In July Pam Conine, Infant Toddler Specialist at the Child Care Network, was fortunate to be able to attend a three day training titled: “Bringing the Protective Factors Framework to Life in Your Work.” Pam believes that this was by far the best training she has ever attended. It was offered through the Infant Toddler Network and it was brought to New York State by Prevent Child Abuse New York (PCANY). The training of trainers sessions are a program offered by the National Alliance of Children’s Trust & Prevention Funds. This training is held around the country and there are 1105 certified trainers in the U.S. Prior to this training event there were only 19 certified trainers in NYS. Pam says, “I am proud to be a part of this group of people working toward a change in the way we view child abuse and neglect and how we can make a difference on a daily basis.” Pam will be offering a series of trainings beginning in January that will give those interested the opportunity to learn about “Strengthening Families Protective Factors”. She found that the information learned was not only helpful to her in her work but also for many people in her life both personally and professionally. This can truly be life changing information. She plans on offering this series once a year. There will be no cost to participants this year and subsequent years will be dependent on funding sources.

The series itself is titled: “Strengthening Families’ Protective Factors”. There are seven total sessions beginning with an introduction to the framework that makes up this work. The introduction will be held on Wednesday, January 22 at the Washington County Annex 2. These workshops will be active and keep participants involved to develop an understanding about working with children and families in a strength-based way. The subsequent workshop topics will cover: Parental Resilience; Knowledge of Parenting and Child Development; Concrete Support in Times of Need; Social Emotional Competence of Children; Social Connections; and the final workshop is a wrap up called “Moving From Knowledge to Action.”

Watch the mail for a flyer and description of each and for sign up information. Information will also be posted on the SACCN website in January. Sign up will not be available until the flyer is sent out. Pam looks forward to an enthusiastic group of people ready to make a difference for the families and children served.

The seven workshops can be taken as an entire series for the most effective results, or each workshop can be taken individually.
From the Director’s Desk

As we enter a new year and a new decade, I find myself reflecting on the past year and the past decade. What was happening here at the Child Care Network in 2010? What was happening personally 10 years ago? What goals were driving our organization? So I pulled out my calendar and journals from 2010 (yes, I still have them). Perhaps I should be writing about letting go of things instead of reflections.

As we entered 2010 we were just embarking on a quality assurance process, working to ensure that our practices, policies and procedures were of a high standard. This was a long and grueling 3 year process, but worth the effort. Much of what we developed during that time serves as a foundation for our operations today.

Back in 2010 we had two offices, one at 88 Broad Street and one at 383 Broadway in Fort Edward. Two years ago we consolidated into one location at 37 Everts Avenue in Queensbury.

One of the faces who provide our services have changed but many have stayed the same. Sue and Lynn are now entering their 28th years with the Network. Liz has been part of team since 2006. Pam joined us in 2008. The rest of the faces are new since 2010 and still offering the quality programming and service that providers and parents have come to expect.

Our programs and funding have expanded to now include training and technical assistance specific to infant toddler care (refer to page 4 for upcoming training opportunities). New since 2010 is Sue’s passion and expertise related to Eco-Healthy Child Care. This is a national program to help reduce toxins in child care settings. Contact her if you want to know more and be sure to read the article on lead and other hazardous substances.”

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SACCN Training & News

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

“Boys, Boys, Boys! Working with Boys in Child Care”
Spending the day with boys is different than spending the day with girls. This program will highlight some of the differences and offer solutions that make life easier for all: the boys in care, the caring adult, and the girls who are there, too.
Leave with an empowering understanding of boys development, growth and learning.

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

CDA Classes
Congratulations to the CDA Candidates who have successfully completed their first 30 hours of CDA training in 2019. The next step is to continue with an additional 60 hours of CDA training in 2020.

Health & Safety training is scheduled for Monday, Tuesday, and Wednesday, January 6, 7, & 8 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.

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.

Spring Guest Lecture Series 2020 (All 9 OCFS training categories)
Plans are underway for the 15-hour Spring Lecture Series which will be held on six consecutive Tuesday evenings, February 25 through March 31. 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 $250 for SACCN members, $275 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 2020. At this time, neither topics nor dates have been set. More details will be announced in future newsletters.

Tuition Assistance is available for many child care providers in New York State. Please contact the Child 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.
Welcome New Child Care Programs!

**Warren County**
Jessica French

**Washington County**
No new programs this quarter.

**Hamilton County**
No new programs this quarter.

**Northern Saratoga County**
Heather Dwyer
Saratoga County EOC

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.

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Children Should Learn at Least 16 Gestures by 16 Months

**Children Should Learn at Least 16 Gestures by 16 Months**
Good communication development starts in the first year of life and goes far beyond learning how to talk. Communication development has its roots in social interaction with parents and other caregivers during everyday activities. Your child’s growth in social communication is important because it helps your child connect with you, learn language and play concepts, and sets the stage for learning to read and future success in school. Good communication skills are the best tool to prevent behavior problems and make it easier to work through moments of frustration that all infants and toddlers face.

**Earlier is Better**
Catching communication and language difficulties early can prevent potential problems later with behavior, learning, reading, and social interaction.

Research on brain development reminds us that “earlier IS better” when teaching young children. The most critical period for learning is during the first three years of a child’s life. Pathways in the brain develop as infants and young children learn from exploring and interacting with people and objects in their environment. The brain’s architecture is developing the most rapidly during this critical period and is the most sensitive to experiential learning. By age 3, most of the major brain circuits are mature, and later it becomes more difficult to make significant changes in a child’s growth trajectory.

For more information, see “The Science of Early Childhood Development” at the Center on the Developing Child | Harvard University.

**About the 16 by 16™ Series**
This document is part of the 16 by 16™ series developed by the FIRST WORDS® Project to help families and others learn important early social communication milestones that launch language learning and literacy. We hope this information can provide a roadmap for you to support your child’s early development. This information can also help you notice small delays early in order to prevent bigger delays later. Some children who are late in communicating outgrow delays, but others need extra help to reach their potential.

For more information visit the First Words Project at www.firstwordsproject.com
The information provided are excerpts from the 16 by 16 series.
Developed by the FIRST WORDS® Project.
www.firstwordsproject.com
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Infant Toddler Project Focuses on Enhancing Children’s Care with Providers

Work with the Infant Toddler Project is picking up and has been very exciting. There are two trainings being developed which will come along this Spring. These trainings cover the two main areas that we would like to work toward better understanding when it comes to their importance to infant toddler development. One training will be “Caring Spaces” and it encompass setting up developmentally appropriate, freedom of movement spaces for infants. This training can be followed up with a project for your program or could be used by you as a stand-alone training. The other training will incorporate social emotional learning by using information from Baby Doll Circle Time. This training will also provide trainees with the opportunity to have the Infant Toddler Specialist come to your program and do a circle time with your whole group with baby dolls. This will give you the chance to see how it’s done so that you can continue to incorporate the social emotional learning well after the training. Our Infant Toddler Specialist is also busy booking visits to programs to do the Infant Toddler Environmental Rating Scale and develop long and short term goals and objectives for providers who wish to work in that direction. Be sure to give us a call and chat about it!

Contact Pam Conine, Infant Toddler Specialist, (518) 798-7972 ext. 206, coninep@saccn.org
FYI: Washington County has the highest lead levels in New York!

Why do we worry about lead?
Lead is a naturally occurring heavy metal which is harmful to human health, especially children. Normal behaviors, such as: crawling, playing on the ground, and frequent hand-to-mouth, put children at greater risk from lead exposure than adults. Children exposed to lead can experience headaches, abdominal pain, constipation, hearing problems, delayed growth, decreased IQ, behavioral and learning problems, damage to the brain and nervous system, and in extreme cases, death. Many of these adverse effects, such as reduced IQ and neurodevelopmental deficits, are irreversible. Thus, there is no safe level of lead exposure.

How can I minimize children’s exposure to lead in paint, dust, and soil?
- If your home or child care facility was built before 1978: Check paint conditions at least monthly and keep your home or facility free of flaking, chipping, peeling, or deteriorating paint.
- Wash all areas around doors and windows at least weekly using a mop, sponge or paper towel with warm water and a general all-purpose cleaner.
- Before painting, remodeling, renovating or making repairs that disturb paint, ensure that the Federal requirements in EPA’s Renovate Right brochure are followed. These requirements can be found at epa.gov/lead/renovate-right-important-lead-hazard-information-families-child-care-providers-and-schools.
- Regardless of the age of your home or child care facility: Wet mop at least once a week.
- Vacuum (with a HEPA-filter vacuum) often to avoid soil or dust that has been tracked inside.
- Supply a rough mat at the entrance of your child care facility and have everyone wipe their shoes well before coming indoors. OR, choose to be a shoe free facility!
- Keep children away from playing in areas of bare soil.
- Test your soil for lead and other contaminates before planting a vegetable garden.
- According to an EPA document: “Lead-contaminated drinking water is most often a problem in houses that are either very old or very new. Scientific data indicate that the newer the home, the greater the risk of lead contamination. Lead levels decrease as a building ages. This is because, as time passes, mineral deposits form a coating on the inside of the pipes (if the water is not corrosive). This coating insulates the water from the solder. But, during the first five years (before the coating forms) water is in direct contact with the lead. More likely than not, water in buildings less than five years old has high levels of lead contamination.”

Lead-Safe Toolkit

Lead-Safe Toolkit for Home Based Child Care- A FREE Resource!
There is no safe level of lead in a child’s blood!
The new Lead-Safe Toolkit for Home-Based Child Care can help family child care providers reduce lead hazards. Lead can be found in water, paint, soil, dust, and commonly found consumer products. The FREE Toolkit offers a range of resources including a poster and worksheets that provide easy-to-follow steps for finding out if lead hazards exist within a family child care home and what to do to reduce exposures. Check it out today at https://nchh.org/tools-and-data/technical-assistance/protecting-children-from-lead-exposures-in-child-care/toolkit/
The Lead-Safe Toolkit for Home-Based Child Care was developed with input from child care professionals and lead prevention experts under the guidance of the Children’s Environmental Health Network, the National Center for Healthy Housing and the National Association of Family Child Care.

Toolkit Contents:
- Poster for display in home-based child care.
- List of science-based, user-friendly lead prevention resources.
- Lead prevention policies and worksheets, with easy-to-follow steps for finding out if lead hazards exist in the home and what to do to reduce any exposures.

Share the Eco-Healthy Child Care® Lead Fact Sheet with the families you serve to educate them about the importance of blood lead testing. Find it at https://cehn.org/wp-content/uploads/2019/08/Lead_7.25.19.pdf
January -
I Like a Snack on an Iceberg by Iris Hiskey Arno, John Sandford (Illustrator)
This adorable story takes a look at foods that animals snack on, and where they do this! After reading the story make your own iceberg with a white sheet or blanket and serve lunch or a snack on it. How about serving some frozen vanilla yogurt or a glass of ice cold milk, and some whole grain goldfish? You’ve got a snack fit for a polar bear!

February -
The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don Wood, Audrey Wood
There is no better way to celebrate Valentine’s Day with your children than with a story about sharing! See what happens when both Little Mouse and Bear want the same red ripe strawberry. Maybe each of the children in your care can choose their favorite fruit for snack. Have them tell each other why it’s their favorite, and then have them share it with the others. You could stretch this activity out over several days until each child has had a turn.

March -
Green Eggs and Ham by Dr. Seuss
This classic is perfect for March and St. Patrick’s Day! This one never gets old and neither do eggs and ham. Try a new twist on green eggs with this green egg bake recipe from chop chop magazine, and you may find that just like Sam, your kids do like green eggs and ham!

Green Egg Bake Recipe
We like recipes where the oven does most of the work for you—and that’s true for this baked egg dish, an easy breakfast, lunch, or dinner that’s as good cold as it is hot.
HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR. MAKES 8 SERVINGS

INGREDIENTS
3 tablespoons vegetable oil (divided use)
1 onion, peeled and chopped
4 cups (packed) spinach leaves, chopped
8 large eggs
1/2 cup shredded or crumbled cheese, such as cheddar, Swiss, Feta, or Parmesan
1/2 teaspoon kosher salt
1/2 teaspoon black pepper

INSTRUCTIONS
Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
1. Turn the oven on and set the heat to 350 degrees. Using your clean hand or a paper towel, grease the baking pan with 1 teaspoon oil.
2. Put the skillet on the stove, turn the heat to medium, and carefully add the remaining 2 teaspoons oil.
3. When the oil is hot, add the onion and cook, stirring occasionally, until golden and softened, about 7 minutes. Add the spinach, and cook until just wilted, about 2 minutes. Set aside until cool, about 10 minutes.
4. Put the eggs, salt, and pepper in the bowl and, using the fork or whisk, mix well.
5. Add the cooled spinach mixture and cheese, and mix well.
6. Pour the mixture into the pan and carefully move it to the oven.
7. Bake until the top is golden and the eggs are set, 25–30 minutes. (To see if the eggs are set, use pot holders to jiggle the pan back and forth: you should not see the eggs moving around as if they’re still liquid in the center.)
8. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

Brrr! It’s a long cold winter and the perfect time to snuggle up with a good story and some yummy food! Here are some ideas to try!

March 15-21st is National CACFP Awareness Week!
Call to find out how you can take part!
Call Linda or Colleen 518 798-7972

Contact us at 798-7972 or www.saccn.org
Colleen Maziejka ext. 202,
Linda Scimeca ext.203
CACFP Educators/Home Visitors
The Early Childhood Scene

Save the Date! February 4, 2020 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

The cost of child care in New York (and around the country), is unaffordable for nearly all low and middle-income families, and due to inadequate funding, fewer than 20% of low-income New York families eligible for child care subsidies are receiving them. At the same time, child care educator salaries are so low that many live in or near poverty. The average median wage for a child care educator in New York is $12.38 an hour or $25,760 per year. And, child care providers, unable to meet rising costs, are closing their doors in rising numbers.

This year, New York—with its Child Care Availability Task Force leading the way—has the opportunity to set our state on a path toward universal high-quality, affordable child care. The Empire State Campaign for Child Care and Winning Beginning NY urge Governor Cuomo to adopt the following commitments and investments in New York’s 2020-2021 Executive Budget.

1. New York commits to achieving universal access to quality, affordable child care by 2025; and
2. To set New York on a path to meeting the goal of universal access, and to curb the loss of providers and the exodus of educators from the field while working toward this goal, New York makes significant building block investments in child care this year, including:
   a. Investing at least $40M to create a fund to increase workforce compensation and improve child care quality. Low compensation for child care educators leaves many educators living in or near poverty. It also leads to high workforce turnover rates, causing instability for infants and young children who need consistency in caregivers in order to establish healthy and secure attachments. Priority should be given to programs that serve low-income families and care for infants and toddlers; and
   b. Investing at least $60 million to take meaningful steps toward achieving universal access to quality, affordable child care by 2025 by incrementally increasing the guaranteed eligibility levels and decreasing the co-payment multiplier.

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: laidlawe@saccn.org or 518-798-7972 Ext. 210.

The Governor’s Child Care Availability Task Force

New York State is committing itself to working for our children and families — in order to shape the child care system by which we will achieve that vision. Well-established brain research makes it clear: the experiences that children have in the first few years of life can lay the neurological groundwork for cognitive growth and healthy physical, social and emotional lives. Children who have quality early learning experiences are less likely to drop out of high school, need public assistance, or become a teen parent; they are more likely to go to college and have good health as an adult. No low-income worker should be forced to choose between seeking employment to escape poverty and doing what is best for their child, however, the dearth of high-quality child care opportunities frequently force a family to make exactly that choice.

New York’s early care and learning system is a multi-million dollar sector of our economy, employing thousands of workers and generating hundreds of millions in gross receipts. For that reason, New York State is committed to establishing a child care system of Equitable Access, Affordability, and High Quality in New York by the year 2025.

OCFS Offering Free Graco Cribs to Day Care Providers

OCFS is providing family-based child care providers a Graco Pack ‘n Play crib – free. All legally-exempt, family day care, and group family day care homes are eligible to request one Pack ‘n Play and one fitted sheet. Find out more about how to make a request at https://www.ocfs.ny.gov/main/childcare/assets/OCFS-PaknPlay-Safe-Sleep.pdf, and see the OCFS hold harmless agreement at https://www.ocfs.ny.gov/main/childcare/assets/OCFS-PaknPlay-Hold-Harmless-Agreement.pdf.
Early Childhood Conference 2020
November 13 & 14, 2020 at the Fort William Henry Resort and Conference Center has been confirmed. Due to the success of the Conference 2019, the committee was quick to reserve the date and space to assure that child care providers would have ample notice to share their closed dates with staff, families and friends. A special keynote will be held each day, followed by three workshop session opportunities from which to choose. A special conference rate for rooms at Fort William Henry will be available, so plan now to spend a night or two in Lake George with friends and colleagues.
Plan your 2020 calendar to include program closure on Friday, November 13 as a paid “day off” for training. 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.