New, Federal Requirement on Background Checks

On September 25, new requirements became effective for comprehensive background checks of child care workers. Enhancing the background clearances of individuals associated with child care programs improves the well-being and safety of children in care and is required under federal law. This screening will include:

- a NYS criminal history record check with the Division of Criminal Justice Services
- a national criminal record check with the Federal Bureau of Investigation (FBI)
- a search of the NYS Sex Offender Registry
- a database check of the NYS Statewide Central Register of Child Abuse and Maltreatment (SCR) in accordance with section 424-a of the Social Services Law
- a search of the national sex offender registry using the National Crime and Information Center.

(This check will not be conducted upon initial implementation and will be required to be completed at a later date).

All new applicants will be required to successfully complete these requirements prior to beginning at the child care program. All currently cleared individuals will be required to meet the new requirements on a schedule based on their birthday.


The Office of Children and Family Services (OCFS) understands that these changes may prove challenging and they are committed to working with providers and programs to ease the transition.

Important News: Census 2020

As mandated by the U.S. Constitution, our nation gets just one chance each decade to count its population. April 1, 2020 is the next count date. The U.S. census counts every resident in the United States. It takes place every 10 years. The data collected by the census determines the number of seats each state has in the U.S. House of Representatives and is also used to distribute billions in federal funds to local communities.

The federal government bases a large amount of its spending decisions on census data. Researchers concluded last year that in the 2015 fiscal year, 132 government programs used information from the census to determine how to allocate more than $675 billion, much of it for programs that serve lower-income families, including Head Start, Medicare, the Supplemental Nutrition Assistance Program, Pell grants for college and reduced-price school lunch programs. Highway spending and Community Health Centers are also apportioned according to census data.

If a community isn’t fully counted in the 2020 Census, it will miss out on political representation, on money for children’s classrooms, on jobs and more for the next 10 years.

Census data influences the distribution of child care funds. If New York is undercounted, the result would be lower federal funds for the many initiatives that support the early childhood community in the Southern Adirondack Child Care Network’s service area. Subsidies and other funding for early childhood services and quality initiatives could be impacted.

When you respond to the census, your answers are kept anonymous. They are used only to produce statistics. The U.S. Census Bureau is bound by law to protect your answers and keep them strictly confidential. The law ensures that your private information is never published and that your answers cannot be used against you by any government agency or court.

Communities that don’t get fully counted in 2020 will miss out for the next ten years. This is the time to get involved. The Census counts. So do you. Pledge to be counted and to educate your community about the importance of the 2020 census.
I’ve been thinking and reading a lot about stress and its long term effects on our bodies especially if we don’t develop strategies to effectively deal with it. This led me down the path of creating an awareness of how I deal with stress. It was at this point that I realized just how important self-care is in managing stress. Without bragging, I am good at taking care of myself because I realize how important this is in helping me deal with the myriad of things that come at me each day. I begin my day with a power-up hour and end with a power-down hour. While those times may not actually be a full hour in length, they do allow me to have a stress-free, slow start to my day and time before bed to de-stress and allow relaxation to overtake my body. I also include power-down minutes during my day when I sit and do nothing but focus on my breath. The quiet times at the beginning and end of my day could include reading, meditation, journal writing, and other mindfulness practices.

Another stress buster/self-care strategy I employ is keeping a master to-do list for my week. I set aside some quiet time on Sunday to look ahead to my week and think about what I will need to do. Everything goes on the list and I add to it throughout the week. Writing things down on the list gets them out of my mind (I no longer have to try and remember to do something), I get the satisfaction of crossing things off that list, and my time is managed better because I see where I can group things that I need to do. These are just a few of my strategies. I am delighted to be doing a workshop, Self-Care Is a Stress Management Strategy, as part of the self-care track at our Early Childhood Conference on November 15 & 16 at the Fort William Henry.

In addition to my workshop, the other self-care workshops will include Jeannie Thomma presenting Mindfulness and Meditation for all Ages…from 3 to 83 and Heather Bennett will present a workshop called Self-Care: The What, When, Why, Where and How of Boundaries! Giving yourself permission to take time out of your busy schedule for professional development and having time to chat with colleagues is a self-care strategy. Consider joining us at the conference. Delicious food, exciting giveaways, great networking and dynamic workshops await you.

Enjoy the cooler temperatures and beautiful colors of fall. As the leaves change and fall from the trees, it reminds me that fall is a time for letting go of the old and making room for something new.

Lynn Sickles, Executive Director

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**From the Director’s Desk**

**The Child Care Network’s mission:**

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

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**SACCN Calendar of Training Events**

**October**

**Science of Sound:** October 10 at 6:00 pm in Greenwich  
**CACFP Healthy Snacks:** Tuesday, October 15 in Queensbury  
**CDA Classes:** Tuesdays, October 15, 22, 29 in Hudson Falls  
**EMAO Workshop:** Monday, October 21, 6:00 in Queensbury  
**Lunch & Learn:** Tuesday, October 29, 12:15 pm in Queensbury

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**November**

**Early Childhood Conference:** Friday & Saturday, November 15 & 16, 8:00 am, Lake George  
**CDA Classes:** Tuesdays, November 5, 19, & 26, Hudson Falls  
**Lunch & Learn:** Tuesday, November 6, 12:15 in Queensbury  
**SUNY Videoconference:** Wednesday, November 6, 6:45 pm in Queensbury  
**CACFP Healthy Snacks:** Thursday, November 7 in Queensbury  
**Science of Sound:** November 21 at 6:00 pm in Hudson Falls

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**December**

**CDA Classes:** Tuesdays, December 4, 11, & 18 in Hudson Falls  
**Science of Sound:** December 5 at 6:00 pm in Warrensburg  
**Lunch & Learn:** Tuesday, December 11, 12:15, Queensbury

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**SACCN Office Closings**

- October 14, Columbus Day  
- November 11, Veteran’s Day  
- November 28 & 29 Thanksgiving  
- December 24 & 25, Christmas

**Office hours:**

Open Monday-Friday, 9:00 AM-4:00 PM
Health & Safety training is scheduled for Tuesday, Wednesday & Thursday January 7, 8, & 9, 2020 from 9:00 am to 3:00 pm at SACCN offices in Queensbury. This course is required for anyone wishing to open a family or group family child care program. It is also open to any current provider or staff who seeks a refresher. 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 518-798-7972 if interested in attending.

SACCN Training & News

Exploring the Science of Sound

Based on Abigail Flesch’s book, “Exploring the Science of Sound,” this workshop shares musical ideas for all ages and incorporates science, technology, engineering, arts and math (STEAM) in the fun activities that children and adults enjoy as they delve into their own curiosities. Explore the sounds of our bodies, acoustics, timbre, tempo, and nature. Share ideas on making your own instruments, too. How do combs, rubber bands, plastic straws or buttons sound?

Child Care Center Lunch & Learn

The Child Care Network schedules monthly gatherings for Day Care Center and School Age Program Directors and Administrators. Meetings are held over lunch, from 12:15-2:15, to share and learn new strategies from each other to help make their programs the best they can be.

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

Health & Safety training is required for anyone wishing to open a family or group family child care program. It is also open to any current provider or staff who seeks a refresher. Cost for this program is $250.

Videoconference Training (OCFS Topics vary)

There is one videoconference scheduled this quarter. It will be held at site # 642, the SACCN offices in Queensbury from 6:45-9:15 pm. Register online at www.ecetp.pdp.albany.edu.

CDA (Child Development Associate) Class

CDA Series 2019-2020 has recently started. There is a mix of people from centers, family child care and several staff from LEAP Head Start in this year’s class. CDA is a national credentialing program for child care providers who want to demonstrate and validate their competence in the work they do with young children. It was developed for those currently working with children so they can apply new ideas and strategies directly in their early childhood settings.

Did you know????

Scholarship funding to participate in some 2019 training opportunities, such as the Fall Early Childhood Conference, may be available through the Educational Incentive Program (EIP). Many providers do not realize that they are eligible to apply for these scholarships. For example, a provider from a family of 4, with a household income of $55,178 is eligible for a voucher of 100% of the training cost. Or at $82,768 a voucher would cover 75% of the conference fee. For more information or to apply, visit www.ecetp.pdp.albany.edu/eip.
Welcome New Child Care Programs!

- **Warren County**: None at this time
- **Washington County**: Healthy Kids Extended Day Program
  - Chelsea Stark
- **Hamilton County**: None at this time
- **Northern Saratoga County**: Ashley Rule

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. Programs are especially needed in Whitehall and Lake Luzerne.

NYS Infant & Toddler Resource Network

Most of New York’s children will spend some of their formative years in child care outside the home. The quality of that care will help shape the rest of their lives. "Study after study proves that those who receive high-quality child care are more likely to succeed, starting in kindergarten and continuing through adulthood. The foundation for this success must be laid early on, when children are infants and toddlers."

The Early Care and Learning Council (ECLC) works with a network of seven Regional Infant Toddler Technical Assistance Centers across New York State. Established in 2002 with funding from the New York State Office of Children and Families Services, the Infant Toddler Technical Assistance Centers are located within host CCR&Rs. A staff of highly trained Infant Toddler Specialists comprise this statewide network, and offer a plethora of valuable resources for parents and child care providers. 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.

Locally, Pam Conine provides these services in Warren, Washington, Hamilton and Northern Saratoga Counties. Pam has a passion for the youngest of children so this position comes easily to her. Pam’s in-depth knowledge of and experience with children in a variety of settings makes her visits to programs invaluable. Call or email Pam with any question you have about infants or toddlers. She can be reached at coninep@saccn.org or 518-798-7972 ext 206.

SACCN Infant Toddler Workshops

Pam Conine, SACCN’s Infant-Toddler Specialist, is in the process of scheduling evening workshops this quarter. Workshops will focus on the needs of child care providers working with infants and toddlers in multiple age group settings as well as infant and toddler teachers working in classrooms. Please contact Pam at 518-798-7972 ext 206 with any thoughts or ideas you would like to see covered during these ongoing trainings. Pam is also available to come to your program to answer specific child related concerns and offer hands on assistance!

Program descriptions, dates and locations will be mailed to all programs in October.
Children’s Environmental Health Day, Thursday, October 10

Despite a better understanding about the connection between environment and health and the unique vulnerabilities of children to these impacts, the health of children today is no better than it was a decade or more ago. Today’s children face an epidemic of illness and chronic diseases linked to environmental exposures and our changing climate. Further, children from families with low incomes, and children of color, experience multiple health stressors and exposures, and as a result face an increased risk for poor health outcomes.

As a means to create a children’s environmental health movement and a strong network of advocates, The Children’s Environmental Health Network (CEHN) has spearheaded the establishment of Children’s Environmental Health Day (CEH Day). This year, the fourth Children’s Environmental Health Day will be celebrated on Thursday, October 10.

This special day will help promote goals that can change children’s lives:

- Increase awareness and understanding of children’s environmental health
- Mobilize action on children’s environmental health issues
- Establish/expand the community and network of partners working on children’s environmental health issues

There are several things that people who care about children can do to further the effort.

**Promote Children’s Environmental Health Day** Join the CEH Movement at [https://cehn.org/ceh-movement/cehday/](https://cehn.org/ceh-movement/cehday/). Then share by posting to social media using the hashtags #CEHday and #ChildrenAtTheCenter. Use your platform to promote CEH Day and the CEH Movement.

**Letter Campaign** Send a letter or postcard to your congressional leader about a children’s environmental health issue that matters most to you - and urge them to be an advocate for children.

**Obtain a proclamation** Request that your mayor or governor proclaim October 10, 2019 as Children’s Environmental Health Day. CEHN has proclamation templates and other helpful tips.

**Share your story** Be an advocate for someone you love. Share how the environment has affected the health of your child or share your own journey of discovery and learning about environmental hazards.

**Take Leadership** Be a leader in your community and neighborhood. Find ideas to help spread awareness of children’s environmental health. Share what you are doing and share your thoughts.

Why is Children’s Environmental Health (CEH) so important? Read the facts:

- **CEH FACT**: 46% of U.S. children live in housing that is hazardous to their health
- **CEH FACT**: Environmental factors such as air pollution & unsafe drinking water takes the lives of 1.7 million children under 5 every year
- **CEH FACT**: 75-80% of cancer diagnoses & death in the US are linked to lifestyle & environmental factors
- **CEH FACT**: Children’s dependence on caregivers places them at higher risk than adults of climate-related health burdens
- **CEH FACT**: The devastation from extreme weather events disproportionately impacts children from communities of color and lower income
- **CEH FACT**: 4 million households in the U.S. have children living in them who are being exposed to high levels of lead
- **CEH FACT**: Childhood conditions caused by pollution and harmful chemicals in consumer products cost us all nearly $80 billion every year
- **CEH FACT**: 16,000 premature births per year in the U.S. are attributable to air pollution
- **CEH FACT**: 60% of acute respiratory infections in children worldwide are related to environmental conditions
- **CEH FACT**: Pesticide exposure can interfere with children’s brain development and has been linked to lower IQs, autism, and developmental delays


Tip: Always use ‘CEH FACT’ in front of health facts so others know it is a fact!
Pear Mash
(from CHOPCHOP.com)
Pears make for a delicious change of pace from the more usual apple in this easy, fragrant fruit sauce. Eat it as is, swirl in a dollop of yogurt, or freeze the sauce in small plastic containers for a lunch-box dessert that doubles as an ice pack.

Ingredients:
4 large, very ripe pears, peeled, cored and diced
1 Tablespoon maple syrup

Directions:
Put the pears and maple syrup in a pot on medium low heat. Cover the pot. (If the pears aren’t super juicy, add ¼ cup of water) When the pears are simmering, turn the heat down to low and cook, stirring occasionally to prevent sticking, for 20 minutes, or until they are very soft and falling apart. Cool the pears for 10 minutes, then mash them with a potato masher. Cool to room temperature, then serve right away or refrigerate, covered, up to 5 days.

Nutrition Fun(nies)!
Q: Where does a bat eat his dinner?
A: On home plate, and he has a ball.
Q: What did the mother ghost tell the baby ghost when he ate too fast?
A: Stop goblin your food.
Q: What’s the worst thing about being an octopus?
A: Washing your hands before dinner.
Q: What do you get when you put three ducks in a box?
A: A box of quackers.

Food Collage
You and your children start by cutting out many pictures of foods from magazines, newspaper supermarket ads, seed catalogs etc. Use a paper plate (or construction paper) and let the children choose whatever pictures they want to glue to their collage. You can talk with the children as they work about the different foods and let them tell you why they picked the ones they did. What a perfect opportunity to find out what your “selective eaters” like to eat! You can discuss things such as; food groups, colors, tastes and textures. You might even suggest gluing things to their plates that they would like to eat for the upcoming holiday meals!
For more fun activity ideas go to the CACFP pages of the www.SACCN.org website. Scroll down the nutrition resource page where you will find some ideas and links to other fun pages.

Healthy Snacks Workshop
Tired of serving the same snacks? Mary Beth Mitcham from Cornell Cooperative Extension of Warren County is our guest presenter for this fun, informative, interactive workshop on healthy snack ideas for children.
Bring some new recipes back to your program to try with your children!!

October 15th, Tuesday
or
November 7th, Thursday
6:30 – 7:30pm
SACCN Office
37 Everts Ave.
Queensbury, NY 12804

Call 518-798-7972 to reserve your seat now!!

* If you have not yet met your training requirement for 2019 this will be the last CACFP training opportunity that we will be offering this year. If you are unsure whether you still need to complete a training for the year, please contact Linda or Colleen to inquire.
* Remember to complete your annual civil rights training and submit your certificate of completion!
The link to this training can be found on the CACFP Training page on the SACCN website. http://www.saccn.org/child-adult-care-food-program/
The Early Childhood Scene

Lights On Afterschool

Lights On Afterschool is the only national celebration of after-school programs and the important role they have among children, families, and communities. Every year, thousands of Lights On Afterschool events are held across the country to raise awareness of the role that afterschool programs play in keeping kids safe, as well as highlight the need for increased investments in afterschool for the millions of children who don’t have access to high-quality programs. Every year, Lights On Afterschool provides an opportunity to showcase the importance of after-school programs and make them a priority for Governor Cuomo and the New York State Legislature.

The Afterschool Alliance organizes Lights On Afterschool to draw attention to the many ways afterschool programs support students by offering them opportunities to learn new things—such as science, community service, robotics, Tae Kwon Do and poetry—and discover new skills. The events send a powerful message that millions more kids need quality afterschool programs. **This year's 20th annual Lights On Afterschool celebration is on October 24th, 2019!**

For more information and to find out what local programs and families can do, please visit http://www.afterschoolalliance.org/loa.cfm. The site has an event overview, timeline and checklist, event themes, a searchable idea database, sample materials and more.

To see what is happening in New York, visit http://networkforyouthsuccess.org/policy/advocacy/lights-on-afterschool/

Health Care Consultancy Provided by Child Care Network

Assistance is provided to all licensed and registered providers and programs in developing their health care plan and related policies, especially to those who are considering offering medications or for those who already offer medications to the children in care and need to renew or update their plan. Included in the service is:

- A review of the health care plan and health care policies
- Review of all documentation of medicine practices within the program
- Review of staff records of those authorized to administer medication to ensure that all requirements are met
- Health Care Plan Approval

This service is provided by a registered nurse at no cost to providers and programs thanks to a grant from the Office of Children and Family Services.

For more information and to contact the Health Care Consultant, please contact Lynn at the Child Care Network, 518-798-7972.

Emergency Medication Administration Overview

Interested in wanting to administer or gaining more knowledge about administering emergency medications? The goal of this class is to be able to safely administer emergency medication (specifically, epinephrine auto-injectors, diphenhydramine in combination with the epinephrine auto-injector, asthma inhalers and nebulizers) in regulated childcare programs. This is not a certification but an overview of information that you should be aware of when administering emergency medications. The class is informational and hands on. You will leave with a better understanding of procedures, NYS OCFS regulations pertaining to administering emergency medication, emergency care and record keeping needed for you to safely provide this aspect of care in your childcare setting.

Monday, October 21, 6:00-8:15 p.m.
Queensbury United Methodist Church, 460 Aviation Road, Queensbury, NY 12804
$25.00

Register online www.ecetp.pdp.albany.edu click on MAT or Find a Trainer (Deborah Romanazzi)
Early Childhood Conference 2019

“THE CONFERENCE IS COMING! THE CONFERENCE IS COMING!”

Check your email…..check your mailbox…..Use this fantastic opportunity to hang out with like-minded grown-ups!!!

Get up off the floor, out of those tiny chairs and sit at adult sized tables for a couple of days. If you really want to treat yourself, get a room overnight at the Fort William Henry Resort and Conference Center and enjoy relaxing views of Lake George! Room rates for conference are only $109.00 per night plus tax! Check out the brochure and be sure to call us if you have ANY questions about attending. We hope to see you there!

There are 24 workshops from which to choose over the two days. All OCFS training categories are included to help meet the 30 hour training requirements every two years.

Brochures will be mailed in early October. If you do not receive one, call and let us know! We’ll get one right out to you. OR see the brochure on our website at www.saccn.org/events/

To register on line with a credit card or PayPal go to www.saccn.org/registration/

OR mail in your registration with a check or EIP voucher or CSEA-VOICE confirmation.

If applying for EIP, you will need the following information:

Early Childhood Conference 2019
Friday, November 15 and/or 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

Questions about the conference? Call Pam Conine at 518-798-7972 ext 206 or send an email message to coninep@saccn.org.

We hope to see you there.