



# Southern Adirondack Child Care Network

## Early Childhood News

### Special points of interest:

From the Directors Desk-  
Page 2

Children's Environmental  
Health Day- Page 2

CACFP- Page 3



SACCN continues to follow CDC recommendations to slow the spread of the Coronavirus. Anyone having an office appointment must call 518-798-7972 to have a staff person let you into the building. Please be aware that phone messages left for staff at 518-798-7972 will go to email which staff can access remotely. You must include the staff extensions:

Jorgey, ext 209  
Lani, ext 208  
Linda, ext 203  
Liz, ext 210  
Lynn, ext 204  
Patty, ext 211  
Sue, ext 205

### New Child Care Policy Related to Elijah's Law Now in Effect

Providers by now should be familiar with Elijah's Law which was passed by the NYS Legislature in 2019. A new child care related policy went into effect in December 2020 and providers were required to implement the policy by September 15, 2021. The law is named after 3-year-old Elijah Silvera from New York City who was given a grilled cheese sandwich while at his day care program, despite having a known severe dairy allergy. Unfortunately, there was a breakdown in communication of the staff at his child care program. After Elijah went into anaphylaxis, his family was not told what he had eaten and 911 was not called. Elijah died in November 2017. His parents became his advocates and fought for Elijah's Law. Implementation of Elijah's Law requires valuable and potentially life-saving important changes to child care programs that are intended to prevent further tragedy.

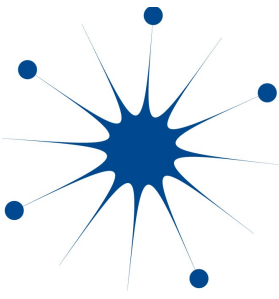
Child care programs play a critical role in protecting the health and safety of the children in their programs. The US Centers for Disease Control and Prevention (CDC) estimates that 1 in 13 children is impacted by allergies. Allergies have the potential to create a life-threatening situation. Anaphylaxis must be treated right away. By gaining knowledge about allergies, prevention of anaphylaxis, and what action is to be taken during a medical emergency, child care providers can save lives.

In relation to Elijah's Law, the Epinephrine Auto Injector Initiative is available to programs that meet the requirements. If a program decides to act on this, the program will be supplied with non-child specific epi-pens in the event a child has an allergic reaction in a child care program for the first time.

To participate in this opportunity, each interested program must:

- ◆ Designate at least one individual per program who successfully completed an approved epinephrine training course (such as OCFS's Elijah's Law no cost training). OCFS strongly encourages all caregivers to take the training, but to be eligible for the auto injectors, one person per program is required.
- ◆ Record each individual who has successfully completed the approved epinephrine course on Appendix H of the Health Care Plan (HCP).
- ◆ Update the HCP to indicate the program is stocking non-patient specific auto injector.
- ◆ Submit Appendix J of the HCP to your regulator.
- ◆ Submit a Hold Harmless Agreement to your regulator. (This has been previously sent to providers.)

Health Care Plans along with an Anaphylaxis Policy should be updated to meet the requirements of Elijah's Law and submitted to licensors as of now and most importantly, the changes made to accommodate Elijah's Law should currently be implemented. For additional information on Elijah's Law, you can visit the OCFS website <https://ocfs.ny.gov/programs/childcare/elijahs-law.php>. Please feel free to reach out to Patty Miller (518)798-7972 Ext. 211 if you have further questions. You can also reach out to us for contact information for Debbie Romanazzi our Health Care Consultant for Health Care Plan Questions.



**The Child Care Network's mission:**  
*“To strengthen the quality of children's early care and learning.”*

## From the Director's Desk

I feel invigorated and full of energy with the onset of fall and the cooler less humid days. For many, me included, it is a time to start new things and follow through on some activities I might have let drift from my mind during the summer months. Think about what you might want to start or activities you might want to renew.

Here at the Child Care Network, we have been busy planning activities for the fall which we hope will support providers in their work. Child care providers have had so much to deal with, especially over the past 18 months. Now there is the recent requirements around Elijah's Law (see cover article) and the very recent mandate from Governor Hochul requiring all children over the age of 2 to wear masks when attending regulated child care programs. We will keep everyone informed as this new mandate unfolds. Watch your snail mail and email for upcoming an-

nouncements and updates.

I want to take time here to recognize and thank our dedicated board of directors. As a non-profit organization, we are required by NYS law to have a volunteer board of directors. They are the people who, as a group, provide policy and financial oversight to the Child Care Network. We are fortunate to have a diverse group of dedicated members. As of July 2021, the following are members of our board: Lisa Buckley (**Treasurer**), Fort Hudson Health System; Marilyn Kraus (past board chair), Glens Falls National Bank; Kristy MacDougal (**Vice President**), Glens Falls National Bank; Erik Mastrianni, Warren County Public Health Services; Sue Mowrey, Washington County Youth Bureau; Lauren Naylor, Glens Falls Hospital; Debbie Romanazi, Retired, Queensbury United Methodist School Age Program; Joan Tarantino (**Secretary**), Conkling Center; Jill Walls,

NYS Academy of Family Physicians and Mean Max Brew Works and Jacquelyn White (**President**), Miller Mannix Schachner & Haffner. Thank you for your time and interest in our organization.

The sun is shining in a cloudless blue sky. The air coming in the window over my desk is cool and refreshing. The trees are sparkling like diamonds, the sun reflecting off the rain droplets still clinging to the leaves after last night's rain. If we just stop for a few moments, take a few deep breaths, we can find beauty and much to be grateful for in those moments.

We appreciate the child care programs for all their hard work and dedication in serving the children and families in our region. Please remember we are here to support providers in that work. Call us anytime.

## Children's Environmental Health Day

Children's Environmental Health (CEH Day) is Thursday, October 14! [Children's Environmental Health Day](#) is a platform for all of us advocating for clean air and water, safer food and products, and healthier places for children to live, learn, and play. The goal of CEH Day is to increase the visibility of children's environmental health while empowering individuals and organizations to act on behalf of children nationwide.

Children are vulnerable to environmental hazard exposures because their bodies and organs are still developing and have distinct behavior patterns compared to adults. Children of color and children from low-income communities are at a greater risk for adverse health outcomes. Black, Brown, and low-income communities are more likely to live near polluting facilities, hazardous waste sites, and substandard housing. We need your help to improve health outcomes for future generations.

Start your week off strong by celebrating Children's Environmental Health Day and commemorate Indigenous Peoples Day, and in preparation for CEH Day, join us for a free, 45 minute, kid-friendly, virtual yoga class led by Indigenous Lotus' Elizabeth Strong, and co-hosted by the Children's Environmental Health Network and Eco-Healthy Child Care® on Monday, October 11th at 6 pm ET/5 pm CT.

Learn more and register: <https://bit.ly/MindfulMondayCEH>



# CACFP

Contact us at 798-7972 or [www.saccn.org](http://www.saccn.org)  
Linda Scimeca ext.203  
[scimecal@saccn.org](mailto:scimecal@saccn.org)  
CACFP Educator

The Child and Adult Care Food Program (CACFP) provides reimbursements for nutritious meals and snacks served to children enrolled for care at eligible child care homes and centers.

For questions about CACFP, including how to sign up, please contact Linda Scimeca, CACFP Educator, at [Scimecal@saccn.org](mailto:scimecal@saccn.org) for more information.

**Sloppy Joe's** (A kid favorite recipe from Chop Chop Magazine)

## INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, peeled and chopped
- 1 small bell pepper (any color), seeded and chopped
- 2 garlic cloves, peeled and

minced (or 1/2 teaspoon garlic powder)

- 1-2 tablespoons water (if needed)
  - 1 pound ground turkey or beef
  - 3/4 cup ketchup
  - 1 teaspoon yellow mustard
- 4 whole grain burger buns, split and lightly toasted

## INSTRUCTIONS

Put the skillet on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion, bell pepper, and garlic and cook, stirring occasionally, until the vegetables are softened and darkened, about 10 minutes. If the pan gets too dry, add a spoonful of water.

Add the ground turkey and cook, breaking up the meat with the spoon, until it no longer looks raw, about 10 minutes. Add the ketchup and mustard, stir, and cook until the mixture thickens and comes together, about 10 minutes. Use a clean fork to taste the mixture. (Be careful! It's hot.) Does it need a pinch of salt or more ketchup or mustard? Add it, then taste again.

Scoop one-quarter of the mixture onto each bun and serve right away, with pickles (if you like).



## Helping Infants Transition to Sleep

As an Infant and Toddler Specialist at Brightside Up, I frequently partner with child care providers who care for infants. My role is to help plan and set goals to best meet children's development and to strengthen their program and practices. Together, we focus on what's working well and what aspects of their day they would like to be a bit smoother. A topic that frequently comes up in infant care is how to help a child transition to sleep. It is common for caregivers to help a child fall asleep by slightly and gently rocking the crib back and forth to mimic the rhythm of rocking a child in the arms. This practice may even seem more effective since once asleep in arms it is quite difficult for the child to stay asleep when being placed, even gently, into the crib. Both rocking to sleep practices hinder a child's emerging ability to regulate and self-soothe to sleep.

Many caregivers I've worked with have set goals related to eliminating rocking a child from alert to fully asleep towards waiting until a child shows individual signs that they are tired and ready for sleep. Their goal is to comfort and soothe the child until they are calm and relaxed, then placing them in the crib. Once the baby is placed in the crib, relaxed and awake but sleepy, the caregiver stays close and connected with soft singing, soothing words, or frequent check-ins. Each child responds differently to these varied sleep transition interactions. A responsive caregiver observes and adjusts according to the child's needs.

Once the baby has adjusted to feeling sleepy and supported in

their crib, they are more capable of regulating their emotions and behaviors related to sleep routines. They know that their trusted caregiver is there and can soothe them as they work from sleepy to sleep.

The infant teachers that I've worked with on this topic have found that goal setting around changing sleep routines can be slow, but so very helpful. Little by little they have been able to reduce the amount of time soothing a child in arms and replacing that time with an equally short time for the child to soothe themselves, supported by a pleasant, safe environment and a loving caregiver nearby.

Submitted by Kathleen Harland, Infant Toddler Specialist, Brightside Up



Southern Adirondack  
Child Care Network

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Fax: 518-812-0799

9:00-4:00 Monday-Friday

*“Strengthening the quality  
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and learning.”*

WE’RE ON FACEBOOK  
AND TWITTER  
FACEBOOK.COM/  
SOUTHERNADIRONDACKCHIL  
DCARENWORK  
WWW.TWITTER.COM/SACCN8

Southern Adirondack Child  
Care Network is an equal  
opportunity provider.

## Child Care Provider Stabilization Grant Updates

You probably have been bombarded by emails with details about applying for the grant, how to use the funds and training and technical assistance opportunities to help you make wise decisions about the funds.

In Warren, Washington and Hamilton Counties approximately 80% of programs have applied and \$504,583 have been awarded to those programs since the application period began on August 3<sup>rd</sup>, 2021. If you haven’t yet applied, the deadline is November 30, 2021.

Advocates asked Congress to provide stabilization funds to save New York's child care. We also know that short-term funding won't solve the ongoing issues with our system. NYS Association for the Education of Young Children (NYSAEYC) is asking for your help again — **can you fill out a short survey to let us know how your child care program is using stabilization funds?**

This survey asks what these funds have meant for child care centers and family child care programs. Have you been able to shorten waiting lists? Increase staff salaries temporarily? Pay off debt incurred during the pandemic? Is there more that you need?

These grant funds are an important start, and your perspective will help advocates shape our advocacy as we work with state and federal lawmakers to develop a long-term, transformative child care and early childhood education system that works for children, families, and the early childhood workforce. The survey can be found at: <https://www.surveymonkey.com/>



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