



Child Care Resource And Referral Quarterly Newsletter

AUGUST, SEPTEMBER, OCTOBER 2011

Spotlight on the Regulations-Direct Competent Supervision

The Family and Group Family Day Care Regulations, 416.8(a) and 417.8(a) respectively, cite the following supervision requirements: *Children cannot be left without **competent** supervision at **any** time. The provider must have **direct visual contact** with the children at all times...(emphasis added).*

The regulations go on to describe when exceptions can be made to the direct visual contact standard of supervision:

• Napping/Sleeping

[416.8(a)(1), 417.8 (a)(1)] With prior written permission of the parent, children may nap or sleep in an area/room where an adult is not physically present. The door to the room must be open and the provider must be on the same floor as the sleeping child/ren. A functioning electronic monitor must be used in any room where children are sleeping or napping when an awake adult is not present in that room. Use of electric monitors is restricted to situations where the children are sleeping or napping and

where parental permission for the monitor's use, is obtained in advance.

• Toileting

[416.8(a)(2), 417.8(a)(2)] Children who are old enough to toilet independently may use a bathroom on another floor with out direct supervision.

• School-Age Children

[416.8(a)(3), 416.8(a)(3)] With written permission of the parent, school-age children may participate in activities outside the direct supervision of the provider. These activities must be on the premises of the day care and the provider must physically check such children ever 15 minutes. Before allowing the children in care to undertake activities outside of the direct supervision of the provider, the provider should always take into consideration the child's developmental level and individual abilities as well as the safety of the neighborhood and surrounding areas.

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“Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that a son of a mine worker can become head of the mine, that a child of farm workers can be president.”

-Nelson Mandela

We would like to Congratulate...

Pam Standhart for becoming designated as a Breastfeed Friendly Child Care Home by the New York State Department of Health Child and Adult Care Food Program (CACFP)!!

(for more information on CACFP or on how to become a Breastfeeding Friendly Child Care home, please call us @ 234-2568)

Eco Healthy Child Care

Plastics and Plastic Toys

Certain plastics are known to contain toxins which have negative impacts on human health. Children are particularly vulnerable to toxins since their immune systems and organs are still developing.

Young children are also at greater risk since they often insert plastic objects into their mouths. Baby bottles, sippy cups, teething rings, and toys are often made with phthalates and Bisphenol-A (BPA). These two toxic ingredients in plastics are of particular concern, as research increasingly shows that these chemicals mimic hormones and disrupt normal development and growth.

Phthalates

(pronounced THAL-ates)

Phthalates are a class of chemicals that are used to soften PVC-containing (vinyl) plastics, bind fragrances in products, and act as solvents and fixatives. Adverse health effects include hormone disruption, developmental and reproductive problems, asthma, preterm birth, low sperm count, undescended testes, premature puberty, and development of some cancers.

Bisphenol-A (BPA)

Bisphenol-A is a hormone disrupter that is used to make polycarbonate plastic (hard clear plastic). Bisphenol-A can be found in baby bottles, water bottles, canned food liners, and sippy cups. Adverse health effects include prostate cancer, breast cancer, miscarriages, birth defects, early puberty, low sperm count, hyperactivity and



aggressiveness.

Plastics to Avoid: #3, #6, and #7:

#3 - Polyvinyl Chloride (PVC)

PVC often contains lead and phthalates, and the production of PVC releases cancer-causing dioxins into the environment.

o *Products:* Flexible plastic toys (rubber ducky, dolls, beach balls), inflatable swimming pools, garden hoses, cosmetics, shower curtains, crib bumpers, imitation leather, and food packaging.

Health Concerns: Cancer, birth defects, reproductive and developmental disorders, low sperm count, undescended testes, premature puberty, and liver dysfunction.

#6 - Polystyrene

(commonly known as Styrofoam)

Toxic styrene can leach from polystyrene plastic.

o *Products:* Coffee cups, carry-out containers, packaging “peanuts”, food trays, disposable cutlery, toys, and packaging for meats, cheeses, fish, and yogurt.

Health Concerns: Suspected carcinogen and neurotoxin.

#7 - Other (usually polycarbonate)

Bisphenol-A (BPA) can leach from polycarbonate plastic and act as a hormone disrupter.

o *Products:* Hard, clear baby bottles, water bottles, and sippy cups; canned food liners.

o *Health Concerns:* Prostate cancer, breast cancer, miscarriages, birth defects, premature puberty, low sperm count, hyperactivity, and aggressiveness.

7 Tips for Safer Use of Plastics:

1. Avoid plastics with recycling code #3, #6, and #7.
2. Do not heat or microwave food in plastic containers, as leaching of toxic chemicals from plastic to food or liquid may occur.
3. Use PVC-free plastic wrap (buy plastic wrap and bags made with polyethylene).
4. Minimize the use of canned foods and canned drinks.
5. Choose phthalate-free toys. Look for toys labeled “phthalate-free” or “PVC-free.” Choose toys made from polypropylene or polyethylene, or avoid plastic toys altogether.
6. Purchase phthalate-free beauty products.

Ask your dentist for BPA-free sealants and composite fillings.

For more information on Eco-Healthy Childcare or to schedule Echo-Healthy trainings call your local CCR&R department at 234-2568.

Discovery Table Add-ons

Add these to sand and water play for new ways of exploring. Many of these items can be interchanged and used in either sand or water. These are just a few suggestions to get your discovery table started!

NOTE: Some of the items listed below are small and should not be used by children under 3 years of age. Supervise children well while playing.

Water Play

aquarium stones	paintbrushes
bark	Ping-Pong balls
boats	pitchers
cars	plastic dolls
clothespins	plastic tubing
corks	plastic tubing
eggbeaters	rubber gloves
food coloring	slotted spoons
hoses	small balls
housekeeping toys	small plastic toys
ice cube trays	soap
ice cubes	sponges
ladles	spray bottles
loofas	toothbrushes
margarine tubs	turkey basters
measuring cups/spoons	water pump

Sand Play

aluminum pie pans	plastic fruits
buckets	plastic vegetables
containers	pots and pans
craft stickers	plastic molds
fake flowers	powdered tempera paint
funnels	small rakes
glitter	rocks
gloves	scoops
leaves	shells
lids	shovels
magnets	spoons
magnifying glasses	toy vehicles
measuring spoons/cups	twigs
muffin tins	whisks
pine cones	wood/bark

Flower Transfers

There's a lot of flowers this time of year. Take a walk, pick a flower and make a "Flower Transfer". This recipe is a great way to add a nice flower pattern to different materials. Make imprints on shirts, paper, pillowcases, placemats, and more! Suitable for all ages with supervision.

You'll Need; fresh flowers, rubber mallet, plastic wrap, fabric or an article of clothing.

Place flowers facedown on fabric. Cover with a layer of clear plastic wrap. Gently tap flowers using rubber mallet. Remove the plastic wrap and flowers.

CACFP

CACFP is the **Child and Adult Care Food Program** is a federal program that provides healthy meals and snacks to children receiving day care. Every day more than 2.6 million children participate in CACFP at day care homes and centers across the country. Providers are reimbursed for serving nutritious meals that meet USDA requirements.

This program is open to all licensed/registered daycare providers as well as legally exempt day care providers.

If you'd like to know more about CACFP please call 234.2568.



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Training Opportunities

August 27th

SCCAP'S CCR&R Summer Workshop

8 am–12 pm

SCCAP'S Boardroom

Wendy Sullivan and Sarah Gould will be presenting a workshop on Temperaments as well as 'the Beauty of the Meatball' which is a workshop that covers Infant and Toddler Art focused on process not product. There will be a hands on piece and a collection of edible recipes for water colors, finger paint, glue and paste. **CALL 234-2568 to RSVP.**

*Looking for training?
What are your needs?
What are your interests?
We are actively gathering NEW training material so give us a call and let us know what you are interested in!*

E-Learning: Another Great Training Option

OCFS offers online training using several unique and innovative delivery methods to meet the needs of child care providers throughout New York State.

There are several online trainings available 24 hours a day, 7 days a week. Topics include; Preventing Shaken Baby Syndrome, Preventing Sudden Infant Death Syndrome and Promoting Safe Sleeping, and Keeping Children Safe: Prevention of Lead Poisoning and Other Dangers to Others, as well as others. The objective of these trainings is to provide NYS child care providers with a place to meet their required training hours. These trainings are available for all child care providers in NYS at no cost to participants. Go to www.albany.edu/earlychildhood to find out more about these trainings.

Grant Money

CCRR Best Practice Grant; Grant money available to purchase educational materials, health and safety items, equipment, training materials and other items that will help providers in offering quality child care. For information please contact us at 234-2568.

CSEA Child Care Quality Grant: Registered Family and Group Family providers should have received an application for a grant from VOICE/CSEA. This is an excellent opportunity for providers to purchase materials to better the quality of care in the program. Your local CCR&R is available to assist you in developing a cost effective spending plan and choosing items that will specifically benefit your program. Contact us at 234-2568.

For questions specifically related to completing the application or the requirements for eligibility, contact the VOICE/CSEA Work Institute at 1-855-472-6848.

These grants are made available to licensed/registered family/group family daycare homes with funding from the Office of Children and Family Services (OCFS)

SUNY Video Conference Training Schedule

October 20, 2011

Cultural Competence

The families and children in your child care program come from a wide variety of backgrounds. In order to make them feel comfortable, safe and truly accepted in your program it's important for you to be a culturally competent provider. This means taking into account each family's background, culture, beliefs and values. In order to do this, you will need to consider how to move beyond focusing on different cultures only around the holidays and find a way to incorporate each family's traditions and way of life into your program's daily routine and schedule. In doing this, you will establish positive relationships with all of the people in your program, which will help you provide the best possible care for individual children and their families.

During this training we will discuss the different components of cultural competence. We'll also review some tips for working with families so you can establish positive relationships and build partnerships with families to aid children in healthy development.

OCFS Training Topic Area(s): Safety and security procedures, including communication between parents and staff, Child day care program development & Statutes and regulations pertaining to child day care

CDA Content Area(s): Positive ways to support children's social and emotional development & Strategies to establish productive relationships with families

November 10, 2011

Guidance and Discipline for Infants and Toddlers

All children display behaviors we may find challenging at one time or another. By knowing child development, you can determine if a child's behavior is typical or not so you can develop a plan of action that might include many different strategies for handling the behavior. This will keep the child safe and help him learn skills that will assist him with dealing with life's ups and downs in an appropriate way as he develops and grows.

Join us for this training presented by J. Ronald Lally, a national expert on early childhood development and the director of the WestEd Program for Infant/Toddler Care (PITC). Through the use of video, print materials and small group discussion and problem-solving activities, we will explore the roots of socialization and Selma Freiberg's concept of developmental equipment. We will also discuss the concepts of prevention and intervention, as well as specific guidance techniques appropriate for infants and toddlers at different stages of development.

We highly recommend you take our free online course "Managing Challenging Behavior: Birth to 18 Months" before attending this videoconference training. To register, please visit: www.ecetp.pdp.albany.edu

OCFS Training Topic Area(s): Principles of childhood development, focusing on the developmental stages of the age groups for which the program provides care & Statutes and regulations pertaining to child day care

CDA Content Area(s): Principles of child development and learning & Positive ways to support children's social and emotional development

To register, please visit:
www.ecetp.pdp.albany.edu

