

Post your CPR and FA certifications with your license/registration. Your certifications will be checked upon every visit from your licensor/registrar. Make sure you check them, too, and make the necessary arrangements to keep them up to date.

Training hours are counted from the time an application is submitted or 90 days before a midpoint if training hours/topics have been completed prior to that date.

**Theresa Murdock-Marin**  
Registrar



Welcome to our  
newest provider:

Sierra Konikowski:

Cuddle Up



## Dear Jodi

Dear Jodi,

I am trying to calculate my training hours and I am not sure if I am doing it right.

I took a CPR and First Aid for Child Care through the American Red Cross. Does this count towards my training hours? There are no hours or topics listed on my certification. How can I calculate the hours and topics?

Also my registration expires now in a four year period rather than a two year period. I was told I still need to have 30 hours of training every two years. Is there a standard way to calculate this so I know that I am on the right track? Also, is there a time frame for how many hours need to be done within the 4 year period?

**Calculating  
Liberty**

**Dear Calculating,**

The free, American Red Cross, First Aid and CPR course specific to child care is worth 8 hours of training in topics 2 and 4. If First Aid and CPR courses are taken separately, you should calculate the hours based on the number of instructional hours indicated on the certification card. If no hours are listed on the card, the instructor should send, in writing, the hours of training given. Otherwise 4 hours in topic 4 will be given for CPR; 6 hours and topics 2 and 4 will be given for First Aid. If the trainings are taken together, 8 hours of credit will be given, unless an instructor provides documentation otherwise. It's all-Check with the licensor or registrar who will be reviewing your trainings to make sure you have calculated the trainings hours correctly.

Thirty hours of training are due every 2 years. You will have a midpoint inspection (an inspection must be conducted to check your training hours within 30 days of the end of the first two years of your registration period). The next 30 hours will be due upon renewal. [Unless you have a new registration good for two years, 15 hours must be completed within 6 months and 30 hours by renewal.]

Once you have completed 30 hours of training, you must wait until 90 days prior to midpoint (end of first 2 years of registration/license) or have submitted renewal application before you can start counting your training hours toward the next 2 year period.

I hope this clarifies,  
**Jodi**

## Legally Exempt Bulletin Board

Standard Without training	0 - 1½ yrs	1½– 2yrs	3-5 yrs	6-12 yrs
<b>Weekly</b>	\$98	\$91	\$91	\$91
<b>Daily</b>	\$20	\$20	\$20	\$20
<b>Part Day</b>	\$13	\$13	\$13	\$13
<b>Hourly</b>	\$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, N.Y. 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
<b>Weekly</b>	\$105	\$98	\$98	\$98
<b>Daily</b>	\$21	\$21	\$21	\$21
<b>Part Day</b>	\$14	\$14	\$14	\$14
<b>Hourly</b>	\$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:

**“Bullying: How You Can Help”**

**“Child Care Environments”**

**“Creating Safe & Healthy Spaces”**

**“Learning Through Nature”**

**“Summer Safety”**

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

Please save these dates:

June 10

Intro to LE Care  
10a-12:30p

July 9

Intro to LE Care  
6p-8:30p

August 7

Intro to LE Care  
10a-12:30p

Classes are held at the Council. 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.

## Quality Rating & Improvement Systems

A quality rating and improvement system (QRIS) is used to assess, improve, and communicate the level of quality in early care and learning programs and in school-age child care programs. Similar to rating systems for restaurants and hotels, QRIS award quality ratings to early learning and school-age programs that meet a set of defined program standards. By participating in a QRIS, early learning and school-age child care programs and providers embark on a path of continuous quality improvement. Even providers that have met the standards of the lowest QRIS levels have achieved levels of quality that are above and beyond the minimum requirements to operate.

**A comprehensive quality rating and improvement system is composed of five common elements:**

1. Standards
2. Professional Development & Technical Assistance
3. Data, Monitoring & Accountability
4. Financial Supports
5. Communication & Outreach

**Quality Rating and Improvement Systems (QRIS) provide numerous benefits to all stakeholders.**

**Children:** by creating stronger learning environments, rooted in proven research and techniques

**Parents:** by helping them to become more savvy consumers in choosing high-quality early care and learning programs

**Teachers & Providers:** by providing a roadmap and supports to improve the quality of services they are able to offer

**Policy-makers:** by instituting proven, research-based uniform tools to guide more efficient and effective use of resources to support early care and learning services

**Taxpayers & Donors:** by establishing accountability and a cost-effective system that maximizes the state's limited education funding

## 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 onto 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 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.

## Product Recalls

[www.recalls.gov/cpsc.html](http://www.recalls.gov/cpsc.html)

### Remote-Controlled Banshee 3 Channel Helicopters

**Hazard:** The rechargeable battery inside the helicopters can overheat and ignite the helicopter, posing fire and burn hazards to consumers or nearby items.

**Remedy:** Refund

**Consumer Contact:** Midwest Trading Group toll-free at (866) 815-4714 from 9 a.m. to 5 p.m. CT Monday through Friday, or online at [www.mtradinggroup.com](http://www.mtradinggroup.com) and click on the Recall page for more information.

### Anywhere Lounger Bean Bag Chairs

**Hazard:** Bean bag chairs without a permanent zipper closure allow young children to unzip, ingest or inhale the small beads inside of the bean bag chair, posing a suffocation and strangulation hazard.

**Remedy:** Repair

**Consumer Contact:** Powell Company at (800) 622-4456 from 8 a.m. to 5 p.m. PT or online at [www.powellcompany.com](http://www.powellcompany.com) and click on Anywhere Lounger Safety Enhancement Kit for more information.

### Bell Full Throttle Bike Helmets

**Hazard:** The buckle on the helmet's safety strap can release in an accident and allow the helmet to fall off the rider, posing a risk of head injury.

**Remedy:** Refund

**Consumer Contact:** Bell Sports Inc. toll-free at (866) 892-6059 from 8 a.m. to 5 p.m. CT Monday through Friday, or visit the firm's website at [www.bellbikestuff.com](http://www.bellbikestuff.com) and click on "Recall Notice" for more information.

### BabyHome USA Recalls High Chairs Due to Strangulation Hazard

**Hazard:** The front opening between the tray and seat bottom of the high chair can allow a child's body to pass through and become entrapped at the neck. This poses a strangulation hazard to young children when the child is not harnessed.

**Remedy:** Repair

**Consumer Contact:** BabyHome USA Inc. toll-free at (888) 758-5712 from 9 a.m. to 5 p.m. ET Monday through Friday, or online at [www.babyhome.es](http://www.babyhome.es) and click on "Eat Recall" for more information.

### Small World Toys Recalls Spin-A-Mals Farm & Safari Puzzles Due to Choking Hazard

**Hazard:** Small pegs on the puzzle boards can loosen & separate from the boards, posing a choking hazard to children.

**Remedy:** Replace

**Consumer Contact:** Small World Toys at (800) 421-4153 from 7 a.m. to 4 p.m. PT Monday through Friday, e-mail [recall@smallworldtoys.com](mailto:recall@smallworldtoys.com), or online at [www.smallworldtoys.com](http://www.smallworldtoys.com), then click on "Recall" for more information.

## Childhood Lead Poisoning is a Major Problem & 100% Preventable

New York State regulations require medical providers to test children for lead at **age one year and again at age two years through a blood test**. They must also assess children for lead risk at each well-child visit, and test children up to age six years if a risk for lead poisoning is found. Please tell parents about these requirements and the importance of lead testing.

**The most common source of lead exposure** is peeling, flaking and chipping lead based paint which can be found in homes built before 1978. Most childhood lead poisoning occurs when children swallow or breathe in dust from old lead paint. Young children are at a greater risk from lead poisoning since they may crawl around on the floor and put their hands in their mouth. Lead poisoning can cause learning problems, hearing loss, low red blood count, kidney damage, growth problems and behavior problems. Children's small bodies absorb and retain more lead than adults.

**Other sources of lead exposures** are water, soil, certain ethnic spices, imported jewelry and candy, imported pottery and mini blinds; hobbies such as target practice with guns at firing ranges; casting ammo; making lead fishing weights; burning wood with lead paint; occupations such as auto repair; and construction.

**Lead Poisoning Signs and Symptoms are:** Flu like symptoms such as headache, muscle and joint weakness or pain and extreme tiredness. Other symptoms can be behavioral problems, irritability, difficulty concentrating, and loss of appetite, a metallic taste in the mouth, abdominal pain, nausea, vomiting and constipation.

### What can you do to protect children from lead poisoning?

- Fix peeling lead paint and make building repairs safely
- Wash children's hands and toys often
- Frequently damp mop floors and wet wipe windowsills
- Serve a diet high in iron, calcium and vitamin C and low in fat. Calcium, vitamin C and iron rich foods work together to reduce lead absorption in the body. Normal iron levels work to protect the body from harmful effects of lead
- Some food examples are: milk, cheese, yogurt, green leafy vegetables, beans, lean meat, fortified cereal, oranges, orange juice, tomatoes, green peppers, and grapefruit
- Only use cold water for cooking and mixing formula
- Let tap water run for one minute before using it if it has not been used in a couple of hours
- Use only lead free dishes
- Children and pregnant women should stay away when remodeling your home
- Be careful with hobbies that might contain lead
- Don't let children play in bare soil.

Lead poisoning & prevention information can be found at [www.nyhealth.gov](http://www.nyhealth.gov).

If you have any questions regarding Lead Poisoning, prevention and lead testing for children please call:

**Beth Gilmore, RN,**

**Lead Poisoning Prevention Program Coordinator,  
Sullivan Co Public Health Services (845) 292-5910 ext 2211.**

## 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,**  
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** (odd months in the mornings; even months in the evenings):

**June 19, 2013, 5:30am**

**July 17, 2013, 10:30am**

**August 21, 2013, 5:30pm**

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	1	0		
Delaware	0	3	0		
Fallsburg	3	7	1		Yes
Forestburgh	0	0	0		
Fremont	0	0	0		
Highland	0	1	0		
Liberty	1	11	5	Yes	Yes
Lumberland	0	1	1	Yes	
Mamakating	1	2	2		Yes
Neversink	0	4	3		Yes
Rockland	0	3	0		
Thompson	6	7	5	Yes	Yes
Tusten	0	0	0		

Average Weekly Cost of Child Care	6wks-18mos	6wks-24mos	2yrs-5yrs	18mos-36mos	3y-5y	5y-12y
Family Day Care	n/a	\$151.58	\$144.38	n/a	n/a	\$127.85
Group Family Day Care	n/a	\$164.33	\$149.59	n/a	n/a	\$88.89
Day Care Center	\$181.25	n/a	n/a	\$170.00	\$152.41	\$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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"I have found the best way to give advice to your children is to find out what they want and then advise them to do it."  
—Harry S. Truman

**Sullivan County  
Child Care  
Council, Inc.  
Board Members**

- Darlene Beiling**
- Stephanie Doyle**
- Bob Eddings**
- James Farrell**
- John Ferrara**
- Jodi Kane**
- Katia Martin**
- Robin Meddaugh**
- Dr. Jamie Noeth**
- Susan Peters**
- 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 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.

**The Child Care Council Staff**

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