Otsego County Child Care Resource Center

Fall 2026 Newsletter

HARVESTING BRIGHT MINDS & BIG SMILES

Happy Autumn!

Outdoor play enhances learning for physical development, language development, emotional and mental health development.
-NAEYC

Leaves are falling- adventure is calling!

Take walks outdoors to collect natural materials! Bring a sensory bucket outside to learn and explore- then bring it inside for activities like:

- sorting
- leaf rubbing
- using the 5 senses to explore
- working together to make a collage
- nature mandalas

Create a scavenger hunt outdoors, encouraging all children to discover something!

Music and movement doesn't have to stop when you move your program outdoors! Engaging children in music & movement sparks their imagination and involves them in their physical development, social emotional learning, and vocabulary building. Bring song and dance with you by trying some of these fun favorite fall songs:

- Autumn Leaves are Falling Down - The Learning Station
- Five Little Pumpkins - Super Simple Songs
- Boom Chicka Boom Autumn - The Learning Station
- Way Up High in the Apple Tree - The Kiboomers
- Scarecrow Song - The Learning Station
- What Falls in the Fall - The Laurie Berkner Band
- It's Fall - Sue Schnitzer
- Swirly Whirly Scarves - Stephanie Leavell

COLLABORATIVE CORNER

Empire State Family Child Care Collaborative

The ESFCCC is more than just free child care management software. Our vision is to build a community where family and group family child care providers can come together, support one another, and find respite in a field that can often feel isolating.

Join us October 19th @ 6pm to learn more!
E-mail adoucette@charitiesccdo.org for the link!

BUSINESS BEAT

Strengthening Your Small Businesses

Don't wait until December to worry about your expense records!
Do you struggle tracking your receipts and expenses?
Do you need help tracking your business finances?

With the end of the year fast approaching, now is the time to get your records up to date so you don't have to scramble come December! If you need a hand, please reach out. Our business specialist has excellent resources for expense tracking and more, and we are always happy to support you.

REMINDER!

As the temperatures change and get colder, our child care program has snow gear that you can have for your program! Give us a call and let us know what you need and we will get it out to you!

CONGRATULATIONS TO OUR NEWEST REGISTERED FAMILY CHILD CARE PROVIDER

Welcome, Brittany Wamsley, our newest registered family day care provider in Schenevus!



PROFESSIONAL DEVELOPMENT

Annual Mandatory CACFP Training
October 1, 2026 | 5:30-7:00 PM
Location: TBD
This years theme for the annual training is “Snack Attack!”. All CACFP Participating providers are required to attend this training for this calendar year. Contact Kim to confirm your attenance at this required training: (607) 432-0061 x 128 | kahearn@charitiesccdo.org

Language and Literacy Experiences for Infants and Toddlers/STEM Invitations for Infants and Toddlers
October 29, 2026 | 5:30-7:30 pm
Location: TBD
This will be a two-part training session. In the first hour, you will learn how to build language and literacy skills through positive relationships and daily experiences. We will share books and activities to engage children in literacy learning. In the second hour, you will learn how to offer invitations for STEM learning that build on children’s natural curiosity and exploration. You will learn to notice the natural scientific exploration that occurs in children’s play and development, and what types of materials encourage STEM learning and play.

Understanding and Responding to Biting
December 3, 2026 | 5:30-7:00 pm
Location: TBD
Understanding why a child bites can help us to decrease biting incidents. Biting, like all behavior, is communication. We will discuss the reasons children bite, how to respond to biting, and how to figure out why children may be biting in your classroom or program.

On-Going Financial Management
December 4, 2026 | 5:30-7:00 pm
Location: TBD
In this course, participants will learn how to establish solid financial record keeping practices for their child care businesses. This will include developing an accounting system, learning the difference between income and expenses, learning proper documentation and record keeping for all revenue and expenses, and establishing baseline revenue and expenses for their individual child care programs.



FROM THE DIRECTOR’S DESK

Happy Fall! I hope the start of your new school year is off to a great success! I am excited to announce that we have added 2 new members to our child care team! Brit Hart is our FDC and school age program registrar and CACFP monitor and Amanda Doucette has joined our team as our Business specialist and will lead our family and group providers in the Empire State Child Care Collaborative.

There are several things in the works in the OCFS world including some updates to regulation. I encourage you to keep an eye out for Dear Provider letters that will be coming to the email address you have set up in your FAMS account. As these letters come to you, feel free to reach with any questions.

Kim Ahearn

WELCOME TO OUR NEW CHILD CARE REGISTRAR

Hello everyone, I am so honored to be the new Registrar for our Family Daycare Providers and the CACFP Program Inspector! I am looking forward to supporting you in doing what YOU love to do- caring for children and their families in your own unique way! I have worked in licensed center-based programs for 10+ years and have a Master of Education in Early Childhood Education. I am looking forward to being a support for you!

~Brit Hart~

INTRODUCING OUR NEW BUSINESS SPECIALIST

Amanda joins us as our new business specialist, bringing five years of valuable experience from a local group family childcare and a unique passion for nature-based education. She is prepared to help strengthen your small business with support for any and all of your business practices. In addition, Amanda will be serving as the business coach for the Empire State Family Child Care Collaborative. When she isn’t helping providers, she loves crafting and spending time outdoors exploring with her dogs. Please feel free to reach out with any business, or non-business questions!

INFANT/TODDLER TIDBITS

As we move toward fall and winter, we often begin thinking about the abundance of holidays ahead. Holidays can be exciting and fun as families participate in traditions and community events, and visit with extended family. For our littlest children, holidays can also be stressful and exhausting. They are often out of their routine, meeting lots of new people who may want to hold and love on them, and overstimulated with the chaos that comes with these events. You can support the infants and toddlers in your programs by providing routine, ensuring that regular rest times are implemented, and keeping celebrations in your program calm and simple. They will not be able to tell you, but their bodies will be grateful for the opportunity to rest and reset in between all of the holiday fun.

CURRICULUM CORNER

Pulling seasonal themes and activities into your program is engaging for children, as they are able to use their senses to explore and learn. Some Autumn inspiration:

Autumn Sensory Table – Leaves, pinecones, gourds, dried corn with magnifying glasses, scoops, tongs/tweezers, egg cartons, cups/bowls encourage STEM learning, fine motor skills, and language development.

Pumpkin Washing Station – Small pumpkins, soapy water, sponges/wash cloths, and scrub brushes allow children to practice life skills, language, and fine motor skills.

Scented Playdough – Add scents like cinnamon, nutmeg, pumpkin spice, and apple for a rich sensory experience. Provide a variety of open ended tools for exploring playdough such as pipe cleaners, popsicle sticks, playdough scissors, stamps, rollers, etc.

Pumpkin Hammering – Provide pumpkins, small hammers/mallets, and golf tees for children. Children will be excited to use tools and hammer the golf tees into the pumpkin. They will be working on motor skills, creativity, language, and life skills.

Autumn Math – There are many opportunities for counting and sorting when you're collecting natural materials to use in your program. Invite children to find a specific number of items (e.g. 3 leaves) or count items as they add them to a basket while you are collecting. In your program, you can encourage children to sort the materials out, or develop one to one correspondence by putting one item in each egg carton or muffin tin spot.

REGULATION ROUNDUP!

Caregivers and volunteers must ensure that children thoroughly wash their hands or assist children with thoroughly washing their hands with soap and running water when they are dirty, after toileting, before and after food handling or eating, after handling pets or other animals, after contact with any bodily secretion or fluid, and after coming in from outdoors.

Remember to have ALL children wash their hands, especially when coming in from outdoors!

WHAT'S COOKING?

Baked Carrot Fries With
Yogurt-Sunflower Seed Butter Dip

Ingredients:

- ¾ cup + 1 Tbsp Greek yogurt, non-fat, plain
- 3 Tbsp sunflower seed butter
- 4 cups (1 lb 1 oz) baby carrots, fresh
- ⅛ tsp salt, table
- 1½ tsp canola oil

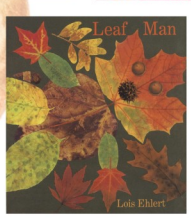
1. Preheat oven to 400 °F.
2. In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.
3. In a small bowl, combine carrots, salt, and oil. Toss.
4. Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.
5. Serve ½ cup carrot fries (about 6–10) and 2 Tbsp dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.

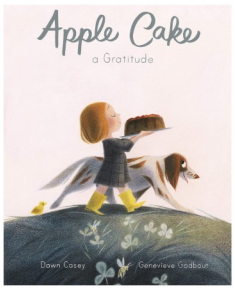
½ cup vegetable | ½ oz eq meat alternate

BOOK NOOK









Child Care Support Services
Catholic Charities
of Delaware, Otsego and Schoharie Counties
176 Main Street
Oneonta, NY 13820

CATHOLIC CHARITIES

NEW

CHILD CARE BUSINESS SPECIALIST

The Catholic Charities Business Specialist is here to provide business support services to group and family childcare providers in Otsego County.

STRENGTHENING YOUR SMALL BUSINESSES

Ongoing Business Support
Contracts & Policies
Goal Setting
Parent & Family Communication
Program Organization & Planning
Marketing & Enrollment
Professional Development & Trainings
Community Collaboration
Staff Management & Training
Problem-Solving

Now enrolling providers in the Empire State Family Child Care Collaborative

- **Free** Access to Childcare Managment Software for **Family and Group Family** Childcare Providers (i.e., Brightwheel, Playground)
- Peer collaboration and support
- Free health reources

EMPIRE STATE FAMILY CHILD CARE COLLABORATIVE

CONTACT US

Amanda Doucette
Child Care Business Specialist

Otsego County
176 Main Street
Oneonta, NY 13820

adoucette@charitiesccdo.org

(607)435-0061 x350



AUTUMN WORD SEARCH

WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

I	C	K	K	S	W	E	A	T	E	R	T	D
X	W	D	P	S	I	R	C	Q	F	H	N	C
R	E	G	A	I	L	O	F	Y	I	C	C	P
O	H	A	Y	S	T	A	C	K	C	U	I	R
O	S	P	E	A	S	K	P	D	W	D	E	P
V	C	G	I	Y	S	T	I	W	Z	B	B	C
T	H	T	N	N	R	B	F	Y	M	O	N	P
H	O	Z	O	E	E	S	Y	E	V	X	R	W
A	O	I	E	B	E	C	T	V	H	Z	O	O
N	L	S	J	V	E	P	O	K	Z	X	C	G
K	V	Q	A	W	E	R	I	N	F	H	B	K
S	L	E	K	S	D	Y	G	P	E	A	P	S
G	L	E	R	I	F	N	O	B	H	L	F	M
I	A	T	E	K	C	A	J	H	N	L	N	A
V	F	G	O	U	R	D	K	Y	O	O	C	F
I	L	A	V	I	T	S	E	F	V	W	J	T
N	D	S	Q	U	A	S	H	V	E	E	K	S
G	R	J	G	P	D	Z	Z	I	M	E	V	E
A	I	E	X	Z	U	A	K	X	B	N	D	V
W	T	Q	D	Q	F	M	N	E	E	V	K	R
N	K	B	A	I	F	K	P	M	R	X	W	A
R	Z	D	D	Q	C	J	S	K	U	A	U	H
O	X	X	D	K	H	K	A	I	I	T	G	I
C	F	O	O	T	B	A	L	L	R	N	U	M
A	K	L	X	O	N	I	U	Q	E	B	L	A

