

# CHILD CARE AND FAMILY RESOURCE QUARTERLY

January 2009 by Meg-Ann Parsons



Schoharie County Community Action Program, Inc  
Barbara Rivenburgh, Executive Director

**Save the date!**

## Child Care Resource and Referral's annual Spring Conference

March 14, 2009

8 am—4 pm

At Cornell Cooperative Extension in Cobleskill

\$ 25.00

### **Sensory Motor Processing and Development: How does it all fit together?**

Presented by Marjane Selleck

### **Special Needs and Your Health Care Plan. De- bunking the Myths.**

Presented by Jean Wiseman

### **Environments: Infants and Toddlers**

Presented by Wendy Sullivan

### **Early Intervention Program: What it is and how it works**

Presented by Karen Karker and Linda Stiles

*EIP applications for 2009 are now available on  
[www.tsg.suny.edu](http://www.tsg.suny.edu). If you have any questions re-  
garding the spring conference, feel free to call Meg  
or Deb at 234-2568.*



**CACFP**

### **Earn \$14.08 hour!**

Often heard is that the Food Program (CACFP) is not worth the paperwork. If you look at the numbers I think you will be surprised.

If you cared for 4 children, served 1 breakfast, 1 lunch and 1 snack per child per day and spent an average of 3 hours a week doing the paperwork, do you know how much you would be earning extra per hour?

If you received the lower Tier II reimbursement rate you would be earning \$14.08 per hour. If you received the higher Tier I rate you would be earning \$29.33 per hour.

Can you think of any other job that would pay you this much and still allow you to care for children?

Call 234.2568 and ask for Meg or Deb to get started making your extra money on the Food Program.

**Welcome!**

The CCRR staff would like to welcome Rochelle Huslander and Brittany Farnsworth's Group Family Day care Kreative Kidz Learning Center, LLC! And a big congratulations to Raelyn Cronin who went Group Family.

Providers, if you need anything—do not hesitate to call Meg or Deb at 234-2568.

## Other Training Opportunities

The topics for SUNY's Winter/Spring 2009 Video Conference Trainings have yet to be posted on their website. But the dates are as follows;

February 26, 2009  
March 26, 2009  
April 30, 2009  
May 14, 2009  
June 11, 2009  
July 16, 2009  
September 3, 2009  
September 24, 2009  
October 22, 2009  
November 5, 2009  
December 3, 2009

*\*\* One-on-one meetings will now be available before each video conference. If you have questions or concerns regarding your program, regulations, or anything of that nature please call Meg at 234-2568 and we'll schedule time for discussion/clarification/assistance. \*\**

### **CARE Courses:**

Home-study courses for child care providers, parents and anyone wishing to bring sunshine into the lives of children. Call 1(800)685-7610 or visit

[www.carecourses.com](http://www.carecourses.com).

### **Cornell Cooperative Extension's**

#### **EFNEP Program:**

Educators will come to your program to offer a variety of topics. Training certificates are awarded. There is no fee for this service. Call 234-4303 for more information.



## Fire Drills

The winter months are statistically known to be the most dangerous times of year for a fire in residential settings. The holiday season of 2008 and the beginning of 2009 have been recorded as being the deadliest for residential fires in recent history. Since Thanksgiving 2008, there have been 158 fatal fires in the United States resulting in over 200 fire fatalities.

Since your day care business is located in a residence Fire/Safety personnel would like to remind you as providers YOU ARE REQUIRED to do fire/evacuation drills at least monthly. Yes, this does mean drills must be completed during the winter months. These drills shall be conducted throughout the day including **Nap-time.**

**NEW YORK STATE DAYCARE REGULATIONS (fire protection) REQUIRE**  
416.4(b)GFDC & 417.4(b) FDC

B. Evacuation drills must be conducted at least monthly during the hours of operation of the daycare home. If evening and/or night care is provided, such drills must be conducted monthly during each shift of care. The provider must maintain on file a record of each evacuation drill conducted using forms provided by the Office or approved equivalents.

### **Additional Points:**

\*This is extremely important when you add new children to your program and also when children leave the program (especially when you have used the buddy system and now the buddy is gone)

\*Fire drills shall be conducted using the installed sounding device or an equivalent.

\*Alternate means of egress shall be used

\*At least one drill shall be activated during nap time.

\*Record the time it takes to evacuate the day care only. Do not add the time it takes to completely re-enter the site.

**PRACTICE—PRACTICE—PRACTICE**

## Mentoring

### Help a young person reach for the stars.

To be a mentor, you don't need special skills, just an ability to listen and to offer friendship, guidance and encouragement to a young person. And you'll be amazed by how much you'll get out of the experience.

Volunteer as a Mentor.

The Schoharie County Mentor Project will be having an open house on February 23, 2009 at 5 pm at the Schoharie County Community Action Program in Cobleskill, NY. Come learn more about the project and speak to mentors already involved in the program. Refreshments will be available. Please call/email Meg Parsons for more information at (518)234-2568 / [childcare@sccapinc.org](mailto:childcare@sccapinc.org).

## What's important to you...?

With the state of the economy and budget cuts looming over our heads, be aware that changes are coming. There is talk of restructuring and making changes to the services we can provide to you.

As your local CCR&R we need to know what services we provide are important to you so we can do our best to hang on to them. We will be making calls to survey providers in our county, so start thinking about what services you'd like us to keep/what you could stand to see us let go. Feel free to call Meg at 234-2568 or email her at [childcare@sccapinc.org](mailto:childcare@sccapinc.org) with questions or comments.

## Product recalls...



We would like to remind providers that the U.S. Consumer Product Safety Commission (CPSC) sends email alerts concerning product recalls to anyone who registers online at [www.recalls.gov](http://www.recalls.gov). This service is a time saver and can be a life saver.

## Spotlight on the Regulations

### 417.5 Safety

(c) Portable electric heaters or other portable heating devices, regardless of the type of fuel used, may not be used in rooms accessible to the children.

(d) Radiators and pipes located in rooms occupied by children must be covered to protect the children from injury.

(f)(2) Each family day care provider must ensure that adequate barriers exist to prevent children from gaining access to unsafe, dangerous or hazardous areas or devices. Such areas and devices include, but are not limited to, holes, pits, wood and coal burning stoves, fireplaces and permanently installed gas space heaters.

Portable heaters can get very hot. They can cause burns if touched and can start fires if tipped over or if the wiring becomes damaged. They cannot be used in rooms where you care for children, including areas you use for napping.

417.4(g) Trash, garbage and combustible materials must not be stored in the furnace room or in rooms or outdoor areas adjacent to the home and that are ordinarily occupied by or accessible to children. If there is not a separate, enclosed furnace room, trash, garbage and combustible materials must not be stored within four feet of the furnace.

417.4(d) Multi-purpose fire extinguishers of a type approved for use in residences must be maintained in good working condition and placed in the kitchen and outside the furnace room. A family day care provider located in a multiple family dwelling is not required to place or maintain a fire extinguisher outside the furnace room of such dwelling. The caregivers know how to use the fire extinguishers placed in such home. Fire extinguishers with gauges must show a full charge. Fire extinguishers with seals must have unbroken seals.



## Changes at SCCAP

The CCR&R Department has one less face. Nancy Dingee has moved on to the United Way of the Greater Capital Region. We wish her all the best.

We are working together to make sure we are available so we can best serve you. Please feel free to contact us with questions, training needs, or ideas for trainings.

### Contact information

Phone 234-2568

Fax 234-3507

Email: Meg—[childcare@sccapinc.org](mailto:childcare@sccapinc.org)

Deb—[ccrr@sccapinc.org](mailto:ccrr@sccapinc.org)

## Praise: Catch Your Child Being Good

Praise when your child does something well.

If the only time you respond is when you are displeased, your child may come to think she is a bad person. And when you only respond when your child does something wrong, your child may come to think misbehaving is the only way to get your attention.

Catch your child being good. A simple “I like how you are playing by yourself with blocks” or “This is a really nice wall you have built” will mean a great deal to your child.

Be specific. Make sure your child understands what you are praising him/her for. Just saying “Good boy” is too vague. Save it for the dog. Be more specific. “Thank you for picking up the candy wrappers. That was a big help to me.”

Don't over do it.

Praise in other ways besides words. A smile. A hug. A thumbs up or a high five also lets your child know you're pleased.

Praise Immediately.

## Frosty Pictures. By Raelyn Cronin

Starting this issue, we will publish a “sharing corner”. This will give providers a forum to share activities, circle times, games, et .with other providers. Kicking off this section is Raelyn Cronin with “Frosty Pictures”. Thanks Raelyn!!

- ⇒ Cut out snowman patterns from white paper and glue them onto construction paper
- ⇒ Make a mixture of one part Epsom Salts to one part boiling water. Let the mixture cool
- ⇒ Have your child use a small brush and spread the solution across the picture
- ⇒ When the solution dries, it will leave a maze of frosty snow crystals across the picture.

The next day when the paint was completely dry we used cut outs of hats and glued pipe cleaners on for arms, used small black pompoms for buttons and a small piece of an orange pipe cleaner to look like a carrot for a nose.

Parents loved the end result. Clean up is not bad at all. You can expand and make snowflakes or whatever shape that might have ‘snow’ involved.

If you have something that you would like to have shared in the next newsletter please email either Meg or Deb.

## Homemade Pudding Paint



You'll need:

1 package Instant Vanilla Pudding & Food Coloring

Mix pudding according to directions. Add food coloring for desired color. Finger paint on paper plates. Completely Edible!!!

## HELP! We've got cabin fever!!

Here are some helpful hints from Brenda Nixon, speaker and author of the article "Beating the Bug: Defeat Cabin Fever with Creative Play":

**Read, read, read!** This time of year is especially good for nestling under a blanket with your kids and some books. In a chair or by the fireplace, children of all ages love to be read to. Reading builds [language](#) and concentration skills. Plus, the undivided time with a [parent](#) adds cozy comfort, which nurtures the love of reading.

**Play games!** Preschoolers can begin board games such as Candyland or Chutes and Ladders. Games teach valuable social skills like taking turns, being patient, and winning or losing gracefully. Elements like colors, counting and shapes are a bonus. Card games--try Old Maid--strengthen small hand and finger muscles. Older kids enjoy Yatzee, Chess, Checkers or Trouble.

**Pretend!** Young children love "dressing up" or "pretending." Offer a basket with old hats, shoes, jewelry, etc. This may be the gentle nudge they need for an afternoon of self-entertaining.

**Music band!** Kids make noise...so channel it. Create instruments for a marching band. Empty oatmeal boxes, coffee cans, or a pot and wooden spoon make perfect drums. Clanging cymbals can be pot or pan lids. Cover one side of a block with coarse sandpaper; rub two papered blocks together for sandblocks. Rhythm sticks are two empty paper towel rolls or rolled up newspaper secured with masking tape. Making music is one way to stimulate brain [development](#) and future math skills.

**Ocean play!** Fill your bathtub with blue water (a few drops of blue food coloring); throw in floating toys and watch kids' imagination float away. Kids love water, and this is also a sneaky way to get 'em clean. And no, food coloring does not turn little munchkins blue or stain your tub. Please remember that children must not be left unsupervised by a caring and able adult at any time.

**Create artwork!** Use crayons, markers, paper, chalk and chalkboard to get those creative juices flowing. For youngsters under three years, avoid coloring books and demands to color in the lines. Instead, encourage creative drawings. Phrases like "tell me about your picture" and "you are using red" are more helpful than the standard, "I like your picture." Afterward, display that fantastic Picasso on your refrigerator at the children's eye-level.

## Why...Cubbies?!



- I hang my jacket on this hook. When we go outside, I can reach in and put it on. **I feel proud when I do things by myself.**
- There is plenty of room to store special things I bring from home, like my stuffed penguin and my blanket. At nap time they help me fall asleep. **I like having them nearby, they remind me of my family.**
- This is where my provider leaves notes for my family. Sometimes my family leaves a note for my day care provider here too. My day care provider and my parents care about me so **they like to stay in touch.**
- My friends know that these are my things. They don't go into my cubby, and I don't go into theirs. **I like having my own special place.**
- This is where I put the painting I did today. I put it here so I will remember to take it home. **I can show my family what I did today.**