



# Caregiver News

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

## 10 Ways to keep the kids off the couch during the holiday break

"It sounds simple, but to keep kids healthy on break, you have to make it fun," says Dr. Sejal Shah, creator of Power Play, the revolutionary and first-of-its kind doctor-supervised teen weight loss program available throughout the country. "If you demand your kids drop and do 20 pushups, it will backfire. It's got to feel like play, and more importantly, it's got to feel like their idea, not your idea."

### Take active commercial breaks

While watching TV, have a contest for who can come up with the most fun exercise during commercial breaks, like jump roping with an invisible rope.

### Have fun fitness tools on hand

Bring a football, soccer ball or basketball on vacation. Get outside with the kids and join the fun, or invite a bunch of kids over to join in.

### Head to the mall

What teen turns down a chance to go hang at the mall? Even if they aren't doing power laps around the storefront perimeter, they will at least be off the couch and moving. While they cruise the mall for their friends, you can walk, window shop and burn some extra energy, too.

### Make a family play date

The holiday break is the perfect time to do something fun as a family. Instead of sitting down to a board game (which your kids don't really like, anyway), visit indoor jump houses or trampoline facilities, rock climbing centers and playgrounds that have open play for kids.

### Walk to see the holiday lights

Instead of piling in the car to drive around the neighborhood, bundle up and walk to see the holiday lights.

### Develop an indoor scavenger hunt

Depending on the age of your children, you can develop a hunt that will get the kids moving around the house. Try a "Safari Hide-and-Seek" for the little ones using toy animals, or a "Money Scavenger Hunt" for the older kids, using Monopoly money. Just finding the most animals will delight the younger kids, and to give motivation to the teens, whoever wins gets time off from dish-cleaning or trash duty.

### Stir up a little family competition

Even if your teen would rather thumb her way through a game on her phone, she probably doesn't want Mom to beat her doing a physical activity. See who can do the most sit-ups, push-ups, jumping jacks or any other activity that will get your kid's heart's pumping.

### Buy active holiday presents

Purchase at least one present for the kids that will get them up and moving. A skipping rope, Wii game or even a hacky sack will encourage more movement.

### Train together

Families who exercise together, stay healthy together. Many towns have holiday fun runs for charity. Rally your family to train and race together for the big event. Then pick another race every month

or so to keep everyone motivated to stay in racing shape.

### Create an active holiday tradition

Whether it's a yearly ski trip, a hike through the woods to cut a Christmas tree or a visit to the outdoor skating rink, replace sedentary holiday traditions with more active ones. Then make sure you encourage active outings all year round.

Source: <http://www.sheknows.com/health-and-wellness/articles/849637/how-to-keep-kids-off-the-couch-during-the-holiday-break>



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Featured Agency:  
**Eat Smart New York!**

**Submitted by: Erica Ferber, Eat Smart New York!  
Eat Better For Less Nutrition Program Educator**

## A Healthier Holiday Season

Although it may seem like an impossible feat, it is possible to have a healthy holiday season. Many people succumb to the temptation of holiday treats and hibernate from the cold to avoid any sort of physical activity. Between November and December the average American gains between 1-2 pounds, which does not sound like much but year after year of even the slightest weight gain does add up over time. Americans who are considered overweight or obese can gain upwards of 5 pounds during the holidays. Children home on winter break gain an average of 1.2 pounds. The winter holiday season in Eastern New York is a time of the year to be enjoyed, not only by the often unhealthy indulgences of the holidays but by the bounty and beauty that the area provides.

### Here are some healthy eating tips:

- Make a healthy substitution in recipes to cut out fat, sodium, sugar, and/or calories.
- Instead of salt, seasoning salt, or adobo use herbs, spices, or fruit juices to add flavor.
- Instead of heavy cream use fat free evaporated milk for creaminess and less fat.
- Instead of oil in baked goods use pureed fruit such as apples, banana, or prunes. In some recipes pureed beans or fat free yogurt may also be used as an oil substitute.
- Omit salt from recipes altogether.
- Use fewer eggs or only the egg whites to cut down on fat in recipes. 2 egg whites or ¼ cup of cholesterol free egg substitute is equal to 1 whole egg.
- Substitute half whole grains in recipes to add more fiber. Use whole wheat bread in stuffing, whole wheat pasta, brown rice, and other whole grains as sides. Half the amount of whole wheat flour can be used for any recipe containing all-purpose flour. Make sure to swap only half the amount of all-purpose for whole wheat flour otherwise the recipe may not turn out right. This swap not only adds fiber but also many B vitamins and minerals too!
- Add extra fruits and vegetables to dishes, such as spinach to lasagna the possibilities are endless.

Limit juice drinks to 100% juice and avoid offering soda altogether, if you or your family needs the fizz mix flavored seltzer with 100% juice or make flavored unsweetened teas and water with mixed fruits, vegetables, and or herbs. Even if you are drinking 100% juice, Americans are drinking way too many sugary beverages so adults should limit juice intake to 6-8 ounces and children should be drinking no more than 4-6 ounces. Choose the whole fruit for more fiber and nutrition.

Try yogurt! Recipes that call for sour cream can be switched to fat free plain yogurt and desserts can be topped with fat free vanilla or plain yogurt. This switch can add more dairy, calcium and vitamin D.

Choose lean cuts of protein such as fish, chicken, pork or beef. Remove skin and fat from meat dishes to avoid fat and cholesterol intake. Better yet make a vegetarian main dish using beans, dry peas, nuts or seeds for protein.

Portion Control. Avoid overeating by eating the right portion sizes for all the food groups. Think of your plate like the MyPlate: ½ the plate vegetables and fruit, ¼ lean proteins, and ¼ whole grain or starch. Enjoy the food do not gobble it down quick and eat fast. It takes 20 minutes from the time food enters your mouth for your brain to recognize that your stomach is full.

Avoid overeating by not skipping meals. People who skip meals often overeat at the next meal to compensate for the meal missed. Also, if you are attending a holiday get together eat a filling low calorie meal or light snack prior. Arriving hungry could lead to overconsumption of extra calories.

Pay attention to every B.L.T. during holidays. B.L.T. stands for bits, licks, and tastes. Extra calories consumed don't only come from hearty meals and dishes but rather sneaking up on us from tiny tastes throughout the day.

Be physically active! Do not let the cold weather deter you from getting the recommended 30 minutes of activity. Be sure to dress appropriately for the weather in layers and proper foot gear. Burning off extra calories can relieve stress.

[www.myplate.gov](http://www.myplate.gov)

[www.extension.unl.edu/web/extension/fnh](http://www.extension.unl.edu/web/extension/fnh)

[www.ccesullivan.org](http://www.ccesullivan.org)



# Regulation Changes to FDC & GFDC Effective 5/1/14!

Proposed Regulations were adopted on 10/30/13. They will be effective on 5/1/14. Take the next few months to learn the changes and ask questions to get ready for their implementation.

Some regulatory requirements have been added or removed on the basis of the impact of the health and safety of the children. Much of the regulations have been reworded for clarity to make the regulations easier to understand; the intent has not changed. The best way to familiarize yourself with the regulations is to read them! The new regulations can be located at: <http://ocfs.ny.gov/main/legal/Regulatory/final/>

The following is a summary of wording changes and new or removed regulatory requirements:

## 416/7.2 Applying for a License

- Substitutes must have references, medical exams and TB tests

## 416/7.3 Building and Equipment

- CPSC crib compliance
- House/building # visible
- Updated diagram must be submitted & approved upon making any change that impacts child care program
- Outdoor play spaces may include public parks, school yards or public playgrounds
- Additional smoke detectors may be needed if nap area has door
- Occasional second floor use means bathroom use only
- Additional window size permitted if permitted by code

## 416/7.4 Fire Safety

- PATH of egress is free from obstruction
- Evacuation plan must be POSTED
- *Secondary egress* must be practiced in fire drills
- *Primary and secondary relocation sites* must be named

## 416/7.5 Safety

- Prohibit trampoline use
- Cell phone permitted as primary phone
  - Must be available for use
  - In a designated location
  - Audible ringtone
  - Caregivers must know how to operate cell phone

- Pets or animals must be licensed if required and vaccinated
- Parents must be informed of pets regularly in program
- Develop a **plan to shelter in place** and **hold 2 drills annually**
- Cushioned surface under playgrounds
- Window blind cords must be inaccessible and secured
- Firearms (section changed)
- Public pool & bathing beach must have DOH permit

## 416/7.6 Transportation

- Driver must not be engaged in phone call (including hand's free)
- Parents must give approval for transportation plans
- Daily transportation plans must be posted

## 416/7.7 Program Requirements REVIEW THIS SECTION!

- Infants less than 6mos must have tummy time
- Children may not sleep in car seats
- Physical activity EVERY DAY
- TV/electronic media must be:
  - Planned with a learning objective
  - Not be used solely to occupy time
  - Must be OFF when not in use
  - Must be OFF during meal and nap times

## 416/7.8 Supervision

- Change to definition of competent supervision
- Use of electronic media devices while directly supervising children is prohibited
- When electronic monitor is in use, children must be checked every 15 minutes
- Caregiver must *visually* check school age children every 15 minutes
- Visitor is defined by OCFS
- Verify parent is home before releasing a child (if transporting)
- Provider must be the primary caregiver
- Short term and long term absences defined
- Notify parents 2 weeks prior to long absence in writing
- Provider must be approved prior to assuming the role in the program

- Provider must be present with unapproved staff

## 416/7.9 Behavior Management

- Prohibits physical restraint
- Allows physical intervention
- Established a written plan for behavior management
- Requires that all behavior management guidelines be provided to all caregivers and parents

## 416/7.11 Health and Infection Control

- Entire section reorganized & simplified
- Daily health checks must be DOCUMENTED
- Emergency medication waiver language added—waivers no longer needed
- Hand sanitizer is allowed for staff and children over 2 years
- TB and medicals not required after initial testing
- 5 Rights added (MAT)
- Advise parent same day of symptoms of illness or minor injury sustained while child is in care
- All caregivers must have medicals prior to working with children

## 416/7.12 Nutrition

- Fluid milk, 100% juice and/or water must be the ONLY beverages served
- Milk must be low fat (1% ) or fat free when served to children over 2 years
- Meals, snacks and beverages provided by parent are not subject to CACFP meal pattern or beverage standard
- Must share information on healthy food and beverage choices and prevention of childhood obesity with parents Foods for older children heated in a microwave must be stirred and allowed to reach serving temperature before serving
- All devices used to warm breast milk, formula or food for infants must be kept at or below 120°F
- Caregivers may not hold an infant while removing bottles or food from warming device

(Continued on page 8)

## 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 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

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:

**Brittiany Smith, Susan Muntz, Debra Larsen**

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, 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.

The holidays make it hard to eat well and keep a balanced diet. With sweet treats and tasty foods everywhere, finding self control can be a difficult task. There are some ways to help you remain healthier while still enjoying your holiday.

Here are some tips to help you and your family stay on track with good eating habits:

- Snack on healthy snacks like whole grain crackers, fruit, or raw vegetables before the big feast. You will eat less.
- When you are having a holiday meal make sure to eat some healthier foods first, like steamed veggies or fresh fruits .
- Eat the turkey! Protein is good and healthy for you.
- Drink lots of water. Sometimes when your body is thirsty it is mistaken as hunger.
- Eliminate soda or alcohol, these extra calories add up.
- It takes your brain some time to realize you are full. Wait about 15 minutes before eating seconds. This may keep you from overeating!
- It's not rude to say no to food. Don't be pressured to eat if you aren't hungry.
- Eating holiday goodies like fudge, peanut brittle, cookies, and other baked goods is fine if eat them in small portions.
- Have dessert but just have a sliver. After a large meal you may crave something sweet or feel obligated to share in dessert with the family but don't over indulge.
- Moderation! Have what you really enjoy but don't overindulge.

Enjoy your holiday and time with family! Take a family walk, play a game of tag, basketball or any activity to keep you moving. This creates time to bond with children, nieces, nephews and cousins. Be a good role model and bond in active ways!

## 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 consider 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”
- or Choose Your Own Topic!

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

## SUNY Video Conferences

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

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.*

*2014 Videoconferences have not been scheduled yet, please be sure to check the website for upcoming video conferences:*

<http://www.ecetp.pdp.albany.edu/videoconferencing.shtm>



To register: Online @

<http://www.ecetp.pdp.albany.edu/signup.shtm>;

Fax to: (518) 443-5941; or call (518) 443-5940.

## Online Trainings

### Child Care Aware Training Academy™

Find the courses on our website

[www.scchildcare.com](http://www.scchildcare.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.

*Training Academy benefits:*

- Learn 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	x			
<b>Keeping Children Safe (Online)</b>	1.5 0.15	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 SBS (Online)</b>	1.0 0.1	Free	X x		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>Transportation (Online)</b>	2.0	Free	X x			X x	x		X		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4 Legally Exempt (LE) Training: "Intro to LE Care" 1:00p-3:30p @ Council (More info p 9)	5 Hanukah Ends	6	7 "MAT" 8a-4p @ Council (More info p 4)
8	9	10	11 Snow date for Legally Exempt 12/4	12	13	14
15	16	17	18 Information/ Start-up Session 5:30p @ Council (More info p 11)	19	20	21 Winter Solstice 
22	23	24 Council Closes at 12:30	25 Council Closed MERRY CHRISTMAS	26 Council Closed	27	28
29	30	31	 <h1>December 2013</h1> 			

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2014</h1>			1 Council Closed HAPPY NEW YEARS	2	3	4
5	6	7	8	9 Legally Exempt (LE) Training: "Intro to LE Care" 6:00p-8:30p @ Council (More info p 9)	10	11
12	13	14	15 Snow date for Legally Exempt 1/9 Information/ Start-up Session 5:30p @ Council (More info p 11)	16 Health & Safety (Part 1 of 3) 2:00p-8:00p @ Council *Will only run with 4 paid registrants	17	18 Health & Safety (Part 2 of 3) 9:00a-3:30p @ Council *Will only run with 4 paid registrants
19	20 Council Closed Martin Luther King Jr Day	21 Quality Stars Training 6:30-8:30p @ Council (More info p 11)	22	23	24	25 Health & Safety (Part 3 of 3) 9:00a-3:30p @ Council *Will only run with 4 paid registrants
26	27	28 Snow date for Quality Stars 1/21	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2014</b>						1
2 	3	4	5	6	7	8
9	10	11 Legally Exempt (LE) Training: "Intro to LE Care" 10:00a-12:30p @ Council (More info p 9)	12	13	14 Happy Valentine's Day 	15
16	17 Council Closed President's Day	18 Snow date for Legally Exempt 2/11	19 Information/ Start-up Session 5:30p @ Council (More info p 11)	20 Child Care Emergency Preparedness (Part 1) 6-8p @ Council *Please visit website Calendar for link to free pre-requisite FEMA online course	21	22
23	24	25	26	27 Child Care Emergency Preparedness (Part 2) 6-8p @ Council	28	

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

In order to ensure the most productive and enjoyable training experience, 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.
- Put cell phones/beepers on vibrate or silent mode. If you need to take a call during the training, please leave the room.
- In order to receive credit for the training, you must stay for the full training. *If you are asked to leave for interrupting the group due to cell phone use or side conversations, you will not receive a certificate.*
- If you need to leave early for any reason, you will not receive any credit for the training.
- Side conversations will not be permitted as they are distracting to 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>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>Quality Stars</b>	2.0	\$20 \$10			X			x			

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.

<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

**Proposed Family and Group Family Child Care Regulations were adopted on 10/30/13 and will go into effect on May 1, 2014!!**

(Continued from page 3)

### 416/7.13 Qualification

- Substitutes need minimum experience and references
- A person is not approved to be caregiver until written approval
- Check of the Staff Exclusion List (SEL) [adds 3<sup>rd</sup> type of background check]

### 416/7.14 Training

- Orientation for all applicants for license or registration
- Elaborates 9 topics of training
- Adds CPR & FA requirement
- Training and trainers are approved through policy requirements
- Training for owners of multiple programs

### 416/7.15 Management

- Notification to Office re: emergency services
- Midpoint requirements
- Fraudulent or altered documents are prohibited
- Daily attendance sheets to INCLUDE ARRIVAL & DEPARTURE TIMES
- Written requests for additional shift of care
- Report new HHM's within 5 days

## From the Desk of the Registrar

### Dear Providers,

In order to learn about the regulatory changes that have occurred and will go into effect on 5/1/14, you will need to pay attention to your child care news. Read the newsletter, look at our website homepage, the "Child Care" section of the OCFS website and the ECETP website for free training opportunities.

Over the next several months, OCFS will be training it's regulatory staff and providers on the regulatory changes. They will also be updating forms to accurately reflect the new requirements.

Use this as an opportunity to review the regulations, to

review the forms you are using in your program, and to review your own contract and policies to make sure they are accurate and current.

Read the regulations! They have been clarified and are much easier to read than they were prior to the changes. Most importantly, read them to familiarize yourself with them and to understand the requirements you need to comply with.

You should ask as many questions as you need for clarification. Contact your registrar or licenser with your concerns as we begin with these exciting new changes!

**Theresa Murdock-Marin**  
Registrar

## Dear Jodi

### Dear Jodi,

I'm concerned that with the upcoming regulatory changes, I won't know what I should be doing differently and might be cited for something during an inspection. How will I know what changes I should be concerned about?!?

### Nervous Neversink

### Dear Nervous,

The best suggestion I can give you is to choose a section of the regulations to go over one section a day. Read them over, consider what they are requiring that you do and compare it to what you do already. This will help you differentiate what you already do, with what you need to do.

If you come across questions or concerns contact your registrar or licenser or use the contact section of the OCFS website to email questions.

If you have a Facebook account, like NYSOCFS and ECETP to get updates in your newsfeed.

You can expect trainings and new or updated OCFS forms over the next 5 months, so stay tuned. Don't forget to ask your registrar or licenser lots of questions so you are prepared before you are required to follow the new regulations as of 5/1/14. He/she can give you technical assistance, answer questions and offer suggestions between now and May!

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 click on 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 is on all pages (as shown to the right).

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

Subscribe

## 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 Health & 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”**

**“Winter Safety”**

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

Please save these dates:

December 4th

Intro to LE Care  
1p-3:30p

January 9th

Intro to LE Care  
6p-8:30p

February 11th

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.

## December: A Month of Multicultural Holiday Celebrations

**Do your students celebrate Christmas, Hanukkah, Kwanzaa, or Three Kings Day?** Maybe they celebrate St. Lucia Day or Ramadan. Chances are your class includes students who observe more than one of those events. Whether that is the case or not, December offers great opportunities for teaching about our multicultural world. Included: Handfuls of great teaching lessons and resources!

Few months present the multicultural "teachable moments" that December does! The following multicultural events and celebrations are among those that will happen this year:

- Ramadan (Muslim)
- Eid al-Fitr (Muslim)
- Saint Nicholas Day (Christian)
- Eid'ul-Adha (Muslim)
- Fiesta of Our Lady of Guadalupe (Mexican)
- St. Lucia Day (Swedish)
- Hanukkah (Jewish)
- Christmas Day (Christian)
- Three Kings Day/Epiphany (Christian)
- Boxing Day (Australian, Canadian, English, Irish)
- Kwanzaa (African American)
- Omisoka (Japanese)

At Education World, we've searched our archive for links to lessons and other activities to help you teach about December's "world of holidays." We've updated all the lesson plans to ensure that you won't find any dead links among them! You'll find the following articles full of lesson ideas.

### Holidays Around the World: A Festival of Lessons

'Tis the season! Education World offers ten lessons about December celebrations, observances, and activities from several cultures. Included:

- Benne Cakes and Other Holiday Recipes
- How Many Ways Can You Say "Merry Christmas"?
- Christmas in Other Countries: A Venn Diagramming Activity
- Christmas-Tree-Shaped Poems
- True or False? A Quiz About Four December Celebrations
- *plus five more lessons!*

### Christmas Around the World

A world of activities focused on the traditions and spirit of Christmas! Among the lessons you will find are the following:

- Christmas Around the World Map
- Greeting Card Graphing
- Christmas Tongue Twisters
- "Job Jar" Gift Idea
- My Gift to the World
- *plus more lessons!*

### Habari Gani? -- What's the News?

Learn about Kwanzaa, the world's fastest growing holiday, with activities that include the following:

Label an Africa Map  
Make a Kwanzaa Game  
Colorful Flags  
Kwanzaa Word Search  
Weave a Kwanzaa Mat  
*plus more lessons!*

### Hanukkah: The Festival of Lights

Read aloud a simple telling of the Hanukkah story and follow up with a handful of across-the-curriculum activities, including the following:

Hanukkah Story Listening Activity  
Noah's Ark Hanukkah Card

Visit the website below for links and recipes to the activities listed in the article!

Source:

[http://www.educationworld.com/\\_lesson/lesson/lesson246.shtml](http://www.educationworld.com/_lesson/lesson/lesson246.shtml)

# Product Recalls

www.cpsc.gov

## Protect Your Family from Carbon Monoxide Poisoning

### Safety Tips

- Have your home heating systems (including chimneys and vents) inspected and serviced annually by a trained service technician.
- Never use portable generators inside homes or garages, even if doors and windows are open. Use generators outside only, far away from the home.
- Never bring a charcoal grill into the house for heating or cooking. Do not barbeque in the garage.
- Never use a gas range or oven for heating.
- Open the fireplace damper before lighting a fire and keep it open until the ashes are cool. An open damper may help prevent build-up of poisonous gases inside the home.
- Install battery-operated CO alarms or CO alarms with battery backup in your home outside separate sleeping areas.
- Know the symptoms of carbon monoxide poisoning: headache, dizziness, weakness, nausea, vomiting, sleepiness, and confusion. If you suspect CO poisoning, get outside to fresh air immediately, and then call 911.

### Know the Symptoms of CO Poisoning

Because CO is odorless, colorless, and otherwise

undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

Symptom severity is related to both the CO level and the duration of exposure. For slowly developing residential CO problems, occupants and/or physicians can mistake mild to moderate CO poisoning symptoms for the flu, which sometimes results in tragic deaths. For rapidly developing, high level CO exposures (e.g., associated with use of generators in residential spaces), victims can rapidly become mentally confused, and can lose muscle control without having first experienced milder symptoms; they will likely die if not rescued.

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### Circo-brand Chloe and Conner Sitting Stools

**Hazard:** The stabilizing bar can crack and cause the stool to collapse, posing a fall hazard to the user.

**Remedy:** Refund

**Consumer Contact:** Target Guest Relations at (800) 440-0680 anytime or email [guest.relations@target.com](mailto:guest.relations@target.com). For additional information, consumers can visit [www.target.com](http://www.target.com) and click on Product Recalls at the bottom of the page and then select "Children's & Baby Products."

# 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):

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

**January 15, 2014, 5:30pm**

**February 19, 2014 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	6	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	5	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	\$160.37	\$147.33	n/a	n/a	\$127.34
Group Family Day Care	n/a	\$194.66	\$149.59	n/a	n/a	\$88.89
Day Care Center	\$181.25	n/a	150.00	\$170.00	\$152.18	\$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*

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12754

**“Children are great imitators, so give them something great to imitate.” —Unknown**

**Sullivan County  
Child Care  
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- 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 an upcoming 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, Inc 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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