

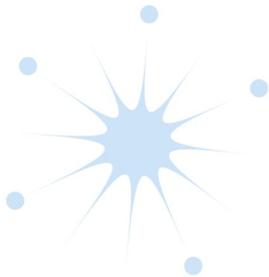


# Child Care Network

# Early Childhood News

## Special points of interest:

- Dance Around the Lunch Table workshop (page 3)
- Wonderful Water Play (page 4)
- Protect Children from Lead (page 5)
- Avocado Toast (page 6)
- Provider Appreciation Day (page 7)



## Child Care Network Receives Funding for New Programs



**Infant and Toddler Care Funds:** The Child Care Network is very excited to announce that we have received new funding and created a new position that specializes in Infant and Toddler care. An Infant Toddler Specialist at the Child Care Network will be able to work with early care and learning professionals and the community to create better understanding of this important stage of development. Learning that occurs between birth and three years old on all developmental levels has the most significant impact on the rest of a child's life. Patterns are formed in

relationships, self-regulation and responses to stress that can impact all future development including learning patterns, physical development and resiliency. While so much has been learned about brain development in the infant and toddler stages, this information has not reached the public at large. Infant mental health is becoming a fast growing area of specialty as professionals in the human services field learn more and more about Adverse Childhood Experiences (ACES) and health outcomes. It is beginning to be understood that we need to focus on infants and toddlers to have long term, predictable change to positive outcomes for individuals and society at large.

What this new specialty will do for you is provide more specific training and onsite technical assistance in regard to the newest research and early childhood knowledge about all areas of infant and toddler development. Trainings will encompass social-emotional growth, physical development, cognitive and learning needs, sensory needs as well as when to be concerned and how to work hand in hand with therapists and parents. These trainings will also incorporate information from high quality trainings such as the Pyramid Model and the Program for Infant Toddler Care (PITC). Pam Conine, our current early childhood specialist, will become the new Infant Toddler Specialist here at the Child Care Network. Pam has a wealth of experience and expertise working with infants and toddlers. We are very excited to be able to offer this next level of quality training and technical assistance to early care and learning professionals working with our youngest and most vulnerable population. We hope that you will embrace this opportunity to give the little ones you care for the very best you have to offer. It will have a huge impact on their lives for years to come!

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Promoting Social & Emotional Competence in New York's Young Children

**NYS Pyramid Funds:** The Child Care Network has received funding to recruit 2-3 programs to participate in a new exciting initiative. The Pyramid Model is a research based framework that uses sound early childhood practices promoting healthy social emotional development for providers, teachers, children and families. The Pyramid Model is an approach to building relationships, teach social skills, and addressing challenging behavior before it starts. The program will help improve skills through training,

technical assistance and coaching. It provides tools that can be used to support children's healthy social emotional development such as improving friendship skills, emotional literacy, self-regulation and problem solving. These skills are needed for future success, while reducing challenging behaviors and eliminating the need to suspend or expel young children from your program. In addition, participation in the program can create a business and environment that is a set up for success. If any family child care provider, center, or pre-k program would like information, please contact the Child Care Network to learn more.



## The Child Care

### Network's mission:

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

## From the Director’s Desk

Spring is here. If we pay close attention the change from winter to spring can be felt through all our senses. While the shift is still subtle, it is everywhere. Most noticeable is the longer hours of daylight. The birds are becoming more vocal, strengthening their vocal cords for their spring chorus performances. The sides of the road are wet with the melting of snow banks and the streams and creeks are running swiftly. Snow drops and crocus are beginning to appear along house foundations and in other warm places. There are wells in the snow around the base of trees indicating that the sap is beginning to run. Maple sugaring is also in full swing. When I am outside in nature I can actually taste spring on my tongue just by sticking it out and feeling air. Be sure to get outdoors with the

children and look for signs of spring.

Spring is often a time for change. After a long winter, it can be exciting to jump into new things and change is afoot at the Child Care Network. New funding opportunities have come our way. See the front page article regarding our new funding which focuses on working with family child care programs and centers on specific issues related to infants and toddlers. Pam Conine will be the new infant toddler specialist. With that staffing move and the addition of money we will be adding a new staff person. This person (not yet hired) will be available to visit programs to work one on one with providers and center staff, will provide training and assist Pam and Sue with answering the myriad ques-

tions we receive via telephone. In addition, please see the article on the Pyramid Model Hub on page 1 to learn more about another opportunity for child care providers and programs to strengthen their skills for working with children especially those with social emotional challenges. We will be making more announcements in the coming weeks about new offerings from the Child Care Network so please stay tuned.

As always, if you have questions or comments, feel free to reach out to anyone of us here at the Child Care Network.

Happy Spring!

*Lynn Sickles,*  
Executive Director

## SACCN Calendar of Events



### April

Spring Lecture: Tuesdays, April 2, 9, & 16, 6:30-9:00 PM in Hudson Falls

Dance Around the Lunch Table: Wednesday, April 10 6:00-8:00 in Hudson Falls

SUNY Webcast: Thursday, April 11, 6:45 PM in Queensbury

Beautiful Day in Your Neighborhood: Rescheduled to Thursday, April 18, 6:00-8:00 in Warrensburg

CDA Classes: Tuesday, April 23 & 30, 6:00-8:30 PM in Queensbury

Pretend Play with Infants & Toddlers: Rescheduled to Wednesday, April 24, 6:30-8:30 PM in Hudson Falls

### May

CDA Classes: Tuesdays, May 7, 14 & 28, 6:00-8:30 PM in Queensbury

Dance Around the Lunch Table: Thursday, May 16, 6:00-8:00 pm in Warrensburg

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

### June

CDA Classes: Tuesdays, June 4, 11, 18 & 25 6:00-8:30 PM in Queensbury

Dance Around the Lunch Table: Thursday, June 6, 6:00-8:00 pm in Greenwich

Health & Safety Training: Monday, Tuesday & Friday, June 10, 11 & 14, 9:00 am-3:00 pm in Queensbury

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

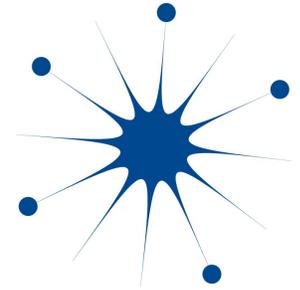
**SACCN Office Closings**  
Monday, May 27 for Memorial Day

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](http://www.saccn.org).

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

# SACCN Training & News



## Dance Around the Lunch Table (OCFS training categories 1, 2, 3)

Child care is an ideal place to reach young children and encourage good nutrition and physical activity. This program will incorporate nutrition and physical activity best practices. Participants will leave with strategies that directly influence what young children eat and drink and their participation in physical activity while in care.

This program also counts towards the annual CACFP training requirement.

- Wednesday, April 10, 6:00-8:00 pm  
Washington County Annex 2, Hudson Falls
- Thursday, May 16, 6:00-8:00 pm  
Greenwich Library, Greenwich
- Thursday, June 6, 6:00-8:00 pm  
Richard's Library, Warrensburg

Please call 518-798-7972 or email [suek@saccn.org](mailto:suek@saccn.org) to register for the date and location of your preference.



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

CDA classes this year have been attended regularly by eight dedicated child care workers from both Family Child Care programs 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 how they are applied 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 Monday, Tuesday, and Friday June 10, 11 & 14 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.

## Pretend Play with Infants and Toddlers: Workshop Rescheduled for Springtime

Young children learn by imagining and doing. The process of pretending builds skills in many essential developmental areas. Join Kathleen Harland for a "hands-on" look at pretend play ideas and examples.

- \* Wednesday, April 24
- \* 6:30-8:30 pm
- \* Hudson Falls, Annex 2

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

The Spring Lecture Series which began on March 12 concludes on April 16 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 emotions regulation. Michael Fitzsimmons, The Dancing Man, shared music

from around the world. Debbie Romanazzi helped us understand our role in children's health.

April has three more Spring Lecture Series workshops scheduled.



## Videoconference/Webcast Training (OCFS Topics vary)

April 11 "Supporting Children and Families through Good Eating Practices"

All programs are held from 6:45-9:15 pm in the SACCN offices at 37 everts Avenue in Queensbury. To register for this free program go to [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)

Call 518-798-7972 to enroll while there are still seats left



## Welcome New Child Care Programs!

### Warren County

Katie Leskow

### Washington County

Family YMCA of Glens Falls Area @Ft. Ann

### Hamilton County

No new programs this quarter.

### Northern Saratoga County

No new programs this quarter.

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

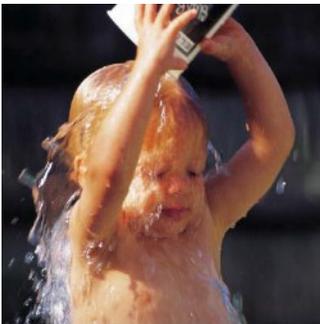
### Thinking of doing family child care?

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 **Whitehall and Lake Luzerne**. Evening and night shift hours are always needed in all communities.

## Wonderful Water Play:

### Four Ways You Can Make a Fun Activity Meaningful



*The best water play happens with the simplest of materials*

When it comes to play, many children are open to wet and watery opportunities. A sink with running water is fascinating to busy toddlers even when they aren't washing their hands. There is no right or wrong way to play with water. It is an affordable, relaxing form of play that appeals to every age learner. It allows them to clear their minds, to be free and formless in their ideas as they play. When children put water in a cup, it takes the shape of a cup. They love the sounds made as they "glug" water out of an emptying bottle. Water can drip, flow, pour or splash. It can be warm, cold or come in the changing form of a slippery melting ice cube. The benefits of water play for young children are endless.

When children enjoy water play they may discover:

Science & math skills: shapes, empty/full, 1/2 full/ 1/2 empty, before/after, heavy/light, warm/cold, liquid/solid, wet/dry

Fine motor skills: holding tight to something slippery, using tongs, nets, scoops, funnels, basters, squeeze, squirt

Coordination skills: eye hand/ two handed work/ full pour or drip

Language skills: full, empty, pour, drip, spill, squirt, float, sink.....

Social skills: by playing together children can imitate others, use their imaginations, make new friends, help friends, share materials and ideas

with friends, learn new things about their friends, learn positive water play behaviors

The role of the adult during water play is to: Provide children with "green light" materials that can be fully explored with a minimum of interruption

Talk with children and ask simple questions as they play

Model positive water play behaviors and language as children play and work out conflicts.

Support children's learning by helping them add to what they already know about water and supplying varied experiences involving water and additional items requested by children as they play when possible.

- *Water play materials must be cleaned regularly to prevent germs that can grow in warm, wet places.*
- *Children should wash their hands before playing with water.*
- *Water should be changed daily or as needed per use.*
- *Water table should be washed with soap and water and then sanitized as well as toys, giving special attention to toys that may hold water inside until squeezed out.*
- *Items should be allowed to air dry before they are used again.*

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

## Infant/Toddler Workshops Being Planned for Late Spring

With new Infant/Toddler Funds, the Child Care Network is able to plan for more training geared to infant and toddler professionals. While dates are yet to be determined, thoughts on topics and aspects of child development, workshops will soon become more available. Stay tuned for details to be posted on the SACCN website, [www.saccn.org](http://www.saccn.org). A mailing will be sent to all licensed/registered programs in the SACCN service area.

For more information on infant and toddler action, please call Pam Conine at 518-798-7972 ext. 206





## Lead Poison Prevention



### 10 Things We Do to Protect Children from Lead

**PAINT:**



1. We maintain our home to minimize lead hazards like chipping, cracking or peeling paint.
2. We renovate safely. We use contractors certified by the Environmental Protection Agency for lead-safe work practices. Visit [www.epa.gov/lead](http://www.epa.gov/lead) for info.

**WATER:**



3. We use cold water for drinking and cooking, especially when making baby formula.
4. We flush pipes before drinking/cooking for at least 30 seconds.

5. We routinely test our water for lead and if needed, use water filtration devices that have been certified to remove lead at the outlet.

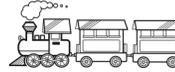
6. We find out if we have a lead service line and/or lead-containing pipes, fixtures, or solder.

**SOIL/DUST:**



7. We supply a rough mat at the entrance of our home OR we are a shoe-free child care home.
8. We frequently wash hands, especially after coming inside, and before eating.
9. We clean floors, window frames, and window sills weekly. Using a damp mop, sponge or paper towel with warm water and a general all-purpose cleaner.

**TOYS:**



10. We stay up-to-date on current recalls by visiting the Consumer Product Safety Commission: [www.cpsc.gov](http://www.cpsc.gov). Some vinyl or polyvinyl chloride (PVC) dolls may contain lead. Whenever possible, we opt for PVC and phthalate free dolls.

Contact the National Lead Information Center at 1-800-424-LEAD or your local water utility for more information.

\*\*Parents, contact your child's doctor about a lead blood test. If you are pregnant or nursing, talk with your doctor about exposures to source of lead.

*Information supplied by EcoHealthy Child Care, Children's Environmental Health Network, National Association of Family Child Care, National Center for Healthy Housing*



### E-Learning Opportunity

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.

Take EHCC's Protecting Children's Environmental Health E-Course to learn easy, low cost tips for reducing lead and other environmental hazards in your child care facility. The e-learning course is interactive and engaging. Find it at [https://www.prosolutionstraining.com/store/product/?tProductVersion\\_id=1392](https://www.prosolutionstraining.com/store/product/?tProductVersion_id=1392). EHCC's E-Learning course is approved for New York OCFS training hours.

### On Site Opportunity

Staff at the Child Care Network is available to meet at the program site of any licensed/registered program in the SACCN service area: Warren, Washington, Hamilton and Northern Saratoga Counties. A review of the checklist of 30 EHCC standards to reduce children's exposures to environmental can be reviewed. Strategies to meet those standards can be developed.

Programs that have gone through the EcoHealthy Checklist have been surprised to see how many items are already supported by the NYS Child Care Regulations. However, there are always a few things that providers choose to strive for best practices when it comes to keeping children healthier. Meetings at the child care site also creates a greater awareness among early childhood practitioners about potential toxins that many people do not realize exist in their environment. Meeting at least 24 of the standards makes programs eligible to become nationally endorsed as an EcoHealthy Child Care site. Parents are happy to know that their children are in a child friendly space with environmentally sound practices.

Contact Sue at 518-798-7972 or [suek@saccn.org](mailto:suek@saccn.org) to set up an appointment today.





# CACFP

Contact us at 518-798-7972 or  
[www.saccn.org](http://www.saccn.org)  
 Colleen Maziejka ext. 202,  
 Linda Scimeca ext.203  
 CACFP Educators



## Avocados

Avocados truly are an amazing food for many reasons! They taste delicious while providing essential vitamins and trace nutrients including fiber, folate, potassium, vitamin A, vitamin C, vitamin K, vitamin B6, thiamin, and niacin. Avocados are a wonderful source of heart healthy fats and are packed with protein. Some benefits to eating avocados include improved heart and digestive health.

Avocados are incredibly versatile and can be eaten alone (with a drizzle of olive oil, salt and pepper, and a spoon!) or paired with quesadillas, tacos, burgers, wraps, salads, sandwiches, pastas, toast, eggs, smoothies, and more!

You can also mash or puree the avocado to use as baby's first food!

### Tips For Buying/ Ripening Avocado:

- ◆ An avocado is ripe if it "gives" slightly when squeezed.
- ◆ To ripen avocados, do not store them in the fridge, leave them at room temperature until ripe. It usually takes a few days.

### Cut and peel the avocado:

- ◆ Rinse avocado thoroughly before cutting.
- ◆ Cut around the avocado, end to end, with the sharp knife, slicing all the way to the pit. (This is a job for an adult.)
- ◆ Twist the halves to separate them.
- ◆ Cut the half with the pit in half again, and then remove the pit.
- ◆ Use the spoon to separate the avocado from its peel. Slice it as thin as you like or mash it to a creamy consistency.



## MASHED AVOCADO TOAST

A ripe avocado is as easy to mash as butter! And it's rich, yummy, and filling—the perfect topper for a piece of toast. This makes a good breakfast, lunch, or snack. The recipe below makes two servings in 10 minutes.

### KITCHEN GEAR

Cutting board  
 Sharp knife (adult needed)  
 Fork  
 Butter knife

### INGREDIENTS

- ◆ 2 slices whole-wheat or whole-grain bread, lightly toasted
- ◆ 1/2 ripe avocado, peeled, pitted, and sliced (this is a job for an adult)
- ◆ Lemon or lime wedges
- ◆ salt

### INSTRUCTIONS

- ◆ Put the toast on a plate or countertop and top each piece with half the avocado slices.
- ◆ Use the fork to gently mash them.
- ◆ Sprinkle with a pinch of salt and squeeze a lemon or lime wedge over each slice. Serve right away.

### NOTES

#### Top This

- ◆ What do you like? You can add it!
- ◆ A handful of sprouts or shredded carrots
- ◆ Some chopped tomatoes
- ◆ A slice of cheese
- ◆ A sprinkle of toasted sesame or sunflower seeds
- ◆ A dash of hot sauce

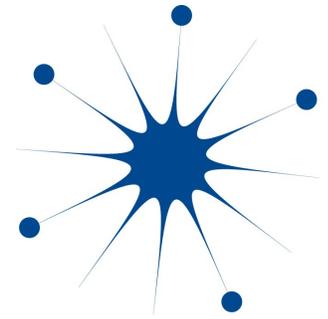
(Source ChopChop Magazine)

## 2019 CACFP ANNUAL TRAININGS ANNOUNCED

- ◆ The training titled "Dance Around the Lunch Table" on page 3 of this newsletter, can satisfy the 2019 Annual CACFP training requirement.
- ◆ "30 On Thursday" webinar trainings, offered by the USDA, can fulfill the CACFP requirement for training as long as two are completed and the certificates are sent to the CACFP office at 37 Everts Avenue in Queensbury. The link for this website is <https://www.cacfp.org/resources/thirty-thursdays>. It can also be accessed through the website, [www.saccn.org](http://www.saccn.org).
- ◆ More training opportunities will be offered in the upcoming months. Please check the training page of CACFP on the website, [www.saccn.org](http://www.saccn.org).
- ◆ The Civil Rights Training link, which is a mandatory yearly training for all providers, can be found on our website as well. Please send us the certificate when completed.

# The Early Childhood Scene

Provider Appreciation Day is Friday, May 10



- ◆ Provider Appreciation Day is a special day to recognize child care providers, teachers and other educators of young children everywhere.
- ◆ Provider Appreciation is a great time to celebrate the important providers in your child's life, or to celebrate the staff in your child care center
- ◆ Provider Appreciation Day is celebrated by the leading Early Childhood Organizations throughout the country. Join them on May 10 to celebrate our wonderful child care providers locally.



## Dear Center Provider Letter

In January OCFS released a “Dear Provider Letter” for centers and school age programs. It shared that center-based programs that provide meals or snacks to children must be in compliance with the United States Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP) meal patterns. On October 1, 2017, the USDA CACFP meal patterns were revised. As a result, center-based programs should review and revise their menus to stay in compliance with the OCFS regulations. To help programs meet the revised requirements, the Office of Children and Family Services (OCFS) and the New York State Department of Health’s CACFP updated the Nutrition Standards Toolkit and online training courses. The “Dear Provider Letter” addressed three nutrition standards in the OCFS regulations and resources that can help you meet them. These standards include:

- The CACFP Meal Pattern
- Healthy Beverages in Child Care and
- Together We Can Raise Healthy Children

For more information on participating in CACFP, or to review training opportunities and the flyers in the toolkit, visit the website at: <http://www.health.ny.gov/prevention/nutrition/cacfp>.



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.”*

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

NOW YOU CAN FOLLOW THE  
CHILD CARE NETWORK ON  
TWITTER  
#SACCN8

**SAVE**  
*the*  
**DATE**

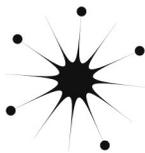


## Early Childhood Conference 2019 Friday & Saturday, November 15 & 16

Fort William Henry Resort and Conference Center in Lake George will again be home to the Early Childhood Conference. Child care providers have ample notice to plan ahead and 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. The Conference Committee is working hard to bring other national experts to share their wisdom, energy and inspiration with local early childhood professionals.

Please share any topics or presenters that might bring something special to the event. Contact Pam Conine, 518-798-7972 ext 206 or [coninep@saccn.org](mailto:coninep@saccn.org) with suggestions.

 Southern Adirondack  
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