



# Child Care Network

# Early Childhood News

## Special points of interest:

- Behavior Management workshop (page 3)
- Play, Language & Learning Connections (page 4)
- Renovate Responsibly (page 5)
- Tortilla Wraps (page 6)
- Provider Appreciation Day (page 7)



## Inside this issue:

- Director's Letter **2**
- SACCN Training & News **3**
- Infant/Toddler Tips **4**
- EcoHealthy Child Care **5**
- CACFP Nutrition News **6**
- EC Scene **7**
- SACCN Open House **8**

## Mud Season Fun

June 29th is International Mud Day but you can play and learn with mud all year long! Check out <http://www.kodokids.org/history-international-mud-day/> for more information. Let's face it. Playing in mud is FUN! Along with the fun, come many benefits. At the risk of sounding trite, when children get down and dirty with mud, they are learning all sorts of things like getting along with others, planning, doing and reviewing, creating and imagining, all on their own. Adults can facilitate mud play and cognitive development by the questions they ask children to think about when playing in the mud. Ask open ended questions like:

- What do you think we should wear while playing in the mud? (This is especially important for those who like to stay neat and clean. Perhaps a smock, gloves, bathing suit or just old clothes will work.)
- How does the mud feel? What does it feel like on your hands, on your toes? (Build some new words into the play, like soupy, gloppy, runny, squishy.)
- How are you making it? What's your recipe?
- What tools do you need? What tools are you using to make it, measure it, and mix it?
- How much will you make? What do you need to make more?
- What happens when you add things like stones, pebbles or toys? (Encourage a nature hunt for more props.)
- What will you do with it when you're done?

From a dishpan to an acre, mud play can be essential to creativity on an otherwise lackluster day. Depending on the space available for mud play, props to add can be varied. Buckets or cups, shovels or spoons, sand, dirt, water; these are the obvious props. Think about adding something unusual like old piggy banks or any other pigs and fence materials. Make a farm scene. Mud pies? You'll need pie tins and pebbles for decoration, maybe even candles.

The Mud Day website offers some fun ideas for Mud Day play.

- How about a mobile mud bin, a.k.a wagon?
- Paint with mud: bucket of mud and something to paint on (whiteboard, cardboard, fence, etc.)
- Additional bonus points for encouraging physical exercise through play. For example, set up muddy slip and slides, mud crawl races, or other active events!

Make Mud Day part of your June 29 plan. Have fun, get dirty and laugh with children and families. Be sure to share recipes and prop ideas with parents and guardians.

Whatever you choose for Mud Day play, be sure to send pictures (with parental permission, of course) to [suek@saccn.org](mailto:suek@saccn.org).





*The Child Care Network's mission: "To strengthen the quality of children's early care and learning."*

## From the Director's Desk

The snow is falling outside my window for the third time in less than 2 weeks. The power was out during the last storm for over 2 hours leaving me without heat, water, lights, the stove, all electronics and the almighty coffee maker. There must be some gift in this late winter nonsense. Yes, it brings back memories of the "good old days". A time when life was simpler and we had time and space to just think, to go outside and play in the snow, to play board games and read. The good old days were a time when we did not have so many distractions and interruptions. If you were one of the many who lost power during one of the recent storms I hope you, too, were able to find gifts and make the best of it. Instead of focusing on those white flakes falling I started thinking about tilling the soil and planting

seeds; both literally and figuratively. This is a wonderful time to plant seeds indoors under grow lights. As we patiently wait (no reason to be impatient, Mother Nature is going to bring spring when she is ready) to see green grass and leaves and blooming flowers there is something refreshing in seeing those little green shoots popping up indoors. This activity helps you and the children get your hands dirty and to feel and smell sweet wet earth. This is science; an opportunity to discuss how things grow, what they need and what that little seedling will become. Figuratively it is great time to plant seeds for new beginnings. Perhaps it is a time to cultivate healthy habits such as changing eating habits to more fruits and vegetables and to start serving family style meals in your program if you aren't already. Maybe it's a time

to begin getting more exercise and spending more time in nature. Maybe it is time to begin to schedule in some "good old days" time where life is simpler, or to go play in the mud.

Save the date! We will be hosting an open house at our new office on May 2 from 4:00-7:00. More information will be available soon.

Lastly, but certainly not least, Provider Appreciation Day is Friday, May 11. Please see page 7 for a complete description of how the Child Care Network will be recognizing providers this year.

Think spring and new growth!

*Lynn Sickles,*  
Executive Director

## SACCN Calendar of Events



### April

CDA Classes: Tuesday, April 24, 6:00-8:30 PM in Fort Edward

Spring Lecture: Tuesdays, April 3, 10, 17, 6:30-9:00 PM in Fort Edward

SUNY Webcast: Thursday, April 12, 6:45 PM in Fort Edward

Behavior Management: Wednesday, April 25, 6:30-8:30 PM in Queensbury

### May

CDA Classes: Tuesdays, May 1, 15, 22, 29, 6:00-8:30 PM in Fort Edward

Health & Safety: Tuesday, Wednesday & Friday, May 1, 2 & 4, 9:00 AM-3:00 PM in Queensbury

Behavior Management: Wednesday, May 9, 6:00 PM in Greenwich

I/T Literacy: Wednesday, May 16 6:30-8:30 PM in Queensbury

CACFP: Tuesday, May 22, 6:30, Queensbury

### June

CDA Classes: Tuesdays, June 5, 12, 19, 26 6:00-8:30 PM in Fort Edward

SUNY Webcast: Thursday, June 7, 6:45 PM in Fort Edward

CACFP: Tuesday, June 12 6:30-7:30 PM in Greenwich

Behavior Management: Thursday, June 14, 6:00-8:00 PM in Warrensburg

**SACCN Office Closings**  
Monday, May 28 for Memorial Day

Office hours, open Monday-Friday, 9:00 AM-4:00 PM

## Calendar Keepers Still Available

2018 Calendar Keepers are still available at the SACCN offices. A great way to keep track of the business side of caring for children, developed by Redleaf Press. Call 518-798-7972 to reserve a copy.

Be sure to visit the Child Care Network's website for updates and new events that are sometimes added throughout the year. Check it out at [www.saccn.org](http://www.saccn.org).

Like us on Facebook to get timely updates posted for you and share your thoughts.

# SACCN Training & News

## Behavior Management Workshop (OCFS training categories 1, 3, 7)

Behavior management is more than just guidance and discipline. This workshop will help you add many tools to your repertoire of ways to handle behavior issues in groups. Whether you run a family day care or work in a classroom, these techniques and things to consider work in all settings and with all ages. Come with an open mind and willingness to try new things and leave with a list of tools and ideas to incorporate into your everyday work with children.

- Wednesday, April 25, 6:30-8:30 pm  
37 Everts Avenue, Queensbury
- Wednesday, May 9, 6:00-8:00 pm  
Greenwich Library, Greenwich
- Thursday, June 14, 6:00-8:00 pm  
Richard's Library, Warrensburg



## CDA Classes (All 9 OCFS categories and 8 CDA topics)

CDA classes this year have been attended regularly by seven dedicated child care workers from both Head Start and child care centers serving children from six weeks through five years old.

It is wonderful to see the sharing of information among participants. Everyone has something that they like to offer their colleagues in efforts to make their work more effective with children and families.

Every year, friendships grow throughout the nearly year long program. Meeting weekly, hearing new ideas, and applying them in their programs, it is a treat to see the growth and professionalism in the field.



## Health and Safety Training (OCFS training categories 2 & 4-9)

Health & Safety training is scheduled for Tuesday, Wednesday, and Friday May 1, 2 & 4 from 9:00-3:00. The series will be held at the SACCN offices at 37 Everts Avenue in Queensbury. This course is required for anyone wishing to open a family or

group family child care program. It is also open to anyone who seeks a refresher. The 15 hour series covers children's health, indoor and outdoor safety, infection control, enrollment procedures, special infant issues, child abuse, food

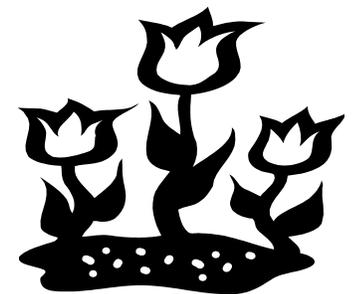
safety in preparation and meal service, and more. Cost for this program is \$250, the same as last year. Current providers or assistants can apply for EIP funds to help with the cost of training. Please contact Pam Conine at 798-7972 if interested in attending.

## Spring Guest Lecture Series 2018 (All 9 OCFS training categories)

The Spring Lecture Series which began on March 13 concludes on April 17 with a full roster of participants from all modalities of care. These classes meet all 9 OCFS topic areas as they are presented by guest speakers

who are passionate about their area of expertise. In a presentation by Heather Bennett, participants heard about the role of child care providers in working with families suffering through

addiction. Roger Wickes, Washington County Attorney shared how the court system works and child care's role. April has four more workshops scheduled.



## Videoconference/Webcast Training (OCFS Topics vary)

April 12, "Building Healthy Relationships with Effective Communication"  
June 7, "Educating for Sustainability"

All programs are held from 6:45-9:15 pm in the Washington County Annex Building. To register go to [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)



## Welcome New Child Care Programs!

### Warren County

No new programs this quarter.

### Washington County

No new programs this quarter.

### Hamilton County

No new programs this quarter.

### Northern Saratoga County

Dawn LaFountain-Rose

Licensors share that they are receiving few, new applications. Parents need more choices.

### Thinking of doing family child care?

There are many benefits of offering care in one's own home, but starting a new child care program takes careful consideration of the pros and cons involved in the important decision to open a new business. Find out how to get started. Contact Sue K at 798-7972 ext 205 or [suek@saccn.org](mailto:suek@saccn.org) with questions about starting a program in your home.

Programs are especially needed in **Fort Ann and Lake Luzerne**. Evening and night shift hours are always needed in all communities.

## Play, Language and Learning Connections



*“Play is a  
Child’s Work.”  
Jean Piaget*

Play is often called “a child’s work.” Children are natural explorers when it comes to play. They are curious, ask questions, and take delight in simple things. A closer look at this “work” shows that real learning is taking place during these magical moments of childhood.

### Talk With Me - What Your Infant Learns

Children understand the meaning of what is being said at a very early age. Be a storyteller and describe things you see in the environment. For example, take your infant to the window and describe what you see.

*How does this benefit my child?*

Hearing the sound of your voice helps the child to understand the patterns of language. You talk, your child coos. This back and forth communication is a conversation between you and the child. This conversation lets the child know they are important to the adults in their life.

### Give Me More to Talk About – What Your Toddler Learns

Toddlers love to do things over and over again. When a little one repeatedly asks, “What is that?” this is an opportunity to label and describe the color, textures and shapes that you see. For example, “Yes, a red apple, it is crunchy!”

*How does this benefit my child?*

By expanding sentences to more than one word we are helping children to build a rich vocabulary and understand the structure of how we speak. A rich vocabulary is helpful to children as they begin to read and develop an understanding of stories.

### Join Me in the Fun - What Your Preschooler Learns

Preschoolers love to be silly and play with words. Take trips to the library to choose books like Mr. Brown Can Moo, Can You? or Fox in Socks by Dr. Seuss. In a crunch for time and can't get to the library? Make up your own stories. It's simple! Choose a story starter from below and follow your child's lead. When your child seems stuck or pauses, fill in the blanks to keep the story going.

*“When I was little...*

*“Once upon a time...*

*“In a land far away...*

*How does this benefit my child?*

Encouraging imagination helps support creativity. Children learn social skills as they take turns with the adult, making up the story together. Reading and storytelling helps children understand that stories have a beginning, middle and end. This is an early literacy skill needed later on.

For more tipsheets, visit [www.cdccc.org](http://www.cdccc.org).

## Infant and Toddler Language & Literacy

Wednesday, May 16 6:30-8:30 PM at SACCN offices, 37 Everts Ave, Queensbury

Babies are constantly communicating with us through a variety of means. Our job is to help transition this communication into spoken language as they grow. We build language and literacy skills in infants and toddlers through positive experiences and loving relationships. In this training we will read, reflect, review and discuss the best types of books and techniques for making language connections. Come share a story and a laugh!

To enroll, please contact SACCN at 518-798-7972 or email [coninep@saccn.org](mailto:coninep@saccn.org). There is no charge to participants for this program.

Presented by Kathleen Harland, Region 4 Infant & Toddler Specialist





**Eco-Healthy  
Child Care®**

Built environments include the buildings, sidewalks, streets, play structures and other human-created spaces around us. As our communities develop, and the population grows, we create new schools, apartments, shopping centers and other spaces for all to live, learn and work. The quality and types of products used in the building of new structures, the renovation of older structures, or the regular upkeep of current structures can directly impact our physical and mental health. Building materials can have toxic chemicals. For example, some flooring materials like plywood laminate floors (including medium-density fiberboard, veneer flooring, and “engineered real wood” flooring) are known to contain and emit high levels of volatile organic compounds (VOCs) from the resins used to glue them together. VOCs are chemicals, such as formaldehyde, that readily evaporate into the air. Formaldehyde can “off gas” (release vapors) from pressed-wood furniture products in homes and/or school settings for up to 5 years! Children and staff can inhale these problematic chemicals that are associated with a number of adverse health and developmental effects. Formaldehyde, for example, is known to cause

cancer.

To help combat some of the dangers associated with unsafe building materials in early care and education settings, Eco-Healthy Child Care® is partnering with the Healthy Building Network (HBN). The HBN believes there is a better way for you (or your housing project team) to find the best product(s) to meet your specific requirements. Their approach is to provide you with the knowledge, tools, and resources to make your own informed product selections on current and future projects. Most people assume that the chemicals we use in our building products have been tested and approved as safe for human health by the US Government. That is not true. Lead and asbestos are two examples where hazardous materials were used in building products for decades, even as the evidence of health impacts mounted. Today, a growing number of scientists are warning us that current chemical exposures from building products can have negative health impacts ranging from development or exacerbation of asthma to effects on brain development.

The HBN’s website, <https://homefree.healthybuilding.net/> products, provides a list of

## Renovating Responsibly

building products - from flooring and paint, to counter tops and cabinets. In each category, HBN provides a simplified color spectrum, ranking products from green to red. Products appearing green are better options than those that appear red; and, products that appear yellow contain more toxic substances than those that are green, but are better choices than those that are red. If you or a child care facility you work with is getting ready to start renovations this Spring or Summer, EHCC encourages you to use and/or share with those facilities the HBN website to help in the selection of the healthiest products for the child care center or family child care home.



***Plan ahead to  
bring outdoor &  
indoor play  
spaces into com-  
pliance.***



Eco-Healthy Child Care® (EHCC) is a national program that partners with child care professionals to eliminate or reduce environmental health hazards found within or around child care facilities.

**Eco-Healthy Child Care® (EHCC)** has chosen New York as one of their focus states for 2018. This means that concentrated efforts will be made to ensure that New York’s children will be better protected from potential toxins in their environments. On the to-do list are several strategies:

- Conduct Training of Trainers at NYAEYC Conference at Turning Stone on April 19. This program will also be open to OCFS Licensors and Registrars to help them understand and share some of the simple strategies that providers can take to keep children safer and healthier.
- Work with policy makers to include information for providers on simple steps in reducing children’s adverse environmental exposures.
- Create a greater awareness among early childhood practitioners about potential toxins that many people do not realize exist in their environment.



# The Early Childhood Scene

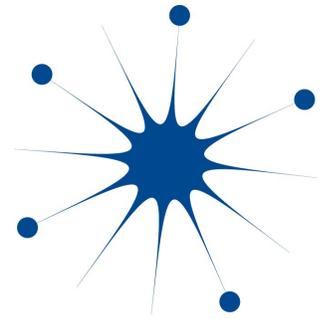
## Provider Appreciation Day is Friday, May 11

*Provider Appreciation Day* is a special day to recognize child care providers, teachers and other educators of young children everywhere. Started in 1996 by a group of volunteers in New Jersey, *Provider Appreciation Day* is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this event has grown each year and recognition presently includes individuals, community organizations and government officials throughout the United States.

To honor and recognize providers and members of the workforce for their contributions to the growth, health, and education of our next generation, the Southern Adirondack Child Care Network would like you to send us a few kind words about your child care provider for publication in our *Provider Appreciation Booklet*. This booklet will be distributed to all of the licensed and registered child care providers in Warren, Washington, Hamilton and Northern Saratoga Counties. It will also be distributed at the Child Care Network's Open House on May 2, 2018 and at various tabling events throughout the year. In order to have the booklet ready to distribute, please submit comments by **April 11, 2018** to [info@saccn.org](mailto:info@saccn.org) or mail to SACCN, 37 Everts Avenue, Queensbury, NY 12804. Please include Provider Appreciation Day as the subject of your email.

We look forward to hearing all the wonderful things you want to share about your child care provider. Let's give them this opportunity to be honored! If you and/or your child would also like to personally recognize your provider here is a link to some ideas of ways to share in this special day:

<http://www-stage.providerappreciationday.org/for-parents/>



## Celebrate NAEYC's "Week of the Young Child" April 16-20



The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers, and families. **This year's event is April 16–20, 2018!**

Honor children and celebrate with the following daily themes:

- Music Monday! April 16: Sing, dance, celebrate, and learn
- Tasty Tuesday April 17: Healthy eating and fitness at home and school
- Work Together Wednesday April 18: Work together, build together, learn together
- Artsy Thursday April 19: Think, problem solve, create
- Family Friday April 20: Sharing family stories

For details and new ideas to try on each of these special days, visit <https://www.naeyc.org/events/woyc/overview>.

## OCFS Website Offers Helpful Information

A visitor to the OCFS (Office of Children and Family Services) website for child care might well be surprised to find so much helpful information about children, families, and child care.

There is a special place for parents to look: <https://ocfs.ny.gov/main/childcare/infoforparents.asp>. From Safe to Sleep crib information to Sesame Street's "Traumatic Experiences" link, there is much to be learned about children.

For providers, go to <https://ocfs.ny.gov/main/childcare/infoforproviders.asp>. Many of the same links for parents can be found here, too. Plus links specific to provider needs such as archived "letters to providers" and "What child care providers need to know about lead".



Southern Adirondack  
Child Care Network

Phone: 518-798-7972  
800-807-3224

Fax: 518-812-0799  
9:00-4:00 Monday-Friday

*“Strengthening the quality  
of children’s early care  
and learning.”*

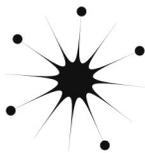


## **SACCN Open House, May 2, 4:00-7:00 PM**

The Child Care Network will host an Open House at their new offices in Queensbury to welcome the community to the work that is done in support of the early childhood field, children, families, and employers. All are welcome to visit, share some snacks and learn more about what is done at 37 Everts Avenue.

Come see our new space and visit with our early childhood specialists, food program educators and child care referral counselors, among others. Tours and refreshments will be provided. We hope you can make it!

WE'RE ON THE WEB &  
FACEBOOK!  
SACCN.ORG  
FACEBOOK.COM/  
SOUTHERNADIRONDACKCHIL  
DCARENETWORK



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