

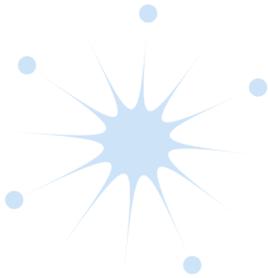


Child Care Network

Early Childhood News

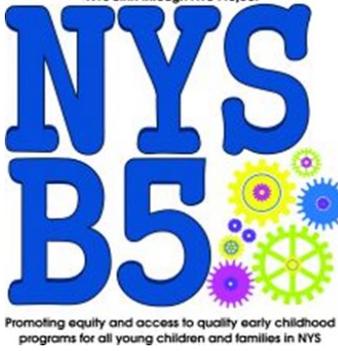
Special points of interest:

- CDA Credential (page 3)
- Welcome Beth Tracy (page 4)
- FAQ: Bug Bites (page 5)
- Watermelon Cake (page 6)
- Vaccinations without Religious Exemptions (page 7)



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NYS Preschool Development Grant Birth Through Five

The vision of the New York State Preschool Development Grant Birth Through Five (NYSB5) project is for every child in New York to be supported by a mixed-delivery system that is informed by parent voice and provides access to high quality, equitable and comprehensive early care and learning environments and services essential for successful development and lifelong success. The work towards meeting this vision includes five activities:

Activity 1: Needs Assessment
The B5 needs assessment is an organized analysis of the gaps and assets in New York State's early childhood care and learning service system. Parents, providers, administrators, and the child care community have been responding to surveys and participating in Focus Groups. At press time it was uncertain if the survey would continue into July. If so, the link to the quick, easy and confidential survey is <http://bit.ly/NYSB5survey>

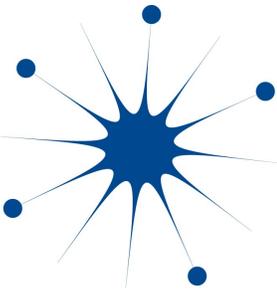
Activity 2: Strategic Plan
The plan will promote parent knowledge and equitable access to the state's early childhood system, and the use of best practices to help ensure that high quality care is available and accessible to all children and families.

Activity 3: Maximizing Parent Choice and Knowledge
This activity phase is slated to begin later in the process.

Activity 4: Sharing Best Practices
New York's plan will rely on grant staff in identifying and more widely sharing best practices, and coordinating trainings and TA resources, to ensure equal access to these resources for all B-5 programs. As well as expanding the Aspire Registry System, the team plans to offer many paths to assist caregivers in improving their practices. These include more training opportunities, coaching, and Pyramid Model programs to be the best they can for children and families.

Activity 5: Improving Quality
With NYSB5 funding, the plan is to expand the number of sites implementing QUALITYstarsNY and to develop a more functional Quality Improvement Planning tool and other data enhancements, to enable quality improvement strategies to be better analyzed. QUALITYstarsNY is New York's early childhood Quality Rating and Improvement System. QUALITYstarsNY assists early childhood programs in improving the quality of their services to achieve the best possible outcomes for children, by facilitating a continuous quality improvement process through a wide variety of supports to early childhood professionals.

For more information please visit <https://www.ccf.ny.gov/council-initiatives/nysb5/>



The Child Care Network's mission:

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

SACCN Office Closings

July 4, Independence Day
September 3, Labor Day

Office hours:

Open Monday-Friday,
9:00 AM-4:00 PM

From the Director's Desk

The window near my desk is open and I can hear the birds singing. I love being serenaded by the sounds of nature. I stop every so often and just listen. Today my thinking is running along the lines of how we spend our precious time every day. We often comment on how busy we are. I have been reflecting on my own busyness of late and trying to decide if I am just busy all the time or am I doing meaningful things with my time. This requires me to pay close attention to every moment of my day and to ask myself what is necessary. Is it necessary to check and respond to my emails immediately? How about that cell phone, the new attached appendage for many people? How much time does that take up during a day? Is it meaningful or a time waster? Do emails and texts interrupt my focus and take away from

more meaningful work? For me the answer is absolutely! I have been working on changing my habits around many things that I do so that I can be more mindful at whatever I am doing in any given moment. Can you relate and do you have the desire to change your own habits? Here at the Child Care Network we have all been busy doing meaningful work this past quarter with the intent of bringing more and new exciting opportunities to the child care community. Beth Tracy has joined our staff as an early childhood specialist. Beth has been out on the road conducting Welcome Visits and learning about the local child care community as well as learning about the work of the Child Care Network. In the coming months she will be introducing a new and exciting Puppet Project to any program who wishes

to invite her to visit (see further information on page 4). Beth will also be offering the July August September Quarterly Workshops (see page 3 for more information). Meanwhile Pam Conine has become involved in the new Infant Toddler Project. She will be conducting infant toddler specific training and can visit child care programs to assist providers and center staff on any infant toddler related concerns. Watch your mail box for more information. As always we hope you find this newsletter packed with valuable information. As the lazy, hazy days of summer approach, enjoy the warmth and beauty that comes with summer and check out the article on page 5 to keep those pesky bugs away from you and the children. Lynn

Welcome New Child Care Programs!

Warren County

No New Programs

Northern Saratoga County

My Second Home Daycare,
Rachael Gordon (GFDC)

Washington County

Family YMCA of Glens Falls at
Fort Ann (SACC)
Rene Leonard (GFDC)

Hamilton County

No New Programs

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. Programs are especially needed in **Whitehall, Salem and Lake Luzerne.**

Contact Sue K at 798-7972 ext 205 or suek@saccn.org with questions about starting a program in your home. Browse the OCFS (licensing office) website at <http://ocfs.ny.gov/main/childcare/becomeaprovider.asp>.

Evening and night hours are needed in all communities.

SACCN Calendar of Evening Events

July

CDA 2018/2019 Classes: Tuesdays, July 2 & 9, 6:00-8:30

SUNY Webcast: Tuesday, July 16, 6:45 in Queensbury

CDA Info Session: Tuesday, July 23, 6:30 in Queensbury

Social-Emotional Awareness: Wednesday, July 24, 6:00 in Hudson Falls

August

Socail-Emotional Awareness: Wednesday, August 21, 6:00 in Warrensburg

September

CDA 2019/2020 Classes: Tuesdays, September 10, 17, 24, 6:30 in Queensbury
Health & Safety Training: Friday, Monday & Tuesday, September 23, 26 & 27, 9:00-3:00 in Queensbury

Social-Emotional Awareness: Wednesday, September 25, 6:00 in Greenwich

SACCN Training & News

Quarterly Workshops (OCFS training category 1 & 3)

Exploring Social Awareness

Social/emotional awareness and skills play a huge role in a child's ability to find success in life. They lay the foundation for learning to understand and manage emotions, and act according to behavioral norms. It is up to us to teach children these skills. Participants will leave with many practical ideas and resources to implement strategies learned.

This workshop will be offered three times this summer. Presented by Beth Tracy, all programs will be held from 6:00-8:00 pm.

- Wednesday, July 24 in Hudson Falls
 - Wednesday, August 21 in Warrensburg
 - Wednesday, September 25 in Greenwich
- Pre-registration is required. Contact Beth with questions or to register at tracyb@saccn.org or call 798-7972 ext 201.

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

Health & Safety training is scheduled for September 23, 25, & 27 from 9:00 AM to 3:00 PM 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. Current providers can apply to VOICE-CSEA or assistants can apply for EIP funds to help with the cost of training. Please contact Sue at 798-7972 or suek@saccn.org if interested in attending.

CDA Candidates Prepare for Credential

For seven dedicated child care professionals, CDA classes will conclude their Tuesday evening schedule with a recognition program on July 9 which caps off nearly a year long effort toward pursuing the coveted, national CDA Credential. (See who is on the list to the right)

To be awarded the prestigious Credential, participants demonstrate their competence in the work they do with young children. Besides attending a minimum of 120 hours of professional development, CDA candidates prepare a portfolio of resources and writings that are important to the early childhood profession. In addition, they are observed in their program and pass a national exam. With all this, they prepare goals for themselves to further enhance their important careers with young children through age five.

CDA Info Session (OCFS training categories 5 & 7)

CDA (Child Development Associate) is a National Credential that assesses one's competence in his/her work with young children. An information session will answer questions about the National Credential, why one would want to pursue it, and how it can benefit one's work with young children and their families. It offers both personal and professional growth. The worthwhile process of earning one's CDA Credential is a lengthy one, taking about a year between class time and portfolio preparation. It is a professional commitment that makes a difference in the lives of children.

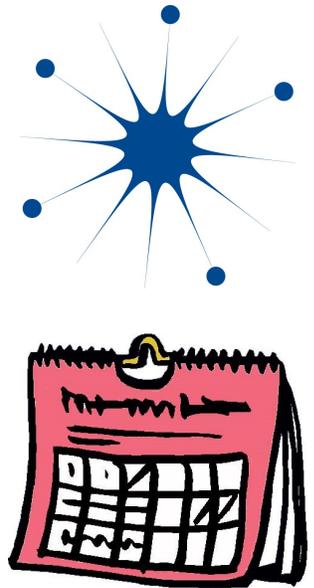
This Information Session will be held on Tuesday, July 23 at 6:30 at the SACCN office in Queensbury. The new series of CDA classes will start in the September.

For those interested in this long term program that can enhance the quality of care for children, please contact suek@saccn.org or call 798-7972.

More information about the CDA Credential can also be found on the website, www.cdacouncil.com.

Videoconference Training (OCFS Topics vary)

A webcast on "Safety Throughout the Year" will be held at SACCN's Queensbury office on Tuesday evening, July 16 from 6:45-9:15. To register please visit www.ecetp.pdp.albany.edu. There is no cost to participants to attend.



Congratulations CDA Candidates

Karyn Cassidy
Malinda Prieur-Diffie
Elizabeth Garney
Abbie Jakway
Kristin Mullen
Heather O'Leary
Briana Prieur





The Child Care Network Welcomes Beth Tracy to Our Team

Beth joined our team on April 29th as our new Early Childhood Specialist. She brings a wealth of knowledge and experience to the early childhood world and she is looking forward to working with providers and sharing her creativity and expertise. Beth is a former Childhood Education Program Coordinator and Lecturer at the SUNY Plattsburgh Branch Campus at SUNY Adirondack. She has her NYS and Arizona State Birth –

Sixth teaching certificate. In addition, Beth has created and taught many early childhood related courses and workshops. She is passionate about all things early childhood related and has in the trenches experience working with and teaching young children. Please welcome Beth to our team and to the early childhood community. Call or email her (tracyb@saccn.org) with questions or just to say hello.

Puppet Project Open to all Early Childhood Programs



In February, the Child Care Network offered an on-site Literacy Project for classrooms and home based programs. Based on its huge success, SACCN is excited to offer another opportunity to gain knowledge and learn effective and practical strategies and techniques to help children explore social awareness and develop social and emotional skills with the use of puppets and stories.

Sign up today to have one of the Child Care Network's early childhood specialists visit your child care center's classroom, family child care home or group family child care home to present a puppet show, read a story, and share ideas about ways to help children explore social awareness and develop social and emotional skills.

This is a free service and includes infants, toddlers, and preschoolers to be scheduled during circle and story time, or free play.

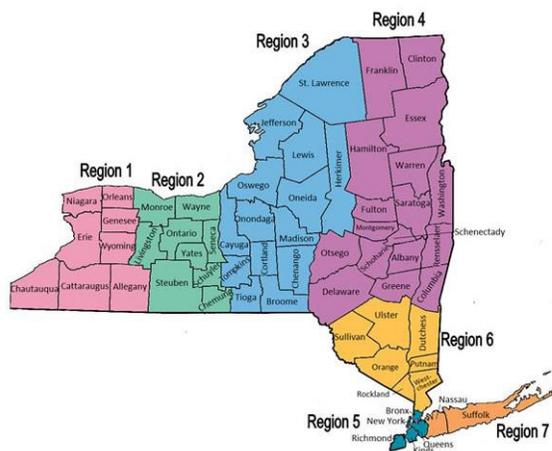
We highly recommend you request a follow up session in order to reinforce ideas shared during the original project visit.

To schedule this special project visit at your program, contact Beth Tracy at TracyB@saccn.org, or call 518-798-7972 Ext 201.



NYS Infant and Toddler Resource Network

Resource Centers



SACCN's Pam Conine and the NYS Infant-Toddler Expansion

New York has recently expanded services through the network of seven Regional Infant Toddler Technical Assistance Centers across the state. Included among the services that Centers provide are the following:

- training and technical assistance to the child care provider community;
- information on best practices for families and providers;
- support to the CCR&Rs within the region;
- support to the NYSOCFS regional office staff;
- assistance to the community in expanding comprehensive service delivery for infants, toddlers and their families.

The Infant Toddler Project reaches out to communities, child care providers, and families to promote safe, nurturing environments for the youngest New Yorkers. It emphasizes the high-quality early care that's essential to a child's long-term social, emotional, and intellectual development. That, in turn, has a positive ripple effect on schools, businesses, and communities across New York State.

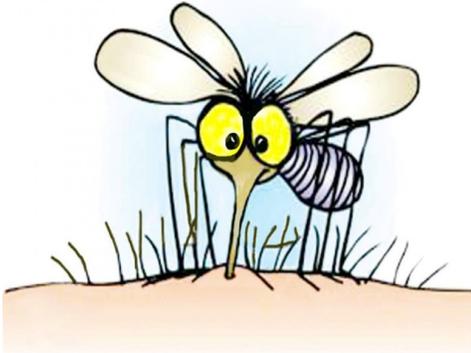
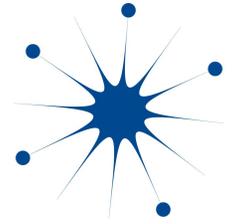
SACCN's Pam Conine is the local Infant Toddler Specialist. Her new responsibilities include offering a plethora of valuable resources for parents and child care providers. She has plans to offer several workshops throughout the SACCN community. Please visit www.saccn.org or check the mailbox and email for the latest offerings.

For questions on care for infants and toddlers, please contact Pam at 518-798-7972 ext 206 or coninep@saccn.org.



Eco-Healthy Child Care

Tips for Keeping Bug Bites Away



As we all know, mosquitos and other biting insects can make children very unhappy. It helps to follow some of the best practices for reducing bug bites and chemical exposures as offered below. ECO-HEALTHY CHILD CARE® (EHCC) offers these tips as part of their mission to reduce children's exposures to potentially harmful chemicals in their early childhood settings.

Non Chemical Tips:

Use mosquito netting over infant carriers. Choose mosquito netting made of cotton (first choice) or nylon. Avoid areas where insects nest or congregate, such as garbage cans, stagnant pools of water, uncovered foods and sweets, and gardens. Dress in light weight clothing that covers skin, such as long pants and long sleeves. Avoid clothing with bright colors or flowery prints (they seem to attract insects). Don't use scented/fragranced soaps, perfumes, or hair sprays because they are inviting to insects (in addition to being unhealthy when inhaled).

Tips for Safe Bug Repellant Application:

Bug repellents should not be used on children younger than six months of age. DEET-containing repellents (30% concentration or lower) should not be applied more than once a day. Do not allow children to handle repellents; apply the product to your own hands first. Avoid applying DEET on children's hands or anywhere near the mouth to avoid possible ingestion. After returning indoors, wash your child's treated skin and clothes with soap and water or bathe them. Opt for bug repellents that are in the form of sticks, lotions or direct sprays as aerosols increase the amount of repellent inhaled. Avoid combination products, (bug spray + sunscreen). Read and follow the directions on the label!

What is DEET?:

N,N-diethyl-m-toluamide, commonly referred to as DEET, is the active ingredient in most bug repellents found on the shelves at stores, such as Target or Walmart. DEET is a multi-purpose insect repellent that can be applied directly to the skin. It works in repelling any insects that may be potentially carrying disease. DEET was registered for use by the general public in the U.S. in 1957. Is DEET Safe? According to the EPA, insect repellents containing DEET do not present a health concern to the general public. However, DEET is meant to only be applied onto the skin. Caution must be taken to avoid breathing, swallowing or getting the multipurpose insect repellent into eyes because DEET is toxic if inhaled, or ingested. As always, consumers should carefully follow all label instructions to avoid any possible exposure side effects.

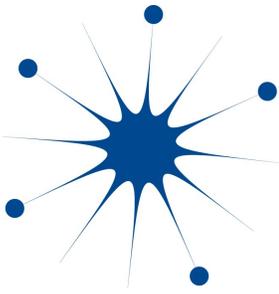
Alternatives to DEET:

There are both natural and synthetic alternatives to DEET that are currently on the market. Some alternative chemical methods include: Picaridin (KBR 3023), which is available in concentrations of 5% to 10%. Picaridin generally has a duration of action similar to DEET. Some of the Avon Skin-So-Soft products contain picaridin such as, Avon Skin-Soft Bug Guard Plus Picaridin. Picaridin has not raised as many concerns about neurotoxicity (harm to the brain) as DEET, but it also has not had as much safety testing. Oil of lemon eucalyptus products can also repel insects and have been tested by the EPA for effectiveness; however, these products have not been adequately tested on children under 3 years old and should not be used on children under the age of three, pregnant women and nursing mothers. It is also less effective than DEET and picaridin in defending against Aedes mosquitoes that transmit the Zika virus. Some products use botanical extracts such as: lemon grass, citronella, peppermint, geraniol, and rosemary. However, these, may contain allergens in highly concentrated forms and their effectiveness varies greatly. The EPA does not require that products containing botanicals be tested for safety or effectiveness. Thus, there is not a lot of available data to confirm the effectiveness of botanicals products in keeping bugs away.

Integrated Pest Management (IPM): IPM strategies can help reduce the amount of unwanted bugs in and around your home or child care facility. To learn effective IPM tools read EHCC's IPM FAQ and Factsheet.

For more EcoHealthy Child Care "toxicant FAQ sheets", please visit <https://cehn.org/our-work/eco-healthy-child-care/ehcc-faqs/>

To learn more about ECO-HEALTHY CHILD CARE®, make contact with them through their website WWW.CEHN.ORG/EHCC, call them at (202) 543-4033 x 10 or visit Facebook: @ehcc1



Free Summer Meals

Free Summer Meals for Kids and Teens are being served in your community! Open to all children 18 and younger. No Enrollment, No Cost, Just Drop In!

To find a site near you: Call 1-866-348-6479, text FOOD to 877-877, or go to www.fns.usda.gov/summerfoodrocks



CACFP

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

Are you planning a Summer Birthday or Graduation Party? Try a delicious alternative to a traditional cake.....a melon cake! Surprise your guest of honor with a beautifully decorated cake made of layered melon slices. You can make this as simple or detailed as you like. Add a few carefully placed berries on top for a simple decoration, or go all out and “frost” it with whipped cream. We found some great examples by searching online for “images” of “fresh melon cakes”. This is one cake that is CACFP creditable!

Make A Fresh Fruit Cake With Watermelon, Honeydew or Cantaloupe
Forget covering your fruit in cream. Let those beautiful melons steal the show with simple decorations. Fruit cake has never been easier or more glamorous!

Watermelon Cake Recipe

Ingredients:

- 1 seedless watermelon
- ½ pint strawberries
- ⅔ cup heavy cream
- 2 tbsp sugar
- 1 pint raspberries
- ¼ cup chopped pistachios

Instructions

Directions:

Cut a thick 3-inch slice from the center of the melon (to look like a big cake layer). Trim the rind from the slice. Place on a platter. Remove strawberry greens, then thinly slice the fruit. Overlap slices around the base of the watermelon. Whip the cream and sugar to stiff peaks. Spoon the cream on top and sprinkle with raspberries and pistachios.

(You can find this recipe and many others at tarateaspoon.com)



A Great Place to Shop for Local Fresh Foods

Remember that local farmer's markets are a wonderful option for purchasing foods for the week! Here is a list of some local markets.

More can be found at

www.AdirondackHarvest.com

Granville Market

Mondays 2-5pm
Mountainview Commons
(behind TD Bank North), Route 22

Whitehall Market

Tuesdays 1-4pm
Canal Park, Skenesborough Drive

Glens Falls Market

Saturdays 8-12 am
South St. Pavillion

Warrensburg/ Riverfront Market

Fridays 3-6pm
Near Curtis Lumber, Route 418

North Creek Market

Thursdays 2-6pm
River Front Park

Indian Lake Market

Saturdays 10am-12pm
Indian Lake Central School Lawn

Salem Market

Saturdays 10am-1pm
Main St. Gazebo, Rte 22

Fort Edward/Canal St. Marketplace

Thursdays 4-7pm
Canal Street

Fort Edward

Fridays 10am-1pm
Broadway Lanes, Route 4

Gansevoort Market

Tuesdays 3-6pm
Corner Routes 32

Sandy Hill Market

Thursdays 6-9pm
Juckett Park, Route 4

News from the OCFS Website

Statement on Legislation Removing Non-Medical Exemption from Vaccination Requirements

On June 13, 2019, Governor Andrew M. Cuomo signed legislation removing non-medical exemptions from school vaccination requirements for children. The United States is currently experiencing the worst outbreak of measles in more than 25 years, with outbreaks in pockets of New York primarily driving the crisis. As a result of non-medical vaccination exemptions, many communities across New York have unacceptably low rates of vaccination, and those unvaccinated children can often attend school where they may spread the disease to other unvaccinated students, some of whom cannot receive vaccines due to medical conditions. This new law will help protect the public amid this ongoing outbreak.

What did the new law do?

As of June 13, 2019, there is no longer a religious exemption to the requirement that children be vaccinated against measles and other diseases to attend either:

- public, private or parochial school (for students in pre-kindergarten through 12th grade), or
- child day care settings.

For those children who had a religious exemption to vaccination, what are the deadlines for being vaccinated?

Children who are attending child day care or public, private or parochial school, and who had a religious exemption to required immunizations, must now receive the first age appropriate dose

in each immunization series by June 28, 2019 to attend or remain in school or child day care. Also, by July 14, 2019 parents and guardians of such children must show that they have made appointments for all required follow-up doses. The deadlines for follow-up doses depend on the vaccine. The New York State Department of Health follows the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices catch-up immunization schedule and expects children to receive required doses consistent with Table 2 at the following link in order to continue to attend school or child day care: <https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

What is the deadline for first dose vaccinations if my child is not attending school until September?

Parents and guardians of all children who do not have their required immunizations are encouraged to have them receive the first dose as soon as possible. The deadline for obtaining first dose vaccinations for children attending school in the fall is 14 days from the first day of school. Within 30 days of the first day of school, parents and guardians of such children must show that they have made appointments for all required follow-up doses.

Additional information will be forthcoming.

Take Precautions to Assure Summer Safety for Children

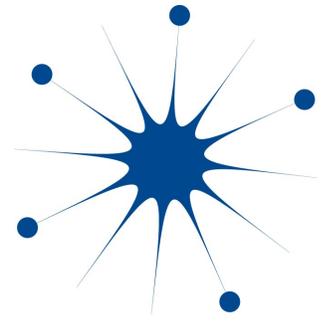
Now that summer is in full swing, it is time to check on some of those safety concerns that are easy to overlook. Set some summer protocols and check regularly to see that children are kept safe and regulations are followed.

- It is nice to see and smell newly cut lawns. It can make the marketing difference to attract potential new families. However, lawnmowers and their fuels may not be stored in the habitable areas of the program or in paths of egress. Remember to remove them from children's access.
- The sun sure feels good after such a long spring of rain and cool weather. To keep children safe and healthy in the heat and sun,

remember to find shady areas to play outside and have plenty of water on hand. New research shares that once one is dehydrated, the thirst mechanism in the brain turns off. Offer children and staff easy access to water all summer long when they can still tell that they are thirsty.

- For those taking field trips off the program premises, remember to get parent permissions and remind them when and where their children might be going. Be sure there is someone trained in CPR and First Aid on every outing. Remember to take Blue Cards. The new ones are available at OCFS website

<https://ocfs.ny.gov/main/documents/docsChildCare.asp>



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



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 FACEBOOK
AND TWITTER
FACEBOOK.COM/
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DCARENENETWORK

WWW.TWITTER.COM/SACCN8

Southern Adirondack Child
Care Network is an equal
opportunity provider.

Early Childhood Conference, November 15 & 16



Save the Date and Apply for EIP NOW!

Early Childhood Conference 2019 will be here before you know it, at the Fort William Henry Resort and Conference Center, Lake George, NY on November 15 & 16.

The time is right to apply for EIP so when the conference brochure comes in the mail this fall, you will be all set to attach your EIP voucher and

send it in with your registration.

You will need the following information when applying for EIP:

Early Childhood Conference 2019

Friday, November 15 and Saturday, November 16, 2019

6 hours of training each day

One Day Rates: Members \$130/ Non-Members \$140

Two Day Rates: Members \$190/ Non-Members \$210

CSEA-VOICE funds may also be available for family and group family child care providers to enroll.

Visit <http://voicesea.org/professionaldevelopment> for more information.

Questions about conference? Contact Pam Conine at 798-7972 ext 206 or email coninep@saccn.org

