



Child Care Network

Early Childhood News

Project: Cameron's Story

Special points of interest:

- Neighborhood (page 3)
- Sock Babies (page 4)
- Safer Baby Dolls (page 5)
- Day of Action (page 7)



His parents named their foundation, "Project: Cameron's Story" for 2 powerful reasons. The first, is because of the power that reading and storytelling had in helping them bond and assist with Cameron's development. The second, is because despite the fact that their precious boy never spoke a single word, it became clear to them, and all of those who were touched by his journey, that Cameron absolutely had a story to tell....a story of strength, hope, and love. As his parents, his family,

and his supporters...they are blessed with the responsibility of sharing his story.

The goal of Project Cameron's Story is to support the bonding of parents with their premature babies in the Neonatal Intensive Care Unit (NICU), through the use of children's literature and storytelling. They strive to empower parents to form unique and profound connections with their babies within an environment that is often uncertain and intimidating. Their mission is to place a brand new, quality, children's book in the hands of every parent of a premature baby upon admission to the NICU at several hospitals, including Glens Falls Hospital. Project Cameron's Story is committed to providing information regarding the benefits of this type of bonding and continue to seek ways to encourage parents to utilize this as one important way to interact with their new little one.

So, when a scared new mom enters the NICU to see her baby for the very first time... there, sitting on the incubator, will be a beautiful new children's book for her to have and read to her baby and eventually take home. It is their greatest hope that others can be helped by Cameron's story, that they can develop new and powerful ways to bond with their babies. Cameron's family likes to believe that they tried desperately to give Cameron a chance. There are other babies who deserve that opportunity too.

This year, they will be hosting the 10th Annual Project: Cameron's Story bookraiser. Again, they will have the support of Barnes and Noble as well as Scholastic Books and the smaller, local bookstores. With their support, they will host this bookraiser between February 16 – February 20 in honor of what would have been Cameron's 10th birthday. In addition to bookstores, they are asking small businesses, schools, offices, etc. to consider hosting their own inter-office book collections. The Southern Adirondack Child Care Network has chosen to be a collection site. Please contact the office, 518-798-7972 or email coninep@saccn.org for details on how you can help by donating a brand new book.

NEW BOOKS: Due to the fact that the books will be donated to babies in a sterile environment (NICU), all books **MUST** be brand new with as little handling as possible. For this reason, please no used books - not even "gently used" ones.

To learn more about Project:Cameron's Story, visit www.projectcameronsstory.com.



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From the Director's Desk

For me the anticipation of a new year is the perfect time to reflect back on the year that has just passed. What were my successes and accomplishments in 2018, both personal and professional? Yes, start with the positives to boost your internal energy and create a more positive mindset. What were my challenges and mistakes? What did I learn from all that happened that will help me make wiser decisions and be a better person in 2019? Life today seems to move at warp speed and sometimes I feel like I miss so much of life by focusing on just the day to day happenings. I encourage you to give yourself the gift of taking an hour (or more) to reflect back on your year. Find a quiet cozy corner. Make a cup of tea or other favorite beverage. Write down your thoughts. Set some new intentions for the coming year. Then as the year progresses refer back to what you wrote and to those intentions. Check in with yourself to see how you are doing and feeling. Make adjustments along the way.

I have a few reflective thoughts about 2018 at the Child Care

Network. We successfully settled into our new office space. We successfully applied for and renewed our contract with the Office of Children and Family Services to provide training and technical assistance to providers and referrals to parents. The 2018 Early Childhood Conference was another great event and for the first time many family child care providers were able to take advantage of VOICE/CSEA training dollars to help pay the registration fee. We had some challenges and I have yet to reflect on those.

I have been involved in a Successful Mindset Mastermind for Leaders this fall. This on-line course met every two weeks for an hour. Between classes we had homework. The homework was mostly paying attention to our mindset at any given moment, recognizing when a challenge changes our mindset and developing tools to keep a positive mindset. If I am to be in a position to assist others and lead an organization I need a positive mindset to move us forward so that we are providing the absolute best services possible to the providers, par-

ents and community that we serve.

As always, this newsletter is filled with interesting and valuable information, including information on training, eco-healthy child care, nutrition, infant care and much more.

Best wishes for a Happy New Year.

Lynn Sickles,
Executive Director

The Child Care

Network's mission:

"To strengthen the quality of children's early care and learning."



SACCN Calendar of Events

January

It's a Beautiful Day! Thursday, January 24, 6-8PM in Greenwich
CDA Classes: Tuesdays, January 8, 15, 22, 29, 6:00-8:30 PM
Health & Safety: Tuesday Wednesday Thursday, January 8, 9 & 10, 9:00 AM-3:00 PM

February

CDA Classes: Tuesdays, February 5, 12, 26, 6:00-8:30 PM
Infant/Toddler Class: Wednesday, February 6, 6:30-8:30 PM
It's a Beautiful Day! Thursday, February 7, 6-8 PM in Warrensburg

March

It's a Beautiful Day! Thursday, March 21, 6-8 PM in Hudson Falls
CDA Classes: Tuesdays, March 12, 19, 26 6:30-9:00 PM
Spring Lecture Series: Tuesdays, March 12, 19, 26 6:30-9:00 PM

SACCN Office Closings

January 1
January 21
February 18

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

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.

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

NEW: Now you can follow the Child Care Network on Twitter! #SACCN8



SACCN Training & News

Quarterly Workshops (OCFS training category 1,2,3)

It's a Beautiful Day in Your Neighborhood

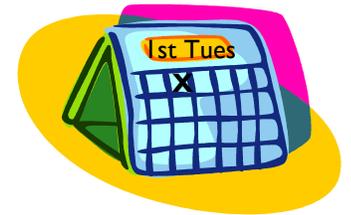
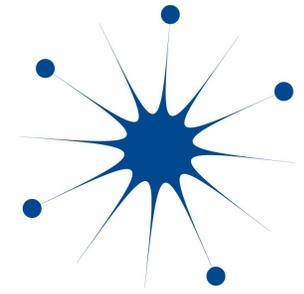
Take a field trip to your own neighborhood and keep the children interested in exploring what lies outside your door. Ideas will be shared for special trips within walking distance. Strategies that help you plan for fun learning, right in your own back yard will be discussed. Notice what you are already doing and see it in a different light. Focus on exploring by following the children's lead.

Please contact Sue by phone or email to enroll for this free program. suek@saccn.org or 798-7972 ext 205

Thursday, January 24 in Greenwich from 6:00-8:00 PM

Thursday, February 7 in Warrensburg from 6:00-8:00 PM

Thursday, March 21 in Hudson Falls from 6:00-8:00 PM



CDA Classes

Congratulations to the nine participants who have successfully completed their first 30 hours of CDA training in 2018. The next step is to continue with Part 2, or 60 hours of CDA training in 2019.

Upon completion of 120 hours of training, participants will then complete a resource file, experience an on-site review, and pass a test as part of the final assessment process before earning their CDA Credential.

This prestigious credential is awarded only to those who successfully complete the whole process which evaluates the competency of those who do the important work of early childhood.



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

Health & Safety training is scheduled for Tuesday, Wednesday and Thursday, January 8, 9 & 10 from 9:00 am-3:00 pm. 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. Current providers or assistants

can apply for EIP funds to help with the cost of training. Please contact Pam or Sue K at 798-7972 if interested in attending.

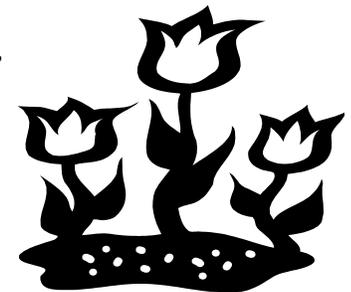
Tuition Assistance is available for many child care providers in New York State. Please contact the chChild Care Network for more information on programs such as Educational Incentive Program (EIP), the Family Child Care Union, VOICE-CSEA or the SACCN Scholarship Fund.

Spring Guest Lecture Series 2019 (All 9 OCFS training categories)

Plans are underway for the 15-hour Spring Lecture Series which will be held on six consecutive Tuesday evenings, March 12-April 16. These classes meet all 9 OCFS topic areas as they are presented by guest speakers who are passionate about their area of expertise. Come join colleagues

for one of the most popular training events offered through the Child Care Network. Hear and try new ideas on enhancing the quality of care for children as well as ways to make a difference. Meet with colleagues and friends, share thoughts and practices, and

fulfill training requirements all at the same time. Just \$235 for SACCN members, \$260 for non-members. Brochures will be mailed in early February.



Videoconference/Webcast Training (OCFS Topics vary)

SACCN has been told that there will be three webcast training offerings in 2019. At this time, neither topics nor dates have been set. More details will be announced in future newsletters.



Welcome New Child Care Programs!

Warren County

No new programs this quarter.

Washington County

Jessica Brilyea

Carolyn Corlew, Tiny Tots Child Care

Hamilton County

No new programs this quarter.

Northern Saratoga County

No new programs this quarter.

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 with questions about starting a program in your home.

How to Make a Sock Baby



Materials

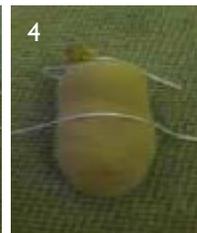
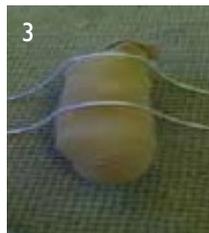
- Flesh colored, ladies adult size ankle socks
- Colorful, patterned ankle socks or fluffy ankle socks
- Polyester stuffing
- Ribbon (2 pieces, 10 inches in length)
- Scissors
- Child-proof bottle
- A few paper clips
- Duct Tape

Place a few paperclips into a child-proof bottle and secure with duct tape - this will be used in step 2.

Instructions

1. Cut off the cuff of the sock a few inches above the heel.
2. Stuff the foot of the sock with polyester stuffing and insert the prepared child-proof bottle into the center of the stuffing.
3. Using a piece of ribbon, securely tie the opening of the sock. Trim excess ribbon.
4. Wrap a piece of ribbon around the stuffed sock about 3 inches below the top to create the neck. Trim excess ribbon.
5. Insert the doll into the colored or fluffy ankle sock.

DIY: Safer Baby Doll



This tipsheet was produced by the Region IV Infant-Toddler Resource Center. For more tipsheets visit www.cdccc.org.

Pretend Play with Infants and Toddlers

Young children learn by imagining and doing. You have likely seen a child pick up a stone and pretend it is a zooming car, or hop a Lego across the table as if it were a person or a bunny. This child is using an object to represent something else while giving it action and motion. But this pretend play is not as simple as it may seem. The process of pretending builds skills in many essential developmental areas. We'll explore the many ways pretend play can support social and emotional skills, language and thinking skills. Shared moments with everyday household items can encourage empathy and emotional expression. This creativity and focus, two important school readiness skills, get a great start through pretend play interactions in these infant and toddler years. Join us for a "hands on" look at pretend play ideas and examples. OCSF 1 & 3

This workshop will be held on Wednesday, February 6 at Washington County Annex Building (WIC Building) from 6:30-8:30. To enroll for this free program, contact Pam at 518-798-7972 or coninep@saccn.org.



**Eco-Healthy
Child Care®**

Safer Baby Dolls



Plastic “baby dolls” have been staple play toys for years; in fact, you and/or your children most likely had a favorite doll... can you recall if it was made of plastic? These plastic dolls are found in most child care facilities, and often there are several in each classroom. They are developmentally appropriate - they foster creativity and encourage natural pretend play. Children typically mirror the behavior of their caregivers while imagining that they are a ‘mommy’ or a ‘daddy’. Unfortunately, many plastic dolls are made of polyvinyl chloride (PVC)—making them a health concern for children who play with them on a daily basis.

Why should I be concerned?

The health concerns related to PVC are especially worrisome for children due to their increased exposure to PVC in toys and garments. Vinyl chloride, which is the main ingredient in PVC, is a known carcinogen (cancer causing). Other PVC health concerns include birth defects, liver dysfunction, developmental disorders, and endocrine disruption that can lead to low sperm count, undescended testes, and premature puberty.

Often PVC also contains phthalates, which are a class of chemicals used to soften plastic products to make them more flexible. Adverse health effects related to phthalate exposure include: hormone disruption, developmental and reproductive problems, asthma, preterm birth, and the development of some cancers.

How can children be exposed to PVC in Dolls?

Young children have the natural tendency to mouth soft plastics, which can lead to exposure to

PVC through ingestion. Chewing on a plastic toy creates small openings (often microscopic) in the plastic, providing an avenue for leaching of chemicals from the toy into a child’s mouth. Normal wear and tear can also release PVC. New dolls or small tears in older dolls may cause off-gassing of toxic chemicals from PVC. When trying to understand “off-gassing,” it is helpful to think of the new car smell that is very distinct. That smell, which is also present with new plastic baby dolls is the process of off-gassing, which is when the gasses and chemicals that were used to make that doll or car are released into the environment.

The best way to protect children from the harmful effects of plastic dolls (especially vinyl) is to eliminate them completely. If getting rid of all vinyl dolls is not an option, the next best option would be to remove them from infant and toddler rooms, because this age group has the largest tendency to mouth toys.

What should I be on the lookout for?

In order to distinguish between the different types of plastic that are on the market, products will sometimes have a small symbol - usually located on its underside. The number inside of the three triangles dictates what type of plastic was used to make that item.

One way of actively searching to avoid products made with PVC is to look for the Recycling Code #3. If you see a “3” inside of the triangle, beware! This product is made of PVC and exposure may lead to harmful health effects.

What are some safer alternatives?

There are 100% PVC and

phthalate free options such as dolls made of natural materials like cotton and wool. Often, these dolls are machine washable, making them easy to clean, while also being safer for your child.

Although there are many positives to using PVC-free and phthalate-free dolls including being better for your children’s health and the health of the environment--they will most likely be a more expensive option.

How often should you wash your cloth dolls?

The National Resource Center for Health and Safety in Child Care and Early Education recommends that any toys mouthed by children should be set aside when the child is done playing with them and then sanitized at the end of the day. Cloth toys should be washed once per week. However, if mouthed or soiled, the cloth toys should be removed from the room and returned to the toy rotation after they have been washed. It is important to follow manufacturer’s instructions for the cleaning and sanitizing of all toys as well as following the criteria put forth in your state’s child care and or health department regulations.

Information in this article was taken from EcoHealthy Child Care’s FAQ, “PVC Dolls”.

To view the complete FAQ on PVC Dolls please visit <http://cehn.org/our-work/eco-healthy-child-care/ehcc-faqs/> and click on “PVC Dolls”.



The safest option is buying dolls that are completely non-toxic.



CACFP

Contact us at 798-7972 or www.saccn.org
Colleen Maziejka ext. 202,
Linda Scimeca ext.203
Nutrition Educators/Home Visitors

Bake Banana Bread With Children

Here is a very simple recipe to make delicious banana bread with children! Get them involved with mashing the bananas, pouring the ingredients into the bowl, and stirring. Older children can measure ingredients and count and crack the eggs! Enjoy!!

QUICK BANANA BREAD

Makes batter to fill 2 small or 1 large bread pan.

Ingredients:

- 1/4 cup Margarine
- 3/4 cup Sugar
- 2 Eggs
- 2 cups Bisquick baking mix
- 1 cup Mashed banana (3 medium bananas)
- 1/3 cup Chopped nuts (walnuts) – optional

Directions:

- Set oven to 350 degrees.
- Grease two small or one large bread pan. Cream the margarine and sugar together.
- Add the eggs and mashed banana and mix.
- Stir in the bisquick and nuts (if desired).
- Pour into greased baking pan(s).
- Bake for approximately 55 minutes. Smaller pans will take less time.

Note: Banana bread paired with a glass of milk is a creditable snack for CACFP! Or add a fruit and milk and it is a creditable breakfast!!



Many Different Areas... One Mealtime

- **Language Development** – Describing flavors/textures of foods...naming them as well!
- **Literacy Development** – Add a "menu" that contains the names of the foods being served so children can see each word in print.
- **Approaches to Learning** – Being willing to try new foods.
- **Logic & Reasoning** – How do I pass the plate so the oranges don't fall off?
- **Math Knowledge** – Counting the number of crackers taken. Shape of crackers, too.
- **Science Knowledge** – Using senses to describe foods. Talking about how the foods grow.
- **Social Studies Knowledge** – Where do you think I bought these foods?
- **Creative Arts** – Talking about the colors and patterns of the food.
- **Social/Emotional Development** – Passing food from person to person. Engaging in conversations with others. Having self-confidence to share likes & dislikes.
- **Physical Development & Health** – Fine motor skills for picking up food. Conversation about the importance of eating healthy foods. Safety...chew and swallow before talking. ©

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Family Style Meals

The Food Program Team hopes that everyone had a joyous holiday season! It seems to go by so quickly! As you reflect on the holidays, take a moment to think about what it was that made this time so special to you. Was it the spirit of giving, the kindness shown, or the time spent with family and friends?

Holiday meals shared with friends and family always tops the list. It is such a special time to enjoy one another's company. Sharing stories, reminiscing, laughing, making new memories, and of course eating delicious foods! Maybe it's the relaxed atmosphere, but even the everyday foods seem to taste better in this setting. Wouldn't it be nice if every meal could be enjoyed in this way? How about the meals shared in your programs, wouldn't it be amazing to create this atmosphere?

Maybe, as a New Years' resolution, you could try to incorporate this style of meal service into your program. It is called "Family Style Meal Service" and it is the recommended service method for child care meals. Not only are children benefitting from the healthy foods being offered to

them, but additionally they are exposed to so many different developmental areas! What an opportunity for learning! Every day! How about giving it a try? Just like any other area of your curriculum, family style meal service requires some planning. This is where SACCN and the staff can help! You can find lots of information on our website **SACCN.ORG** under the **CACFP** tab. On the **Nutrition Resources** page you will find videos of family style meal service being used in child care settings. You will also find links to printable materials and information to support you as you begin your transition to family style meals. Please feel free to contact Linda or Colleen with any questions you may have. We would be happy to offer ideas to help you along the way, and can even put you in touch with providers who have switched to Family Style Meal Service, and are loving it! In addition Pam Conine, SACCN's Early Childhood Specialist would be happy to provide assistance in your child care program during a meal time. Call or email Pam, (518) 798-7972 or coninep@saccn.org, to take advantage of this opportunity!

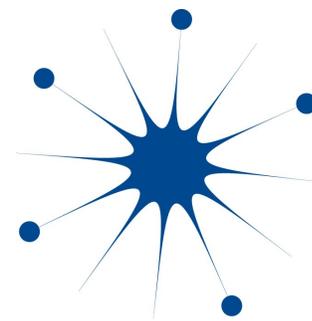
The Early Childhood Scene

Save the Date! February 4, 2019 DAY OF ACTION

NY Child Care Advocacy Day in Albany

Sponsored by the Empire State Campaign for Child Care (ESCCC) and Winning Beginning New York

Participate in Legislative Visits, a Rally and a Press Conference



Who Should Attend?

Parents, providers, educators, advocates and all those who care about helping our children get the best possible start in life. Activities will be led by experienced leaders.

What do we want?

- **Equitable access to quality, affordable child care.** An end to long waiting lists, high co-payments, and provider closures that prevent families from getting the care they need.
- **Living wages and training opportunities for child care workers.** Many child care educators caring for New York's youngest live in or near poverty, earning on average \$25,760 per year.
- **A fair provider reimbursement rate.** Over 60% of New York families live in a child care desert. Providers need a fair reimbursement rate to stay open and keep quality staff.
- **Outreach to immigrant families.** We need more education and culturally competent programming for families who are being frightened away from child care services.

For More Information: Go to www.empirestatechildcare.org to see our 2019 budget ask.

- Become an ESCCC member through the web site and get on our list serve.

OFFICIAL REGISTRATION WILL BEGIN THE FIRST WEEK OF JANUARY

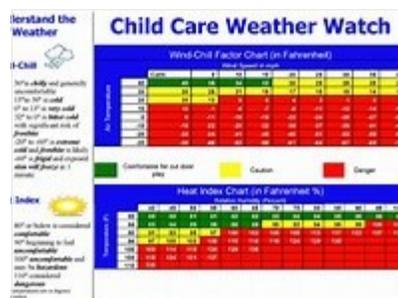
If you would like to join your voice to the voices of many other early care and learning advocates from across New York State on February 4th, contact Liz Mahon-Laidlaw at the Child Care Network: laidlaw@saccn.org or 518-798-7972 Ext. 210.



When is it OK to Play Outside in Winter?

Child care regulations require that “Programs must offer daily supervised outdoor play, except during inclement or extreme weather or unless otherwise prohibited by a health care provider.” What is considered “inclement weather”? Providers can turn to a color coded chart that is used nationwide to help providers understand what conditions are considered comfortable, dangerous or when caution is advised. There are several factors to making the decision whether to go out or stay inside for the children’s safety; age of children, length of time, temperature,

wind, etc. The Child Care Weather Watch Chart, developed by the Iowa Department of Public Health, is available at <https://idph.iowa.gov/Portals/1/Files/HCCI/weatherwatch.pdf>.



Coxsackie Virus (Hand, Foot & Mouth Disease)

There have been recent reports of the Coxsackie virus infecting children. You can reduce the spread of this virus by reviewing the [New York State Department of Health fact sheet](#) on Coxsackie Virus at https://www.health.ny.gov/diseases/communicable/hand_foot_mouth/

[fact_sheet.htm](#) and following your program’s health care plan including handwashing, cleaning, sanitizing, daily health checks, and criteria for excluding ill children and caregivers. Alert families if a case of hand, foot and mouth disease is confirmed, while maintaining confidentiality. If you have questions, a Health Care Consultant is available through the Child Care Network. Call 518-798-7972.

Call the Child Care Network with all your early childhood questions, 798-7972.

**Southern Adirondack
Child Care Network**

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

Phone: 518-798-7972
800-807-3224
www.saccn.org
9:00-4:00 Monday-Friday

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Save the Date



Early Childhood Conference 2019

November 15 & 16, 2019 at the Fort William Henry Resort and Conference Center has been confirmed. Due to the success of the Conference 2018, the committee was quick to reserve date and space to assure that child care providers would have ample notice to share their closed dates with staff, families and friends.

Jeanine Fitzgerald has confirmed her availability for Saturday, November 16 when she will present a keynote program and offer two breakout sessions.

Please share any topics or presenters you would like to attend by emailing or calling Pam Conine, 518-798-7972 ext 206 or coninep@saccn.org.



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