



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

The Child Care Connection

THE ENRICHING ENVIRONMENT FOR A CHILD'S DEVELOPMENT JULIANA LUNA

How can parents and child care providers create an environment that encourages and nourishes the growth of children? How can we build a stronger community by improving the ways we foster child development?

Early literacy is one way to foster child development. By creating a comfortable environment that encourages reading, writing, playing, and language use, child care providers enrich the development of their children. Children learn to understand the patterns of language by listening to the sounds of voices they hear. As a parent, child care provider, or advocate for child development, be a storyteller to the children around you. Explain and label things in the environment to encourage children to ask questions. Labels should contain both pictures and words. Communication with children lets them know they are important to the people they talk with. Communication with toddlers expands vocabulary and aids in understanding the structure of how we speak.

Early literacy builds community by gathering children together to hear adults read stories of faraway places, interesting people, and new ideas. When adults read to children it can help build a life-long love of reading. Child care providers should use books that draw the children's attention as you read. Books should be read in a playful and expressive way. Children's active participation while being read to is an indication that it is fun.

How do we make our environments more comfortable places where literacy and development of communication use is encouraged? Creating soft and cozy spaces where children can cuddle in and get comfortable with things like pillows or stuffed animals to lean against, and child sized soft furniture. Have a variety of books available for children to explore every day. Cloth books that have different textures and simple pictures are great for infants and younger toddlers. Board books allow little fingers to turn pages independently as they 'read'. Preschoolers and older children will enjoy picture books with simple words or sentences on each page, and longer stories with more illustrations. Keeping your books organized and

attractively displayed will ensure that they are utilized and loved everyday by you and your children.

The increased use of technology and media devices can have negative effects on children's behavior and can inhibit literacy development. There are children's programs that are language rich. However, the use of any type of electronic media devices should be limited, taking into consideration the amount of screen time children get out-side of child care. The New York State Office of Children and Family Services has created regulations about the use of television and other electronic devices.

The Family Day Care Regulations 417.7-Program Requirement regulations state:

(v) Television and other electronic visual media must be turned off when not part of a planned developmentally appropriate program activity.

(w) Children must not watch television or other electronic visual media during meals.

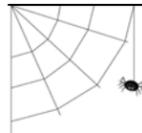
(x) Television and other electronic visual media must be turned off while children are sleeping, and during established nap times. This is not to prohibit a program from using electronic visual media for business purposes during sleep or nap time if its use does not interfere with the supervision of children.

There are many resources available to aid in developing a literacy friendly program. To learn more or for help in creating an literacy friendly environment, call Kim to request ideas and assistance.



Would you prefer to receive an electronic version of this newsletter?

Please send an email to: childcare@charitiesccdo.org and include the words "subscribe to electronic newsletter" in the subject line! Publishing an electronic newsletter helps keep printing and postage costs down and allows our information to be forwarded to others!



Halloween Safety Tips

www.safekids.org/tip/halloween-safety-tips

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up as you walk, not run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Trick or Treat With an Adult

Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

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From the Director's Desk

Happy Fall! I have not had to write this column for the past five years. I cannot say that this was one of the things I particularly missed about providing Child Care Resource and Referral Services to the wonderful day care providers and programs in Otsego County. I have missed you all though, for sure.

Things have changed quite a bit in the time we were away. But we were not completely separated and I quietly observed. What I have observed from here is that we have an aging child care system in Otsego County. The providers and programs that have been with us for a long time have begun changing the guard or closing their doors as people are retiring, slowing down, or just moving on to new adventures. These providers made their mark on a generation or two of children. They will be missed. Over the years we have watched them roll with the changes and continue to care for the children—all of the children. We have watched the providers provide more than child care on more than one occasion. Our rank and file is now smaller and less prepared to care for this generation.

In the upcoming years, there will be more focus on quality and an increased push for improvement. I am on that band wagon. I think continuous improvement of quality is a wonderful goal. Do not misunderstand me; I do not think it can take the place of love, empathy, compassion, and caring. I just think that we can have both. I see you all out there every day doing wonderful and marvelous things with the children in your care, things that speak to quality and caring. We have some really great providers and programs but we really need more. Where will we find the next generation of caregivers who will roll with the changes, strive for continuous improvement, and just keep caring for the children and when needed, provide more than child care? This is one of the things that keep me awake at night. But, perhaps I will sleep a little better now knowing that we are focused on this and we are pushing hard to recruit new programs and providers.

We are here to hold the hands of people going through the process and help them every step of the way. We are also here for the programs that are currently providing care. Our new

Child Care Specialist, Kim, is a wonderful person to work with. She is patient and kind and comes with a wealth of knowledge. Kim's background is in Early Care and Education, working with preschool programs in a variety of day care center settings. If you are in need she can hold your hand too.

Of course, we still have Cindy working with us and she is still fabulous with all of her ideas and songs for the kids. Cindy will mainly focus on registration duties like monitoring but she will help us with recruitment and is always available to answer your questions.

Then of course there is Vicki. Vicki is having a little bit of Deja' vue; She is back to providing referrals to parents, putting together this newsletter, and processing CACFP claims.

We have a nice technical assistance project that will earn you some new goodies and some start-up reimbursement grants as well as Health and Safety grants for legally exempt providers. We have once again contracted with Otsego County Public Health Nursing to provide MAT classes and Health Care Consultancy services. The HCC, Matt Johnson, has some knowledge about registered care because his wife provided regulated child care. Call us if you are interested in talking to Matt. Of course these services are free of charge.

We are happy to be back, hopeful for the future, and glad that you are with us! If you have a need or would like to discuss anything related to Child Care Resource and Referral, please feel free to contact any one of us.

Christy



I have been here at Catholic Charities for a few months and have enjoyed being a part of this team, meeting the providers and seeing them interact with the children in their care. I also want to remind you that I am here to provide you with any type of technical assistance that you may need – from organizing your paperwork, helping you create activities for the kids in your care, or any concern that you may have.

Kim Ahearn
(607) 432-0061 ext. 128
kahearn@charitiesccdo.org.

The Parent Corner

Community Maternity Services

(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.

Parent Education Program

This program covers a variety of parenting topics and issues and is court mandated. Referrals for these services come from the Otsego County Department of Social Services.

NYS Parent Education and Awareness Program

A program designed to provide information to assist the parent and children through the changes created by a separation or divorce. This is a fee based service and costs \$35. The course is approximately 2 hours long and referrals can come from any entity.

Jellyfish!

Materials:

- small paper bowl
- glue
- string (to hang it)
- colored ribbon
- packaging tape (or any sturdy tape)
- googly eyes
- scissors
- tissue paper

Directions:

1. Cut or rip up your tissue paper into small pieces. Use a few different colors if you want to make your jellyfish craft extra colorful.
2. Turn your paper bowl upside down and add glue all over the outside of it. Put the tissue paper pieces all over your bowl, covering the bottom and sides of the bowl. Dry completely.
3. Have an adult use your scissors to poke a small hole in the center of the paper bowl. Push the string through the hole, tie a knot in the end and tape it down inside the bowl.
4. Attach ribbon so it hangs down from the center of the bowl.
5. Finish your cute and colorful jellyfish craft by gluing on googly eyes.



Bassett Healthcare Classes

- **Parenting Class** - Join our Birthing Center registered nurses to learn about and receive information on baby care, infant safety and much more. Admission is free of charge.
- **Breastfeeding Workshop** - This free two-hour class is designed for families who are interested in breastfeeding their newborn.

For more information:

Bassett Healthcare
1-800-BASSETT

www.bassett.org/medical/services/womens-health

Oneonta World of Learning

- **Introduction to Knitting** - Play and Learn: Introduction to Knitting! Learn to knit for everyone ages 12 and up. Participants will be given needles and yarn with admission while supplies last. Other materials will be available for sale at a discounted price. Childcare will be provided for children ages 11 and under. Dinner (pizza and a beverage) will be provided to all in attendance. Cost: \$10 for a parent and child; \$3 for each additional child; \$7 for the knitter alone

For more information:

oneontaworldoflearning.org
(607) 431-8543

Upcoming Child-Friendly Event

Thanksgiving at The Farm

The Farmer's Museum

November 23–24 | 10:00 am–4:00 pm

The ideal setting to spend time with family and friends over the holiday weekend. Admission by donation. All dollar amounts welcome. (Visitors may donate whatever dollar amount they wish to enter the museum during Thanksgiving at The Farm. All proceeds support the museum.)



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

Child and Adult Care Food Program

Food for Thought

Together We can Raise Healthy Children!

Childhood Nutrition and Wellness:

The foods children eat and lifestyle habits they learn have a lasting effect on their health. There are ways your child care provider is promoting healthy habits while your children are in care. These are: Serving nutritious meals and encouraging children to be active. Quality child care providers take steps to keep the children healthy! You can help your child by doing the same at home.

Eat Together!

Children see adults as role models, even at mealtimes. Your child care provider serves meals family style, which means adults sit with the children and eat the same foods, teach children to serve themselves, and talk about the healthy food they are eating. Serving meals family style at home and child care allows children to learn how much to eat and be willing to try new foods.

Play... Play... Play!

Physical activity helps children's bones and muscles grow strong and lowers the risk of weight gain. Your child care provider's daily schedule includes indoor and outdoor active play. Send your child dressed and ready for active play indoors and outdoors. Include coats, hat, mittens and boots to play outside in any weather. Staying active at home is good for everyone in the family! Going for walks together or playing in a local park are great ways to enjoy activity with your children. Less screen time equals more quality family time together.

Partner With Your Provider!

You and your child care provider share an important role in setting good nutrition and physical activity habits for your children!

Excerpt from: Office of Children and Family Services brochure: Together We can Raise Healthy Children

CACFP Claim Submission Date

Please remember that the date you must submit your claims for reimbursement each month is the 5th of the month! That submission deadline allows for processing of the claims and any change in check processing days that might occur. Please do not hold on to your claim until the middle of the month or you may miss out on the reimbursement until the following month!



A transition period from October 1, 2017 - September 30, 2018 was put into place to allow state agencies and sponsoring organizations to provide technical assistance in lieu of disallowance of meals when they observed violations related to the updated 2016 meal pattern requirements. **Beginning October 1, 2018, meals that do not meet the revised requirements will begin to be disallowed.**

What this means for infants:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant
- Only breastmilk and infant formula are served to infants 0 through 5 month olds
- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate
- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old
- Eliminates fruit juice from the infant meal pattern
- Allows ready-to-eat cereals to be served as a grain at snack for infants 6-11 months of age
- Allows cheese, cottage cheese, and yogurt as allowable meat alternates for infants 6-11 months of age

What this means for children over 1 year:

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component
- Juice is limited to once per day
- At least one serving of grains per day must be whole grain-rich
- Grain-based desserts no longer count towards the grain component
- Meat and meat alternates may be served in place of the entire grains component at breakfast a **maximum** of three times per week
- Tofu counts as a meat alternate (**must meet established guidelines**)
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs
- Frying is not allowed as a way of preparing foods
- Requires potable drinking water to be offered to children throughout the day and available to children upon their request throughout the day

What is a Child Care Resource & Referral

The Child Care Resource and Referral (CCR&R) program works in your community to develop quality, reliable, and affordable child care by recruiting, training, and providing technical assistance to all modalities of child care. Child Care Support Services, a program of Catholic Charities of Delaware, Otsego and Schoharie Counties is the CCR&R for Otsego County. Our services include:

- Referral to child care/early childhood programs
- Registration for Family Daycare and School Age Child Care in Otsego County
- Training and technical assistance to all modalities of child care
- Sponsorship of the Child and Adult Care Food Program (CACFP) for day care homes
- Start up grants for new child care providers
- Circulation of reference materials through the Lending Library
- On-site workshops to determine child care needs for employers and their staff

Otsego County Public Health Nursing Services

Immunization Clinic services are open to the public. Children under 18 years of age must be accompanied by a parent or legal guardian (for informed consent). It is very important that you keep track of your child's shot record and bring it with you every time you come to the clinic. Please call Public Health for clinic dates or if you have any questions. (607) 432-4410 in Oneonta or (607) 547-4230 in Cooperstown.

New!

Adoptive, Foster and Kinship Parent Support Group for Delaware & Otsego Counties. All adoptive, foster and kinship families in the area are welcome! Come together with other parents in a safe, no-judgment space facilitated by adoptive parents to share and connect with others. Childcare and a light meal will be provided.

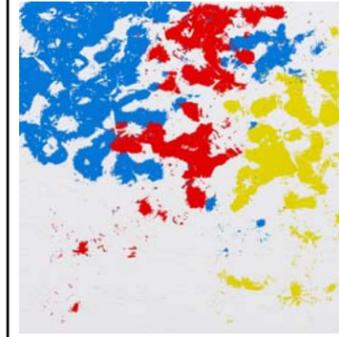
Future Meeting Dates:

- November 13th: parent training, Circle of Trauma, to be held in Delhi. Details to follow.
- December 15th: Oneonta Support Group Meeting at the First United Methodist Church located at 66 Chestnut St, Oneonta, NY.

Contact Amy Drayer at the Adoptive and Foster Family Coalition for more information:
(646) 688-4321 X 1009 or amy@affcn.org



Think Outside the Paint Brush!



Painting with items that you already have around your home is a great way for children to be creative, work on fine skills and develop language. Almost anything in

your home can become a tool for painting! Grab some materials, lay down paper on the table, floor, or even outside, pour out a couple colors of paint and get creative! As children hold the items and move them around the paper they are working on fine and gross motor skills. Talk about what their creations look like, what marks the different tools make, what happens when the colors mix together, and even how the process makes them feel!

Ideas for painting tools: Duplo blocks, paper towel or toilet paper tubes, toy cars, scrap pieces of cardboard or bubble wrap, spatulas, fork, sponges or scrubbers, lids, string or ribbon, cookie cutters, cotton balls or Q-tips, sticks, flowers, leaves, pinecones. The ideas are endless! Let your imagination run wild!

Are You In Need of Winter Weather Wear?

Family Service Association has a Clothing Program where "gently Worn" clothing and items are recycled, including winter jackets. If your child attends the Oneonta School District you can contact them regarding sneakers, snow pants and boots for your child. If your family has winter items they no longer need, Family Service Association accepts donations during their normal hours of business. For more information, call (607) 432-2870.

Car Seat Safety

- Never place a child in a rear-facing car safety seat in the front seat of a vehicle that has a passenger air bag.
- New safety guidelines state children should remain in a rear-facing car seat until 2 years old.
- Check to make sure your child fits within the height and weight limit of the seat.
- Car seats expire! Check the date of expiration.
- Remember that each car safety seat is different!
- Winter coats or snow suits should not be worn in car seats.

If you need help installing your car safety seat, contact the Otsego County Dept. of Health at 607-547-4230 for a certified Child Passenger Safety (CPS) Technician. A Technician can check your installation and answer questions or visit www.seatcheck.org.

Professional Development

Training Resources

- **Family Enrichment Network**
(607) 723-8313 | familyenrichment.org
- **Capital District Child Care Coord. Council**
(800) 521-5437 | cdcccc.org

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.

- **Delaware Opportunities - Hamden**
(607) 746-1620 | delawareopportunities.org
November 3 & 4 - 8:00 am - 4:30 pm
- **Family Enrichment Network - Johnson City**
(607) 723-8313 | familyenrichment.org
Nov. 27, 29 & Dec. 6 - 8:00 am – 1:00 pm
- **Capital District Child Care Coordinating Council - Albany**
(800) 521-5437 | cdcccc.org
Dec. 12, 13 & 14 - 9:00 am - 5:00 pm

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

SUNY Training Strategies Group

Funding for Training
(518) 443-5940

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

Online Learning

www.ecetp.pdp.albany.edu
Select sign up for early childhood e-learning

www.tsg.suny.edu/elearn.shtm
Various childcare learning opportunities to choose from

www.carecourses.com
Book & Online Training for Early Childhood Professionals

Regulatory Information

Group Family Day Care / Day Care Center Office of Children and Family Services

155 Washington Ave., Albany, NY 12210
(518) 402-3038 | Fax: (518) 473-0492
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 | charitiesccdos.org

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

News, Updates and Training Opportunities

Save The Date!

NYAEYC 2019 Annual Conference

SAVE THE DATE!
April 4 – 6, 2019
Turning Stone Resort
nyaeyc.org

Fingerprinting for Child Care Settings

L1 Identity Solutions
www.L1enrollment.com
(877) 472-6915

SCR Clearance Fees

Prospective Daycare providers 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 Office of Children and Family Services" and submitted with the SCR form DSS-3370.

Questions? Call Cindy at (607) 432-0061

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:
Matt Johnson, RN, CHN
johnsonm@otsegocounty.com
(607) 547-7518

Regional Infant/Toddler Technical Assistance Center

Serving:

- Child Care Resource and Referral Agencies
- Family Child Care Homes
- Group Family Child Care Homes
- Child Care Centers
- Legally Exempt Programs
- Families
- Agencies serving families and children

Contact an infant/toddler specialist:
518-426-7181
<http://www.cdcccc.org>

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.



Coming Soon!

Intensive Technical Assistance Projects

An Intensive Technical Assistance Project promotes professional development and higher quality early care and learning.

ITA is provided following a training to assist providers in implementing change in their programming. Participating providers will receive an incentive upon successful completion of the project to help support the new skills acquired.

For more information call Kim!
(607) 432-0061



The Importance of Voting

Voting is one of the most important rights and responsibilities that U.S. citizens have. About 150 million American citizens are qualified to vote. Unfortunately, many don't. They give up on a chance to choose leaders and representatives who will help make their voices heard.

Who represents you?
Find your representatives:
usa.gov
commoncause.org