

# Caregiver News

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

## Council Clean up/Renaissance Grant

The Sullivan County Child Care Council, Inc. received a grant from the Sullivan Renaissance in an effort to clean up the outside of the building; and make it a more aesthetically pleasing and welcoming place to visit. All of our efforts have paid off! We received the Category A 3rd prize on August 12th!

With nothing short of a community effort, from The Sullivan County Department of Public Works, Kholer Lumber, J & C First Steps Day Care, Frost Valley YMCA, the Council board, staff and family members, the grounds have transformed from a paint chipping, dirty building; a broken spindled gazebo; and overgrown, unkempt gardens—to a rather well kept building with beautiful blossoming flower gardens giving a welcoming aura, and gazebo to sit enjoy it all.

Thank you to all who have donated flowers, mulch, time and/or sweat to our project!



### Fall 2013 In This Issue:

Page 2  
Featured Agency:  
Passenger Safety  
Seat Program

Page 3  
Structure: Why  
Kids Need Routine

Page 4  
MAT Info / CACFP

Page 5  
Training Info

Pages 6-7  
Calendar  
Training Info

Page 8  
Provider Info

Page 9  
Legally Exempt Info  
CCTA / Website  
Daily Routines

Page 10  
Product Recalls  
Public Policy from  
Executive Director

Page 11  
Child Care Info  
Council Info  
& Donations

Page 12  
Staff & Board



# Featured Agency: The Sullivan County Child Passenger Safety Seat Program 2013

Article submitted by Patricia Bennett, Program Supervisor, Healthy Families of Sullivan;  
Coordinator for the Sullivan County Child Passenger Safety Seat Coalition

The Sullivan County Child Passenger Safety Seat program was launched in May of 2005. A program sponsored by Sullivan County Public Health and New York State Governors Traffic Safety. The program is financially supported by a grant through the office of NYS Governors Traffic Safety in Albany, NY. The program is also assisted by local organizations such as, Loch Sheldrake fire department, local ambulance services, Head Start programs, and Migrant Education programs, South Fallsburg Police Department, NYS Troopers and New Hope Community. The program provides Child Safety Seats to hundreds of children every year and also provides education to families on the proper fit and use of car seats regarding the NYS law.

We have 16 NYS trained and certified technicians, including 3 whom are Spanish speaking. **To have your seat evaluated, you must bring your child, the car seat you're currently using and a vehicle. If deemed necessary by a NYS certified technician, a new car seat will be provided at our site.** The program also provides additional training and instruction to organizations in the County that transport children; such as Head Start, Department of Family Services (Transportation Aides), including Safe Passage. The Child Passenger Safety Seat Program has two large events each year during the summer months. **In honor of Safety Week 2013 an event will be hosted on September 20<sup>th</sup> at the Loch Sheldrake Fire Company from 10:00 am-3:00 pm.**

Please call (845) 292-5910 to schedule an appointment. Leave your name and number and someone will get back to you.

All Sullivan County residents are eligible for a free safety seat evaluation. To qualify for a free car seat the family must be receiving, WIC, Medicaid or Food Stamps. You can reach the local Car Seat Program at Sullivan County Public Health, (845) 292-5910, with questions or set up an appointment.

To find a local car seat program or additional information about Child Safety go to: <http://cert.safekids.org/Home/SeatCheckLocations.aspx> or <http://www.safercar.gov/parents/RightSeat.htm>

Clinics are held monthly and are available by appointment. Please call (845) 292-5910 for more information.

## NYS Guidelines are:

**AGE**

 **Birth - 12 months**

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

  **1- 3 years**

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

  **4 - 7 years**

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

  **8 - 12 years**

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

(Above Information provided by: [www.safercar.gov](http://www.safercar.gov) )

<http://cert.safekids.org/Home/SeatCheckLocations.aspx> or <http://www.safercar.gov/parents/RightSeat.htm>

# Structure: Why Kids Need Routines

**Why do kids need routines and structure?** Because routines give them a sense of security and help them develop self-discipline.

Humans are afraid of many things, but "the unknown" edges out everything except death and public speaking for most people.

**Children's fear of the unknown includes everything from a suspicious new vegetable to a major change in their life.** Unfortunately, children are confronted with change daily.

**The very definition of growing up is that their own bodies change on them constantly.** Babies and toddlers give up pacifiers, bottles, breasts, cribs, their standing as the baby of the house. New teachers and classmates come and go every year. They tackle and learn new skills and information at an astonishing pace, from reading and crossing the street to soccer and riding a bike. Few children live in the same house during their entire childhood; most move several times, often to new cities and certainly to new neighborhoods and schools. And few of these changes are within the child's control.

**Children, like the rest of us, handle change best if it is expected and occurs in the context of a familiar routine.** A predictable routine allows children to feel safe, and to develop a sense of mastery in handling their lives. As this sense of mastery is strengthened, they can tackle larger changes: walking to school by themselves, paying for a purchase at the store, going to sleep away camp.

**Unpredictable changes – Mom called away on an unexpected business trip, a best friend moving, or more drastic, parents divorcing or a grandparent dying– erode this sense of safety and mastery and leave the child feeling anxious and less able to cope with the vicissitudes of life.**

While helping children feel safe and ready to take on new challenges and developmental tasks would be reason

enough to offer them structure, it has another important developmental role as well.

**Structure and routines teach kids how to constructively control themselves and their environments.** Kids who

come from chaotic homes where belongings aren't put away never learn that life can run more smoothly if things are organized a little. In homes where there is no set time or space to do homework, kids never learn how to sit themselves down to accomplish an unpleasant task. Kids who don't develop basic self-care routines, from grooming to food, may find it hard to take care of themselves as young adults. Structure allows us to internalize constructive habits.

**Won't too much structure dull our sense of spontaneity and creativity?** Sure, if it's imposed without sensitivity. There are times when rules are made to be broken, like staying up late to see an eclipse, or leaving the dinner dishes in the sink to play charades. But even the most creative artists start by mastering the conventions of the past, and find the pinnacle of their expression in working within the confines of specific rules.

There's no reason structure has to be oppressive. Think of it as your friend, offering the little routines and traditions that make life both easier and cozier. Not only will your kids soak up the security, they'll internalize the ability to structure their own lives.

**Does this mean infants should be put on routines as early as possible? NO!**

Infants tell us what they need. We feed them when they're hungry, change them when they're wet. Over time, they learn the first step of a routine: We sleep at night. But forcing an infant to accommodate to our routine is not responsive parenting. As your infant moves into babyhood, she will establish her own routine, settling into a schedule of sorts. Most babies settle into a fairly predictable pattern. We can help them with this by structuring our day around their needs, so, for instance, we make sure conditions

are appropriate for her nap at the time she usually sleeps. Gradually, over time, we can respond to her natural schedule of eating and sleeping by developing a routine that works for her and for the whole family.

## 6 Benefits of Using Routines with Kids

**1. Routines eliminate power struggles** because you aren't bossing them around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

**2. Routines help kids cooperate** by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around.

**3. Routines help kids learn to take charge of their own activities.** Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.

**4. Kids learn the concept of "looking forward"** to things they enjoy, which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.

**5. Regular routines help kids get on a schedule,** so that they fall asleep more easily at night.

**6. Schedules help parents maintain consistency in expectations.** If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household. The result: a family with healthy habits, where everything runs more smoothly!

Source: <http://www.ahaparenting.com/parenting-tools/family-life/structure->

## 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.

**To sign up for September 28th MAT training 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:

**Kimberly Beam, Sandy Karkos, Sarah Lewin**

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 x306.**

### Teaching Toddlers Table Manners

Eating family style can give the a provider a great opportunity to encourage manners. Saying please and thank you are one of the skills they will learn by passing and sharing. Manners are built over time and with consistency.

- Have children wash their hands. Washing hands is a very important good start to meal preparation. This way when children are passing foods they are not passing their germs.
- Good Role Modeling. Be sure to use your manners and to verbally reward a child for using their manners. "Thank you Jennifer for asking for the broccoli so kindly."
- Use utensils or work on using them when applicable.
- No television, computers, phones or electronics on or operating while at the table. This is a time to talk about the day and how everyone is feeling or anything of interest. Don't let children interrupt each others stories.
- If the child makes a mess, encourage them to help you clean it. Don't yell.
- Remember consistency!

When a child misbehaves at the table you can:

- Choose to ignore it. Sometimes the lack of attention will make the behavior diminish.
- Sometimes simple redirection can help.
- Telling the child how their behaviors are not good table manners.
- Teach them that saying certain foods are "gross" can hurt feelings.
- Encourage children to say excuse me when necessary. (burping)
- Role Model behaviors.



## Intensive Technical Assistance

The Sullivan County Child Care Council, Inc offers intensive technical assistance. If you would like to gain more knowledge about a specific topic, an individualized training can be set up to address your needs as one session or multiple session workshops (generally conducted at your home during down time in your program).

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

- “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”
- “Quality Stars”
- “Winter Safety”

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

## SUNY Video Conferences

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

The SUNY Video conference will be held at the *Sullivan County Child Care Council in Liberty*; classes start promptly at 6:45; please arrive on time! These are adult learning experiences. *No children, please.*

September 17, 2013

*Children Growth & Development with a Focus on Autism*

September 26, 2013

*Health, Safety & Nutrition with a Focus on Obesity Prevention*

October 17, 2013

*Family & Community Relations:  
Focus on Bullying During School-Age Years*

October 30, 2013

*Environment & Curriculum: Focus on Learning Environments*

November 14, 2013

*Administration & Management: Focus on the Regulations*

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

**To register:** Online @ [www.tsg.suny.edu](http://www.tsg.suny.edu); Fax to: (518) 443-5941; Mail to: SUNY ECETP, State University Plaza Albany, NY 12246-0001, or call (518) 443-5940.

## Online Trainings

### Child Care Aware Training Academy™

*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.

*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

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

### NYSOCFS/PDP Online Trainings—FREE!

[www.ecetp.pdp.albany.edu/learn\\_catalog.shtm](http://www.ecetp.pdp.albany.edu/learn_catalog.shtm)

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

OCFS Hrs/Topics Covered	Hrs/CEU's	Cost	1	2	3	4	5	6	7	8	9
CDA CEU's/Topics Covered			1	2	3	4	5	6	7	8	9
<b>Early Intervention (Online)</b>	1.5 0.15	Free	X		x	X	x		x	x	
<b>Emergency Preparedness (Online) ***NEW***</b>	1.5 0.15	Free	x			X	x	x	X		
<b>Family Engagement (Online)</b>	1.0	Free			X	X	x	x			
<b>Keeping Children Safe (Online)</b>	1.5 0.15	Free	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 SBS (Online)</b>	1.0 0.1	Free	X		x	x					X
<b>Preventing SIDS &amp; Promoting Safe Sleep (Online)</b>	1 0.1	Free	X		X	X			X	x	
<b>Transportation (Online)</b>	2.0	Free	X			X	x		X		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Council Closed	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 SUNY: "Childhood Growth & Development : Focus on Autism" *Rescheduled from April 6:30p-9p @ Council	18 Information/ Start-up Session 10:30a @ Council (More info p 11)	19 Legally Exempt ((LE Training): "Intro to LE Care " 1:00p-3:30p @ Council (More info p 9)	20	21
22	23	24 CACFP Training @ Council 6:30-8:30p (Make up date 9/26 10am-12pm)	25	26 SUNY: "Health, Safety & Nutrition: Focus on Obesity Prevention" 6:30-9p @ Council	27	28 "MAT" 8a-4p @ Council (More info p 4)
29	30	 <h1 style="font-size: 2em;">September</h1> 				

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Health & Safety (Part 1) 5:30p-8:30p @ Council *Will only run with 4 paid registrants	4	5 Health & Safety (Part 2) 9:00a-3:30p @ Council *Will only run with 4 paid registrants
6	7 Legally Exempt ((LE Training): "Intro to LE Care " 6:00p-8:30p @ Council (More info p 9)	8	9	10 Health & Safety (Part 3) 5:30p-8:30p @ Council *Will only run with 4 paid registrants	11	12 Health & Safety (Part 4) 9:00a-3:30p @ Council *Will only run with 4 paid registrants
13	14 Columbus Day Council Closed	15	16 Information/ Start-up Session 5:30p @ Council (More info p 11)	17 SUNY: "Family & Commu- nity Relationships: Bullying during School-Age Years" 6:30-9p @ Council	18	19 
20 Safety Week Event Loch Sheldrake Fire House 10a-3p	21	22	23	24	25	26
27	28	29	30 SUNY: "Environment &Curriculum: Focus on Learning Environments" *Rescheduled from May 6:30p-9p @ Council	31 Happy Halloween 	<h1 style="font-size: 2em;">October</h1>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">November</h1>					1	2
3	4	5	6 <b>Child Care Emergency Preparedness (Part 1)</b> 6-8p @ Council *Please visit website Cal for link to free pre-req FEMA online course	7	8	9
10	11 <b>Veteran's Day Council Closed</b>	12 Legally Exempt (LE) Training: "Intro to LE Care" 10-12:30pm @ Council	13 <b>Child Care Emergency Preparedness (Part 2)</b> 6-8p @ Council	14 <b>SUNY "Administration &amp; Management w a Focus on Regs"</b> 6:30p-9p @ Council	15	16
17	18	19	20 <b>Information/ Start-up Session</b> 10:30a @ Council (More info p 11)	21	22	23
24	25	26	27 <b>Council Closes at 12:30</b>	28 <b>Thanksgiving Day Council Closed</b>	29 <b>Council Closed</b>	30

**\*\*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.
- We appreciate your understanding and cooperation!

OCFS Hrs/Topics Covered	Hrs/CEU's	Cost/Reduced Cost	1	2	3	4	5	6	7	8	9
CDA CEU's/Topics Covered			1	2	3	4	5	6	7	8	9
<b>CACFP</b>	2.0	Free		X		or	X				
<b>Child Care Emergency Preparation</b>	4 + 2	Free				X	X		X		
<b>MAT</b>	2.5	\$160					X				
<b>Health &amp; Safety</b>	15.0 1.5	\$250	x	X		X	X	X	X	X	X
<b>SUNY Videoconference Childhood Growth &amp; Dev</b>	2.5 0.25	Free	X	X	x	x					
<b>SUNY Videoconference Health, Safety &amp; Nutrition</b>	2.5 0.25	Free	x	X							
<b>SUNY Videoconference Family &amp; Community Relations</b>	2.5 0.25	Free	X		x						
<b>SUNY Videoconference Environment &amp; Curriculum</b>	2.5 0.25	Free	x	x		X					
<b>SUNY Videoconference Admin &amp; Management: Regs</b>	2.5 0.25	Free						x		X	

<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

## Focus on the Regulations

### 417.7 Program requirements

(a) The family day care provider must establish a **daily schedule of program activities which offers reasonable regularity in routines**, including snack and meal periods, nap and rest periods, indoor activities and outdoor play time. When night care is provided, this schedule must include a routine of good personal hygiene practices, including changing into night clothes, brushing teeth, and washing before bed in the manner to be agreed between the parent and the provider.

(b) Children must receive instruction, consistent with their age, needs and circumstances, in techniques and procedures which will enable them to protect themselves from abuse and maltreatment.

(c) Each family day care home must provide a **sufficient quantity and variety of materials and play equipment appropriate to the ages of the children and their developmental levels** and interests, including children with developmental delays or disabilities, **that promote the children's**

**cognitive, educational, social, cultural, physical, emotional, language and recreational development.**

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

(e) Children must be provided an **opportunity to choose between quiet activities and active play.**

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

## From the Desk of the Registrar

### Dear Providers,

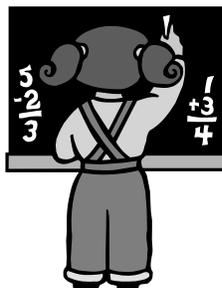
Creating meaningful and developmentally appropriate program routines is a regulatory requirement which helps you to create consistent and organized care. When care is consistent and organized, children know what to expect and have less anxiety about being away from home.

Parents also have less anxiety about leaving their children in child care when they know what to expect of their child's day. Having a good routine to share with interviewing parents can be an excellent marketing tool.

Children whom are less anxious and know what comes next in their day, transition to new activities more easily.

When children flow with your routine and make smooth transitions, you are also likely to be less stressed at the end of your long day caring for them. When you are less stressed, you provide better programming and are more productive and happier when caring for your own family. Put your program routine to work for you!

**Theresa Murdock-Marin**  
Registrar



## Dear Jodi

Dear Jodi,

I have a program routine and I understand it's important for the children. We go through our day fairly smoothly; but we are bored. The children and I both have lost our excitement in what we are doing. Is there anything I can do to bring back the excitement? Maybe change the routine? Any suggestions?

**Need Suggestions**  
Bethel

### Dear Needs Suggestions,

I wouldn't suggest changing your routine; unless it's not working for your program. Try changing up the activities a bit.

Start by integrating new toys and trading them out weekly/periodically. You can do the same with books. Sometimes by removing some toys/books for a period of time sparks the interest back up when they are reappear. Add music. Look for fun children's music to add some pizzazz into your activities. Change things up outside. Take walks, play in a sprinkler, make a sand table; use colored sand, add hoola hoops, ride on toys or big balls. Roll out paper and let the children color a mural. Set pillows and blankets to make forts. Have a pajama party! Finger paint. Play with shaving cream. Don't be afraid to get dirty—warn parents ahead of time for messy activities so they can send in old clothes!

Jodi



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.** Star ratings are based on an evaluation and assessment of practices in the following categories: *Learning Environment; Family Engagement; Qualifications & Experience; Management & Leadership.*

## Subscribe to Council E-News

*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

Subscribe

## Legally Exempt Bulletin Board

<b>Standard</b> Without training	<b>0 - 1½</b> yrs	<b>1½–</b> <b>2yrs</b>	<b>3-5</b> yrs	<b>6-12</b> 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.

<b>Enhanced</b> With training	<b>0 - 1½</b> yrs	<b>1½–</b> <b>2yrs</b>	<b>3-5</b> yrs	<b>6-12</b> 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”**

**“Winter Safety”**

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

Please save these dates:

September 19<sup>th</sup>

Intro to LE Care  
1p-3:30p

October 7<sup>th</sup>

Intro to LE Care  
6p-8:30p

November 12<sup>th</sup>

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.

## It's the Little Things: Daily Routines

Children thrive in a well-ordered and predictable environment, where daily routines such as arrivals and departures, meal-times, nap times and toileting are dealt with consistently by all caregivers. Daily routines provide opportunities for children to learn more about themselves, the world and other people. Daily routines also offer children a sense of stability, and a feeling of warmth and caring from their teachers. The challenge is to develop appropriate daily routines for children which offer them a sense of consistency and security, yet remain flexible and responsive to the individual needs of each child.

### Daily Schedule

In order to establish daily routines, most preschool classrooms follow a basic

daily schedule. Among other things, a schedule can help to ensure the consistency that young children need and also help teachers encourage all areas of development by planning a wide range of activities. It's helpful to think of a daily schedule as a guide which is responsive to children and teachers. Flexible schedules let us capitalize on those moments that arise when children discover something that interests them. They allow us to extend a play period so the children gain maximum satisfaction from what they're doing. In creating schedules, it is also important to provide a healthy balance for children, between group times and more solitary moments, quiet and noisy activities, indoor and outdoor play.

### Transitions

Transition times are important because they can make the day seem smooth and well-organized, or rushed and unpleasant. Allowing enough time so children make the transition gradually is the best way to avoid stressful situations. In addition to allowing a realistic amount of time for transitions to take place, it always helps to warn once in advance before a change in activities. This gives the children a chance to finish what they are doing and their cooperation is more likely. It might also help move the process along if we comment favorably about the next activity and avoid situations where all the children are expected to do the same thing at the same time.

## Website

Our 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 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.

Source: <http://www.pbs.org/wholechild/providers/little.html>

# Product Recalls

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

## Baby Einstein Musical Motion Activity Jumpers

**Description:** This recall includes Baby Einstein Musical Motion Activity Jumpers with model number 90564. The model number can be found on a tag attached to the underside of the seat. The following date codes, indicating a manufacture date prior to November 2011, are included in the recall: OD0, OE0, OF0, OG0, OH0, OI0, OJ0, OK0, OL0, OA1, OB1, OC1, OD1, OE1, OF1, OG1, OH1, OI1, OJ1 and OK1.

**Hazard:** The “sun” toy attachment on the activity jumper can rebound with force and injure the infant, posing an impact hazard.

**Incidents/Injuries:** 100 reports of incidents including 61 injuries. Reported injuries include bruises, lacerations to the face, a 7-month-old boy who sustained a lineal skull fracture and a chipped tooth to an adult.

**Remedy:** Consumers should immediately stop using the product and contact Kids II for a replacement toy attachment. Kids II toll-free at (877) 325-7056 from 8 a.m. to 5 p.m. ET Monday—Friday or online at [www.kidsii.com](http://www.kidsii.com), then click on the Recall link at the bottom of the page for more information.

## Giant Bicycle Recalls XtC Bicycles & Seatposts Due to Fall Hazard

**Description:** This recall includes 2013 model year Giant XtC Advanced SL 29er 0 and 29er 1 series bicycles and 27.2 mm carbon fiber seatposts sold separately. The SL 29er 0 model bicycle is white, black and blue. The SL 29er 1 model is white, black and red. The letters “XTC” appear on the down tube of the frame on both bicycles. The name “Giant” and “Contact SLR” appear on the 27.2 mm carbon fiber seatposts.

**Hazard:** The bicycle seatposts on the affected bicycles and the after-market seatposts can crack, posing a fall hazard.

**Incidents/Injuries:** Giant Bicycles received five reports of the bicycle seatposts breaking. No injuries have been reported.

**Remedy:** Consumer should immediately stop using the recalled bicycles and seatposts and contact a Giant Bicycle dealer for a free replacement seatpost. Giant Bicycle Inc., toll-free at (866) 458-2555 from 9 a.m. to 4 p.m. PT Monday through Friday or online at [www.giant-bicycles.com-en-us/](http://www.giant-bicycles.com-en-us/) and click on Recall Information at the bottom of the page for more information.

## Be Amazing! Toys Recalls Monster Science & Super Science Colossal Water Balls Due to Serious Ingestion Hazard

**Description:** This recall involves marble-sized toys that absorb water and grow up to 400 times their original size. They were sold as Monster Science Colossal Water Balls (model #7255) and Super Star Science! Colossal Water Balls (model #7704). Model numbers are printed on the back of the packaging.

**Hazard:** The soft and colorful product can be easily mistaken by a child for candy. When the marble-sized toy is ingested, it can expand inside a child’s body and cause intestinal obstructions, resulting in severe discomfort, vomiting, dehydration and could be life threatening. The toys do not show up on an x-ray and require surgery to be removed from the body.

**Incidents/Injuries:** None reported. CPSC is aware of one incident with a similar water-absorbing polymer ball product in which an 8-month-old girl ingested the ball and it had to be surgically removed.

**Remedy:** Consumers should immediately take this recalled toy away from children and contact Be Amazing! Toys for a refund. Be Amazing! Toys toll-free at (877) 798-9795, from 9 a.m. to 5 p.m. ET Monday through Friday, or online at [www.beamazingtoys.com](http://www.beamazingtoys.com), then click on Safety Recall at the bottom of the page for more information.

# Public Policy Statement

Donna Willi, Executive Director

Dear Supporters of Quality Early Childhood Care & Education,

In 2013 the Council is continuing to strive for access to quality child care for all families in Sullivan County and beyond. Our public policy statement continues to support:

**Quality Stars NY:** Quality Stars NY is a star rating and improvement system created to drive current and future state investments toward quality improvements in early learning programs, a strategic approach to ensuring both public and private dollars are used most effectively and efficiently to promote better outcomes for children. The Council has designed our trainings and Intensive Technical Assistance (ITA) projects so that providers will be well positioned when QSNY is implemented in Sullivan County. Long term educational achievement is uniformly linked to participation in high quality early care and education.

Quality child care → yields a higher return on our investment in child care → supports our economic development → provides a foundation for a better prepared and qualified workforce.

**Regulated Child Care:** Statistics show that support and frequent visits produce higher quality programs. In line with these statistics New York State is now requiring visits to licensed programs at minimum four times per year.

Some of you may not know that we are not an agency of Sullivan County Government but are a stand-alone non-profit organization governed by a seventeen member board of directors. We are currently looking for applicants representative of the people we serve, to fill our three vacant positions; for example, but not limited to, a parent with a child in full-time child care possibly receiving child care subsidy.

We are one of 35 agencies across New York State serving our respective counties with services including, but not limited to child care referrals to parents in need of child care, parent education on what quality child care looks like and immunization requirements, required professional development to the child care workforce, program inspections to ensure children are in safe nurturing environments, facilitation of a food reimbursement program to ensure children are eating healthy meals and snacks while in child care and technical assistance on topics ranging from biting to payment for child care services.

If you are interested in learning more please contact me at (845) 292-7166 or via email at [dwilli@scchildcare.com](mailto:dwilli@scchildcare.com).

Thank you for continued support & 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

## 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):

**September 18, 2013, 10:30am**

**October 16, 2013, 5:30pm**

**November 20, 2013, 10:30am**

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

*Change Service Requested*

NON PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 51  
12754

**“ Your children will become who you are; so be who you want them to be.” —Anonymous**

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

- Darlene Beiling**
- Stephanie Doyle**
- Bob Eddings**
- James Farrell**
- Jodi Kane**
- Elizabeth Kubenik**
- Katia Martin**
- Regina McKenny-Snead**
- Robin Meddaugh**
- Dr. Jamie Noeth**
- Susan Peters**
- Nora Rauch**
- Sherry Stanton**
- Barbara Sush**
- Laura Quigley**
- Dr. Jeffrey Weinstein**



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.com 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**

- Donna Willi**  
Executive Director
- Michelle Albrecht**  
Administrative Assistant
- Pamela DeMarmels**  
Subsidy Specialist II
- Lee A. Goldsmith**  
Legally Exempt Coordinator
- Christy Hernandez**  
Training Coordinator
- Theresa Murdock-Marín**  
Registration Coordinator
- Cathy Patton**  
Parent Counselor
- Aimee Pittaluga**  
CACFP Coordinator
- Christina Tison**  
Provider Service Specialist
- Allison Wall-Carty**  
Subsidy Specialist I