



Southern Adirondack
Child Care Network

Early Childhood News

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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:

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

Mental Health Effects of COVID

Many children spend the vast majority of their waking hours in the care of an adult outside of their home. The role of these caregivers is of supreme importance for the development and well-being of our nation's children. Caregiving is a highly skilled and nuanced job that requires careful attention and essential understanding of the physical, developmental, and social and emotional needs of children. And as one can imagine and as research has shown, the quality-of-care children receive is directly related to the well-being of those providing it. Managing personal well-being is hard enough during normal times, but during the pandemic it has become unsustainable and, in many cases, impossible.

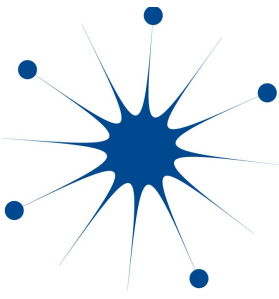
Before the pandemic, the child care system struggled to adequately compensate caregivers for their time and expertise. But now, during the pandemic, the struggle has turned into a full-blown crisis. In addition to persistently low wages, the pandemic has created significant material hardships. Food insecurity and eviction due to inability to pay utility and living expenses has been experienced by 1 in 3 caregivers. A lack of benefits and paid leave create another layer of financial insecurity. Many have had to shoulder the burden of managing remote schooling of children, as well as the fear of harm to loved ones who may be immunocompromised or too young for vaccination. All these forces have added up to a predictable outcome: many caregivers have had no choice but to quit. As caregivers have quit and available slots have decreased, providers are increasingly unable to cover operating expenses. This has forced even more caregivers to leave the field, possibly never to return.

For caregivers who remain in the field, their quality of life and their ability to provide exceptional care are severely impaired. These hardships have increased stress, anxiety, and depression among caregivers. Unsurprisingly, hardship is not experienced equally, with persons of ethnic and racial minorities faring worse across all measures. Caregiver stress doesn't stop at the door—it walks right in, directly presenting itself in the classroom or home setting. Early childhood educators, struggling to make ends meet and self-regulate, find it difficult to attune to the needs of the little people in their care. Caregivers unable to be emotionally present for children and provide the vital attachment necessary for healthy development, may also be unable to provide the reparative care necessary to support children's pandemic related emotional needs.

As family routines get disrupted, guardians also suffer from mental distress, and as material hardship rises, anxiety in children also rises. We know stress can cause significant biological changes if left unchecked. Unremedied changes are thought to account for 45% of childhood mental health disorders (and 30% of disorders in adults). Children in earlier stages of development are particularly vulnerable to repeated adversity and stress brought on by the pandemic. In the worst-case scenario, this sadly includes the death of an at-home caregiver. Nationally, nearly 150,000 children have lost their primary or secondary caregiver to Covid-19. In New York State, which is ranked third, 7,175 children have lost a primary or secondary caregiver.

Connecting caregivers to community supports and CCR&R related services is beneficial in enhancing caregiver wellness and retention. Infant Toddler Mental Health Consultation is a free service available to educators in home, center-based, and Early Head Start programs. For more information contact: Susannah Burgess at the Child Care Council of the North Country, sburgess@cccnc.org.

Article contributed by Susannah Burgess, Infant Toddler Mental Health Specialist, Child Care Council of the North Country, Plattsburgh, NY.



Save The Date On Upcoming Trainings!

The New Year brings new opportunities for professional development and training!

SACCN invites you to save the date for the following events:

January 2022:

An introduction to opened-ended materials and loose parts 1-13-2022 6-8pm via Zoom

Join Jorgey via zoom to explore open-ended materials and the benefits of having them in the classroom.



Family Day Care Zoom 1-19-2022 6-8pm via Zoom

Please join Patty and Jorgey for our Family Day Care Zoom where we will be having a guest speaker, Susannah Burgess, discussing mental health and how it has been affected by COVID-19.

Directors Lunch and Learn 1-20-2022 12:30-2:30pm via Zoom

Please join Patty and Jorgey for our Directors Lunch and Learn where we will be having a guest speaker, Susannah Burgess, discussing mental health and how it has been affected by COVID-19.

Health and Safety 1-24-2022 to 1-28-2022 9:00am- 12:00pm In-Person

Please call SACCN at 518- 798-7972 for more information on Health and Safety.

February and March 2022:

Family Day Care Zoom Topics and Dates to be announced

Directors Lunch and Learn Topics and Dates to be announced

CCR&R Training Topics and Dates to be announced

The Child Care Network's mission:

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

Grant Partnership Opportunity for Sun Safety & Cancer Prevention

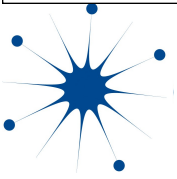
Glens Falls Hospital was recently awarded a grant by the New York State Department of Health to implement a Cancer Prevention in Action (CPiA) program that seeks to reduce the burden of cancer. Glens Falls Hospital will be working in Warren, Washington and Saratoga counties with child care centers, schools, outdoor worksites and outdoor recreational areas on increasing sun safety practices and policies and educating about the dangers of ultra-violet (UV) radiation exposure.

The CPiA program is seeking to partner with local child care programs interested in promoting sun safety practices with the children being cared for and their parents to help build strong, healthy habits.

Why should you partner with CPiA?

Your child care program can play a vital role in cancer prevention by educating your community (children and parents) about sun safety and adopting practices that will contribute to keeping kids as safe as possible while outdoors. CPiA can provide tools for you to succeed including educational sessions and materials, shade structures, sunscreen, protective clothing and more! CPiA can offer knowledge that will promote healthy behaviors that last a lifetime.

Contact Cancer Prevention in Action to learn more about becoming a partner at ryattaw@glensfallshosp.org or (518) 926-5905.

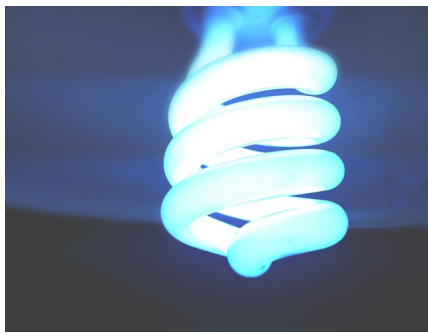


Fluorescent Lighting Could Be a Risk

Fluorescent lighting has formerly been promoted as being the best replacement for lighting equipment. However, a new [report](https://cleanlightingcoalition.org/resources/mercury-in-fluorescent-lighting-report/) (<https://cleanlightingcoalition.org/resources/mercury-in-fluorescent-lighting-report/>) released in October 2021 highlights the health risks related to fluorescent lighting and the benefits of switching to mercury-free LEDs in homes and child care settings.

All fluorescent lighting contains [mercury](#), a neurotoxicant that can cause long-term health effects and harm to the environment. Mercury is a naturally occurring heavy metal that is released into the environment by human activity such as: emissions from coal-burning power plants, and improper disposal of batteries, compact fluorescent light bulbs or tubes, and old glass mercury thermometers or thermostats (when broken).

There is no safe level of mercury; its effects on brain function include blindness, seizures, brain damage, and interference with speech. Lower-level chronic exposure has been associated with developmental delays and cognitive defects. Infants and young children are most vulnerable to the negative health effects of mercury because their brains are still rapidly developing.



The best alternative to fluorescent lighting is LED lights which are cost-effective, mercury free, energy efficient, better for the environment, and reliable.

To learn more about reducing mercury exposure and other environmental hazards in child care settings, take our Eco-Healthy Child Care®'s [Protecting Children's Environmental Health](https://www.prosolutionstraining.com/store/product/?ProductVersion_id=2011) (https://www.prosolutionstraining.com/store/product/?ProductVersion_id=2011) e-learning course. This engaging and interactive three-hour course teaches low-cost tips for reducing exposures to known environmental hazards, such as: pesticides, lead, and unsafe plastics and is approved for adult learning clock hours (CEUs) in 48 states.

Empire State Child Care Campaign (ESCCC) announces Advocacy Day 2022!

SAVE THE DATE! Wednesday, February 9, 2022
Advocacy Day Rally and Press Conference
 (Zoom advocacy/lobby visits to take place 2/1-2/16)

Every New York family must be able to access high quality, affordable child care and early education so kids can thrive, parents can work, and we can build strong, healthy communities.

This is the moment to make child care for every family a reality. Right now, thanks to an influx of new federal funding and growing awareness brought on by the COVID-19 pandemic's impact, New York State has the financial resources, the public support and the political leadership to address our child care and early care systems.

Join the Empire State Campaign for Child Care, along with the Southern Adirondack Child Care Network, on February 9th, as we work together to demand bold transformational change.

For too long, elected officials have failed to prioritize key investments in child care. As a result, many families have been forced to give up their jobs or schooling because they can't find or af-

ford quality child care and early education. Meanwhile, dedicated, early childhood educators in centers and residential settings are denied respect, resources and fair compensation.

To those in our child care community who have been advocating for child care, we thank you for your involvement in this important work. **If you have not yet been involved in advocacy, but would like to be, here are some ways to participate now:**

Register for the upcoming Advocacy Day and join SACCN in supporting ESCCC's 2022 Child care agenda through zoom advocacy meetings with our state senator and assembly members.

Sign up to be included on SACCN's public policy email list to receive updates and advocacy action alerts.

For more information on Advocacy Day 2022 and/or to be added to SACCN's public policy email list, contact Liz Mahon-Laidlaw via email- laidlawe@saccn.org or via phone (518) 798-7972, Ext. 210.

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/
SOUTHERNADIRONDACKCHIL
DCARENENETWORK

WWW.TWITTER.COM/SACCN8

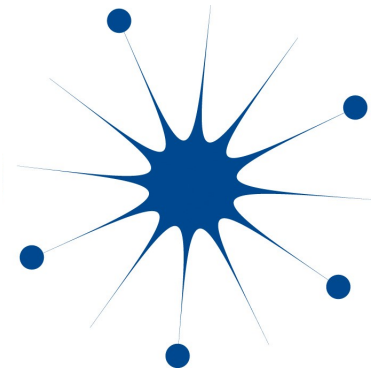
Southern Adirondack Child
Care Network is an equal
opportunity provider.

Coming Soon!

**The online claiming so many providers have been waiting for is
finally here!**

SACCN, as a CACFP sponsor, has invested in the KidKare program by Minute Menu. This is a web-based application that will allow providers on the food program to record menus, meal counts, attendance and enrollments. This can be done from any mobile device, computers, tablets or phones, with internet access. You will then be able to submit your claims easily right from the app! This will cut down on so much paperwork and it is free of charge to providers! We are in the process of installing the software now and will be offering providers training soon. Stay tuned for more information.

If you have any questions contact Linda at Scimecal@SACCN.org



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Queensbury, NY 12804

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