

TEACHING MINDFULNESS TO KIDS

Although mindfulness isn't new—it's rooted in Buddhist tradition—it only gained popularity in the West over the past few decades. And most recently, researchers have discovered the benefits of teaching mindfulness to kids.

Mindfulness is about becoming fully aware of what's happening in the present moment. And in today's fast-paced world, it's easy to miss what's going on around you.

Many people go through the motions of their daily routines without being fully aware of what's going on around them. Whether they're distracted with something that happened yesterday, or they're worried about something that might happen tomorrow, they're missing out on what's happening right now.

And just like adults, kids are easily distracted and quite often, they're unaware of their circumstances. That can lead to difficulties for children, like managing their emotions or trouble controlling their behavior.

Research shows mindfulness skills benefit kids' brains and improves their behavior. Their attention spans improve, they enjoy better mental health, and they become more resilient to stress.

That's why some schools are adopting mindfulness programs. Schools who teach mindfulness skills to kids report fewer discipline problems and better engagement from students.

There are many ways to teach children to become more mindful. You can adapt these exercises to fit the needs of children from preschoolers to teens. Here are simple but effective ways to teach your child mindfulness skills:

Pretend to Walk on Thin Ice

Teach your child to become more aware of his body and his movements. Tell him to pretend he's walking on thin ice and he has to move slowly and carefully around the room

Journal About Specific Activities

Ask your child to write about his daily activities (or invite him to tell you about it so you can write it down). Pick a specific part of the day, like his morning routine or his afternoon at school and ask him to recall what he did. The first couple of times he does this exercise he may be vague like, "I had recess and then we had math class." With practice, there's a good chance he will start walking through his day with more detail. He might start saying things like, "I felt really hot when I was running across the playground. So I sat down on the bench for a minute to catch my breath." This exercise helps kids start paying more attention to the present—and prevents them from stumbling through the day only half aware of what they're doing.

Smell the Roses

Scent is a great way to help kids become more aware of the here-and-now. An easy way to engage his sense of smell is to give him something aromatic, like a flower or an orange peel. Invite him to close his eyes and concentrate on what he smells. Spend a few minutes just paying attention to the aroma. Helping kids become more aware of their sense of smell can remind them to literally stop and smell the roses sometimes!

Progressive Muscle Relaxation

Progressive muscle relaxation is all about learning to pay attention to muscles in different parts of the body. The goal is to learn to relax muscles that may have become tense without the individual even noticing. Tell your child to lie down. Then, tell him to tighten and then relax specific muscle groups one at a time—starting with his feet and then his calves. Keep going until you get up to his head.

Listen to the Bell

For this exercise, use a chime or a real bell if you have one. Pick one where the sound reverberates for at least 10 seconds. Tell your child to listen to the bell. Then, tell him to close his eyes and see if he can hear it better when his eyes are closed. You can also tell him to sit quietly and count how many times you ring the bell. Over the course of several minutes ring the bell. Allow for variable amounts of silence in between rings. With practice, your children will become more comfortable with silence. And they may improve their focus and concentration.

Practice Yoga

Yoga is a great way to increase your child's awareness of the connection between his mind and his body. Kid-friendly yoga poses can help him become more mindful. Sign your child up for a yoga class or look for kid-friendly yoga videos to practice at home. You can practice yoga together as well and incorporate it into your daily routine. Like other mindfulness practices, yoga will teach your child life skills. The more kids are able to be present in the moment, the better they'll be at self-regulation.

And it's important to remember that mindfulness should be an ongoing practice. Take time every day to practice mindfulness skills with your child. When you make it a priority in your life, your child will see that it's important to be in tune with the present.

Excerpted from:
"11 Ways to Teach Mindfulness to Kids"
 - By Amy Morin, LCSW
<https://www.verywellfamily.com/ways-to-teach-mindfulness-to-kids-4134344>

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From the Director's Desk

Since March when New York first went on PAUSE due to the COVID-19 pandemic, the Child Care Support Services program at Catholic Charities has been busy. We have been responding to child care providers, parents, and the community at large to assist with finding child care, offering scholarships for child care payments to essential workers through funding from the CARES act, and offering emergency funds to providers whose enrollment was adversely affected. We have been providing technical assistance and support to community members as they tried to navigate a changing world for school age children and acting as boots on the ground for the New York State Office of Children and Family Services (OCFS) through regulatory oversight and support for child care programs, businesses, and families. The increased need currently being seen by the parents of school age children is one that we were not prepared for and only makes sense in terms of it being part of the pandemic. In Otsego County, with its estimated population size of 60,244 people, childcare is crucial. During uncertain times such as the COVID-19 pandemic, ensuring that our children are taken care of daily is a concern for many parents and guardians. Unfortunately, with school age children staying home during the day for remote schooling and parents forced to return to work, it becomes difficult to find adequate childcare. Many schools which are no longer in person, tend to be where after-school programs would take place. With many factors influencing childcare, access to viable options can be quite challenging which can have detrimental effects on the family unit as a whole.

During the months prior to September, the staff of Child Care Support Services was prepared for an increased need for child care referrals and additional school age children needing to find care. That did not happen. In June, we were pretty sure that there had not been an increase in the need for care because most people were out of work and at home with their children. We saw the summer programs for school age children cancelling their programs for the summer and still we did not have a big increase in the need for school age care throughout the summer. However, when the schools had released their re-opening plans, it was clear that while the plans had some variation, things were not going back to normal. Most schools in the county were not planning to open to 100 percent of the students for 100 percent of the time. It also seems that many employers who had not recalled their staff to work, were doing so when school started. So in mid-August, we saw the growing concern about who was going to care for our school age children. In order to get a complete view of a community's need for childcare, it is crucial to conduct childcare needs assessments. This aids in identifying issues that would need to be addressed in whatever plan that is created. In late 2019, we conducted a needs assessment to determine how many childcare programs had openings and how many spots were needed in the county. The findings concluded that

the potential number of school age children in need of care was 2,102 and only 270 registered/licensed slots were available. After considering the availability of childcare for school age children, it is important to look at access for an even younger population. For children ages 0-4, there are 1,504 children potentially needing childcare but with only 533 slots available, 971 of them are potentially left without care. With the number of children in need exceeding the open slots available, this is detrimental to the wellbeing of the child and family unit and is striking closer to home now more than ever due to this pandemic.

As the local Child Care Resource and Referral Agency, we are well aware of the state of child care in our county, as well as statewide and nationwide. We know there is a gap between the number of needed child care slots and the number of available and affordable child care slots. However, none of us were prepared for children to not be attending school and what that would mean for the need for child care as a whole. It is apparent that there is a need for childcare but what is restricting the availability? There are a multitude of factors that make it difficult to obtain childcare, particularly in this region. Per the 2019 assessment mentioned above, the top three challenges that providers face are: minimum wage increases; cost of care; and difficulty hiring staff/parents not being supportive of childcare. For parents, the top three obstacles found throughout their search for childcare are: affordability/cost of care; location; and the availability of quality childcare. In Otsego County, the median household income is \$53,121 and 15.4% of the population is living below the poverty level. With these factors considered and affordability being a barrier for providers and families, this is extremely troublesome. To put things in even more perspective, the hourly minimum wage is \$12.50 meanwhile the hourly cost of care for an infant in a Family Day Care home is \$5. Without a doubt, childcare is very expensive, making it a tremendous hurdle for those with minimal funds. To draw a parallel comparison on an annual level, the cost of care for a child in family day care from six weeks to one year is \$7,360 and the annual tuition for a 4-year program at SUNY Oneonta is \$7,070. When analyzing 8 different reasons why parents withdraw their children from a childcare program, the number one reason is that the cost of care is too high. On the other hand, it is important to note that despite cost of care, it is not the primary reason that a parent selects a specific day care program for their child(ren). The parents surveyed stated that the most important factors are that their child is happy in the program, and that the caregiver is well-trained, educated, and knowledgeable. With job loss a result of this pandemic, cost of care is even more of a barrier in maintaining adequate childcare programs during this time.

When learning about childcare, it is vital to understand the importance of a childcare desert, which Child Care Aware defines as "areas or communities with limited or no access to quality childcare". Understanding a childcare desert is one avenue to comprehending the shortage as a whole. Childcare deserts are more rampant than we think. According to research published by the U.S. Census Bureau, of more than half of the population across 22

states studied, 51% live in neighborhoods classified as childcare deserts. Changes in regulations has sparked a downward trend of registered and licensed programs. There was a loss of preschool age children to pre-k programs as well as the retirement of long-term providers, coupled with a lack of new programs opening to fill the gap, all of which resulted in a sharp decline in childcare programs overall. During the last 10 year period, a total of six childcare centers closed in Otsego County which specifically resulted in a shortage in infant/toddler availabilities. Consequently, the county took a hard hit with limited access to quality childcare that impacted other aspects of daily living.

Accessible childcare does not only impact parents, children, and families, but it also trickles into the workplace as well. According to Early Care & Learning Council, employers see first-hand that lack of access to affordable childcare translates to lower productivity, higher absenteeism and turnover, additional costs in hiring and training new employees, and difficulty recruiting skilled employees. When parents and guardians do go to work, they oftentimes are too distracted and focused on how their kids are doing instead of completing their tasks. The National Survey of Children's Health shows that about 2 million families with a child 0-5 had a parent quit a job, not take a job, or greatly change a job in the past year because of child care problems. If parents cannot afford childcare, they will instead quit their job so that they can stay home with their child(ren). For 32 total Registered and Licensed Day Care programs in Otsego County, there are 1,112 total slots available, yet only 70% of the slots are being utilized. Why is that? You can argue that based on recent data, this is a result of parents having to leave the workforce in order to take care of their children themselves when they can no longer afford the cost of care, impacting the child care provider, workplace, and family.

Not only is the shortage in childcare an issue in Otsego County, but this problem extends throughout New York State. According to the Early Care and Learning Council, "Every week in New York, the parents of 877,598 children under the age of 6 are working." The lack of access to affordable childcare is a major concern for families with 94% of workers involuntarily working part-time due to childcare problems being women. The shortage of childcare impacts everyone including childcare providers, families and the community. Everything is interconnected with between cost, availability, safety, and childcare deserts. The access to childcare is becoming more and more difficult. In Otsego County, there are discussions taking place around this issue. People are talking about it. People are trying to gather information and piece it together. There is not an obvious or easy solution. The sources that the community relies on: schools, human service agencies, child care programs, churches, county agencies are all doing what they can but no single agency or entity can do this by themselves, not now, not when our agencies have been hit so hard financially by the pandemic, not when contract payments for work completed are not being paid by the state agencies and not when

the staff of all of those entities are facing all of the same issues and challenges that everyone else is facing. Why shouldn't everyone be involved in creating a solution?

We can solve the temporary problem of the need for school age child care. If community organizations, schools, parents, business and community leaders, and local public leaders all come together in a completely collaborative way, we can identify all the issues and barriers. If we all worked together to come up with ideas, to each be willing to do a part of what it will take to overcome the barriers, we could create a wonderful solution that would work to keep our children safe and cared for while they cannot be in the schools that normally would do that. After we have come through the immediate and (hopefully) temporary need to care for our school age children, we need to work to rebuild our child care community. Parents need choices that are good for their children and that they can feel good about choosing. Businesses need to know that there are strong and reliable options available for their staff so that they can be at work. The community needs to know that there is care available so that they can feel secure that the systems in our community are bringing up children that can thrive and so that they can feel confident that the next time there is an emergency, a lack of child care will not add to it. The time has come to put additional focus on this issue and additional resources into it. This is everyone's problem, whether or not you are a parent, whether or not you are a teacher, whether or not you are a public official—what affects our youngest citizens affects us all.

Christy Houck, CCSS Director
Kierrah Hamer, SUNY Oneonta

Kierrah is a senior at SUNY Oneonta majoring in Sociology with a concentration in Human Services and is currently an intern with Catholic Charities

Attention Providers!

The deadline to apply for the reimbursement of COVID-19 supplies and lost earnings for Otsego County Family/Group Family providers is

October 15th!

Contact Kim with any questions at:
(607) 432-0061

Save the date!

FREE ONLINE!
Must Register in Advance

The Otsego Committee on Child Abuse and Neglect (OCCAN)
& the Child Advocacy Center
in collaboration with the
Otsego County Youth Bureau



Present the 34th Annual Conference:

Dynamics of Sex Trafficking: Impact on Children

A Regional Conference for Providers who
work with Children and their Families

Friday, October 23, 2020 8:30 AM – 1:00 PM

OCCAN, PO Box 1332
Oneonta, NY 13820
Brochure/ registration pending
Questions?
Sarah Purdy: (607) 547-1770
Email: purdy@otsegocounty.com

Professional Development

Upcoming Trainings

Provider Forum

Date: October 20, 2020 - 6:30 - 8:00 pm

▪ Please join your fellow child care providers for a Virtual Forum. You can share ideas that are working well for you - methods for getting paperwork done, how you are managing all the extra cleaning, fun games or ideas that your children are doing. Please email Kim anything specific to add it to our agenda.

Call to register: (607) 432-0061

Mandatory CACFP

Date: October 14, 2020 - 6:30 - 8:00 pm

Location: Virtual Platform

▪ 2nd of 2 trainings for 2020 for CACFP participating providers. If you participate in CACFP and you did not attend the Virtual CACFP training in June, then you **must** attend this training.

Call to register: (607) 432-0061

Regulating Our Emotions

Date: November 14, 2020 - 1:00 - 5:00 pm

▪ This free 4-hour virtual training is made up of three workshop topics facilitated by three different trainers. We'll explore the topic of regulating our emotions through hands on experiences and participation around reflecting on our emotional responses, yoga and mindfulness practices with young children and the creation of sensory materials. Participants will walk away with strategies to connect to their own emotions in order to help the children in their care to connect with theirs. They'll have examples of easy "tricks" to help with transitions and challenging parts of the day. And, participants will have the opportunity to create sensory materials for the children they are working with. Materials needed will be sent to participant prior to workshop date so please register by **October 9th**. **Call to register:** (607) 432-0061

Upcoming ECETP Webcasts

Virtual Trauma Webcast

▪ Date/Time TBD

Register for
Early Childhood Education Training Program
Webcasts:

ecetp.pdp.albany.edu

Health and Safety Competencies For Becoming a FDC/GFDC

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. This is required training for becoming a Licensed/Registered Day Care Provider. This training spans multiple days and all days must be attended. You will receive 15 hours of training credit if your day care application is in process at the time of the training. Trainings are available at different times throughout the year at the child care resource and referral agencies listed on this page.

SUNY Training Strategies Group

Funding for Training

(518) 443-5940

- Medication Administration Training Grant Program
tsg.suny.edu/matgrant.shtm
- NYS Educational Incentive Program
tsg.suny.edu/eip.shtm

New York State Credentials

NYAEYC - Promoting excellence in early care and education services for New York State children and families, through education, advocacy and the support of the profession (Family Child Care, Infant/Toddler Care, Children's Program Administrator) - nyaeyc.org

Network for Youth Success - The New York State Network for Youth Success administers the New York State School Age Care (SAC) Credential, which promotes quality services to children and families by providing specific standards, training, and evaluation for afterschool professionals - networkforyouthsuccess.org

Find a Degree Program

Earlychildhood.org - Find a college near you that offers Early Childhood courses and degrees.

SUNY Learning Network - Find an online degree program - sln.suny.edu

Regulatory Information

Group Family Day Care / Day Care Center

Office of Children and Family Services

155 Washington Ave., Albany, NY 12210

(518) 402-3038 | ocfs.state.ny.us

Family Day Care / School Age Child Care

Child Care Support Services, Catholic Charities

176 Main Street, Oneonta, NY 13820

(607) 432-0061 | charitiesccd.org

Fingerprinting for Child Care Settings

L1 Identity Solutions

IdenToGo.com

(877) 472-6915

CCR&R Agency Training Resources

- Delaware Opportunities - Hamden
(607) 746-1620 | delawareopportunities.org
- Family Enrichment Network - Johnson City
(607) 723-8313 | familyenrichment.org
- Capital District Child Care Coordinating Council - Albany
(800) 521-5437 | cdcccc.org
- Child Care Solutions - Syracuse
(315) 446-1220 | childcaresolutionscny.org
- Cornell Cooperative Extension of Oneida County - Oriskany
(315) 223-7850 | cceoneida.com/child-care-council

News, Updates and Training Opportunities

Health Care Consultancy & Medication Administration Training

Child Care Support Services has partnered with Otsego County Public Health Nursing to provide Health Care Consultancy Services to child care providers in Otsego County, as well as the Medication Administration Training / MAT Renewal Training.

To contact the HCC/MAT Trainer:
Susanne Smith, BSN
smiths@otsegocounty.com
(607) 547-7518



SCR Clearance Fees

All prospective daycare providers (**FDC, GFDC and Legally Exempt Child Care**) and applicants for employment in day care programs will be charged a \$25 fee for any SCR database check. Payment can be made by certified check, postal or bank money order made payable to "New York State Office of Children and Family Services" and submitted with the SCR form DSS-3370.

Questions? Call Cindy at (607) 432-0061

Child Development Associate

CDA Council - The Child Development Associate (CDA) Credential is the most widely recognized credential in early childhood education (ECE) and is a key stepping stone on the path of career advancement in early childhood education - cdacouncil.org

Accreditation

National Association for the Education of Youth Children - NAEYC's two quality assurance system levels equip programs with the tools to provide the best learning experiences for young children and provide the highest quality professional preparation of educators by meeting national standards of quality - naeyc.org

National Association for Family Child Care - NAFCC sponsors the only nationally recognized accreditation system designed specifically for family child care providers. Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation - nafcc.org

Online Learning

- ecetp.pdp.albany.edu
Select sign up for early childhood e-learning
- tsg.suny.edu/elearn.shtm
Various childcare learning opportunities to choose from
- carecourses.com
Book & Online Training for Early Childhood Professionals

REQUIRED TRAINING FOR RE-ENROLLING LEGALLY EXEMPT CHILD CARE PROVIDERS!

All non-relative legally exempt child care providers are required to take **5 hours of training** prior to their re-enrollment date. Proof of training must be submitted with the re-enrollment packet to our office. Training must be in specific areas described in Social Services Law.

For more information on the topics, as well as where to obtain free training, please contact our office at (607) 432-0061.

Winning Beginning New York

Winning Beginning NY is a statewide coalition working toward the goal of high-quality, affordable and accessible early care and learning for all New York families. Its' members include parents, employers, children's advocates, service providers, labor unions, educators, pediatricians, law enforcement, research and community groups.

View the Winning Beginning New York State's Executive Agenda:
winningbeginningny.org

How do you contact your legislators?

NY State Assembly: nyassembly.gov
NY State Senate: nysenate.gov

Enrolled Legally-Exempt Providers...

The New York State Department of Health's **Child and Adult Care Food Program (CACFP)** pays for meals and snacks served to children up to age 13 enrolled in Legally Exempt homes. The major focus of CACFP is to serve nutritious meals and snacks in day care homes which care mainly for children from low income households. However, all Legally Exempt providers meeting eligibility guidelines may take part in CACFP! Please call our office for more information:
(607) 432-0061.



Child Care Support Services has Start-Up Reimbursement Grants available for newly Registered or Licensed providers in Otsego County!

Reimbursement grants can total \$500 and are meant to help defer the cost of starting your child care business.

For more information, Contact Kim:
(607) 432-0061
kahearn@charitiesccdo.org

Child and Adult Care Food Program Food for Thought

**Reimbursement Rates for
Meals Served in Day Care Centers**
EFFECTIVE from July 1, 2020 to June 30, 2021

	Breakfast	Lunch/Supper	Snacks
Free	\$1.89	\$3.51	\$0.96
Reduced	\$1.59	\$3.11	\$0.048
Paid	\$0.32	\$0.33	\$0.08

**Reimbursement Rates for
Meals Served in Day Care Homes**
EFFECTIVE from July 1, 2020 to June 30, 2021

	Breakfast	Lunch/Supper	Snacks
Tier 1	\$1.39	\$2.61	\$0.78
Tier 2	\$0.50	\$1.58	\$0.21

Eat Seasonably

Every fruit and vegetable tastes best when harvested in season. Here's what is in season in the fall in New York:

Apples	Beets
Broccoli	Brussels Sprouts
Cabbage	Cauliflower
Cranberries	Fennel
Kale	Leeks
Parsnips	Pears
Potatoes	Pumpkin
Rutabagas	Squash - winter
Sweet Potatoes	Turnips



Sweet Potato Hash

Ingredients:

- 1 tablespoon olive oil
- 1/2 sweet onion, diced
- 2 lbs. sweet potatoes, peeled and diced petitley
- 2 tablespoons water
- 3 large eggs

Directions:

Sautee the onion in oil until thoroughly softened and then stir in the sweet potato and water. Cover pot and cook on medium-high heat for 10-15 minutes until the potatoes are cooked. Make three cavities with the back of a spoon and crack in the eggs. Cover again, cook 5 minutes until the eggs have set, and scramble them into the potatoes. Serve immediately.

- 9 servings for ages 1-5

Easy Pumpkin Soup

Ingredients:

- 1/2 cup finely chopped onion
- 2 tablespoons butter
- 1 tablespoon all-purpose flour
- 2 cans (14-1/2 ounces each) chicken broth
- 1 can (15 ounces) solid-pack pumpkin
- 1 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 cup heavy whipping cream

Directions:

In a large saucepan, sauté onion in butter until tender. Remove from the heat; stir in flour until smooth. Gradually stir in broth, pumpkin, brown sugar, salt, pepper and nutmeg; bring to a boil. Reduce heat and simmer for 5 minutes. Add cream; cook for 2 minutes or until heated through. Yield: 6 servings.



The Last Mandatory CACFP Training for this calendar year is in October! If you didn't attend the Zoom training in June, then this is the training you **MUST** attend! See the training page for details!



Stay tuned for new guidelines for submitting your claims for reimbursement!



The Family Corner



We are so lucky to live in an area that has beautiful colors all throughout the fall. One way to take in all the colors and fall changes is to get out and go on a walk for a hike. Here are several

family friendly spots throughout the county for trail walks and hikes.

Franklin Mountain Hawk Watch

52 Grange Hall Road Spur, Oneonta
 ↳ Bring binoculars for birdwatching.

Fetterly Forest Conservation Area

302 Roses Hill Road, Richfield NY
 ↳ 3 ecologically diverse trails that are about 1 mile in total.

Valley View Walking Trails

298 Sheep Pen Road, Unadilla
 ↳ Lots of trails to choose from with many picnic areas to enjoy a meal.

Clark Tower Trail

652-708 Beaver Meadow Road, Cooperstown
 ↳ 3.6 mile loop, dog friendly.

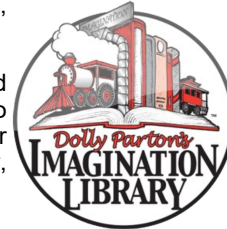
Betty and Wilbur Davis State Park

133 Davis Road, Westford
 ↳ 2.7 mile loop, with a playground near the parking area.



Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth to age five in participating communities within the United States, United Kingdom, Canada, Australia and Republic of Ireland.

Children living in Delaware and Otsego Counties are eligible to participate in this program! For more information and to register, visit:
www.ImaginationLibrary.com



Free Online Child Care Referrals!

Are you a parent searching for child care in Otsego County?

You now have the ability to search for child care any time of the day or night!

Access to our online referral packet which includes information to help you make an informed child care decision!

VISIT OUR WEBSITE!
WWW.CHARITIESCCDOS.ORG

Parent Training Resources

Family Service Association

Family Service Association provides information, advocacy, and referral services for individuals and families in need.

277 Chestnut Street, Oneonta | (607) 432-2870

Family Resource Network

The Family Resource Network Inc. (FRN) provides family support services to families who have a child with special needs.

46 Oneida Street, Oneonta | (607) 432-0001

Community Maternity Services

176 Main Street, Oneonta
 (607) 432-0061 ext. 113

CMS is an agency which has provided home-based support services to families and their children in Otsego County since 1971. Today, they have three types of educational programs: Maternity Outreach, Parent Education, and NYS Parent Education and Awareness Program.

The Maternity Outreach Program

Designed for pregnant and/or parenting teens and young adults. Some of the services we offer in this program are: goal directed counseling, childbirth preparation, adoption, advocacy for education, life skills, parent education, referrals for pre and post natal care, nutrition education, child development education, and milestone testing for children. Referrals for this program can come from any entity.

START YOUR OWN BUSINESS!

Become a Family Child Care provider today!
 We are seeking registered and licensed providers for traditional and weekend child care.

For more details contact
 Catholic Charities at: (607) 432-0061
 or see our website: CharitiesCCDOS.org



Child Care Support Services
A Program of Catholic Charities
of Delaware, Otsego and Schoharie Counties
176 Main Street
Oneonta, New York 13820

FDA WARNING ABOUT THE DANGERS OF HAND SANITIZERS WITH METHANOL

The Food and Drug Administration (FDA) has issued a warning to consumers and health care providers about hand sanitizer products that are labeled as containing ethanol (also known as ethyl alcohol) but that have tested positive for methanol contamination. Methanol (i.e., methyl alcohol or wood alcohol) is a substance that can be toxic when absorbed through the skin or ingested and can be life-threatening when ingested. As per the FDA news update hyperlinked below, "Methanol is not an acceptable active ingredient for hand sanitizers and must not be used due to its toxic effects. FDA's investigation of methanol in certain hand sanitizers is ongoing. The agency will provide additional information as it becomes available."

The U.S. Food and Drug Administration is continuing to find issues with certain hand sanitizers, and expanded its warning to more than 100 different products.

Consumers who have been exposed to a hand sanitizer containing methanol and are experiencing symptoms should seek immediate treatment for the potential toxic effects of methanol poisoning, which can include nausea, vomiting, headaches, blurred vision, permanent blindness, and seizures. Although people of all ages are at risk for methanol poisoning, "young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute are most at risk."

Please see the full FDA news update on hand sanitizers with methanol for further information at:
www.fda.gov/handsanitizerlist.

