



CHILD CARE  
RESOURCES  
OF ROCKLAND  
INCORPORATED

# Rockland Child Care News

childcarerockland.org | info@rocklandchildcare.org | 845-425-0009

January – March 2020

## Partnerships with Economic Development and Business Groups

by Vicki Caramante, Executive Director

CHILD CARE RESOURCES OF ROCKLAND has a strong history of partnering with business groups in the county to discuss and promote the importance of access to quality child care for both employees and employers while recognizing child care providers as businesses themselves. In September, the CCRR Board of Directors voted to join the Rockland Business Association (RBA), furthering our cooperative relationship. Board President Phyllis W. Tucker and I presented our membership check to RBA CEO Al Samuels at their office in Pearl River (*below right*). Since then, I've represented CCRR at several RBA luncheons, and Marketing and Public Relations Coordinator Lisa Kreisel has joined the RBA's Marketing Council meetings. In October, along with the directors of several other Rockland nonprofits, Phyllis and I were invited as guests of the RBA, through the generosity of Good Samaritan Hospital, to attend the RBA's annual dinner. The featured speaker, Eric Gertler, is the new President and CEO of the Empire State Development Corporation, the State agency charged with supporting and growing New York's economy.



I also represented CCRR at the Rockland Business Women's Network's (RBWN) November luncheon at which the partnership between for-profit and nonprofit businesses was showcased. Keynote Kim Cross of the Nyack Center (and co-facilitator of the Institute for Non-Profits) was joined by panelists Kenyatta Jones-Arietta, Donna Schmidt, and Maria Luisa Whittingham to discuss philanthropy as a benefit for those supporting and those being supported.

I was delighted to join the hundreds of people who attended the final Rockland Economic Development Council's (REDC) luncheon on November 15, to celebrate and acknowledge the over 40 years of attracting, retaining, and expanding businesses in Rockland.

CCRR Board Chair Phyllis W. Tucker, REDC's Director of Operations & Marketing for almost six years, stated, "I have always supported and worked towards building a strong relationship between the not-for-profit community and REDC. Specifically, the business community should welcome CCRR's work in assuring that parents who need guidance in securing child care for their children have somewhere to turn. When a parent knows their child is well cared for and having the kind of day every parent wants for their children, they will be happier, more productive employees." As the REDC's role is now taken on by the Rockland County Office of Economic Development, we look forward to continued collaboration.



**Executive Director**

Vicki Caramante

**Board President**

Phyllis W. Tucker

**Executive Committee**

Stephen M. Fromson

John Gregory

Christopher Jensen

Donna Perreca

**Directors**

Kathleen Cuneo

Nancy Cutler

Una Diffley

John Lagana

Anne Nissen

Debbie Roth

Scott Salotto

Nycole Smith

Ann Taylor

Jessica Werk

**Mission Statement**

Our mission is to promote, support and enhance the healthy development of all children by:

**Providing** resource and referral services for families seeking accessible, affordable, quality early childhood and school age care and education;

**Offering** training, support and resources to the early care and education workforce as well as public and private schools;

**Connecting** with business leaders and public officials to emphasize the value of quality child care to the economic vitality of Rockland County;

**Advocating** for increased investment in quality child care and education;

**Collaborating** with strategic partners to enhance our collective abilities to address the needs of the community now and in the future.

## A Warm Welcome to all New and Renewed Licensed/Registered Child Care Programs

**FAMILY CHILD CARE PROGRAMS**

Zipporah Kaufman

Maria Polanco

Malka Rotenstreich

Teddy Bear Kids Care

Wish for Child Learning Center

Rivka V. Stein

Rivkah D. Ribiat

Safe At Play

Teacher Guly Daycare, Inc.

Yaled Shaashium, Inc.

Wee Place, Inc.

**GROUP FAMILY CHILD CARE PROGRAMS**

Gan Ahuvim

Bright Beginnings of Rockland, Inc.

Natasha Dor Garcia

Rachelle Frey

Here We Grow Childcare, Inc.

Rochelle Jacknis

Jona &amp; Sabie, LLC

Barbara Sussman

Kids Club House Daycare, Inc.

Kids in Action Rockland, Inc.

KinderCare, LLC

Kinderkidz Daycare, Inc.

MLK Day Care, Inc.

Morah Yehudis Playgroup, Inc.

**CHILD CARE CENTERS**

Nanuet Family Resource Center, Inc.

Safe-N-Sound Child Care, Inc.

**SCHOOL AGE CHILD CARE PROGRAMS**

Children's Corner SACC @ Evans Park

Children's Corner SACC @ Franklin Elementary

Children's Corner SACC @ Lincoln Elementary

Nanuet Family Resource Center, Inc.

YMCA @ Strawtown Elementary

YMCA @ Upper Nyack Elementary

YMCA @ Viola Elementary

YMCA @ West Haverstraw Elementary

YMCA @ West Nyack Elementary

## MEMBERSHIP NEWS

**THANK YOU** TO THE FAMILY AND GROUP FAMILY CHILD CARE PROVIDERS, CENTER-BASED PROGRAMS, SCHOOL AGE CARE PROGRAMS, AND COMMUNITY MEMBERS WHO PAID MEMBERSHIP BETWEEN AUGUST 5, 2019 AND DECEMBER 30, 2019.

Liedrea Allen

Sonia Amezcua

Meryl Barkin

Johely Cruz

Dr. Kathleen Cuneo

Darnett Davis-White

Jaime Edelschick

Barbara Feeney

Nadia Garcia

Angelica Gartner

Alexandra Gatti

John Gregory

Esther Herskovitz

Jan Jason

Rebecca Kurlander

Hannah Lichtenstein

Yomaira Martin

Anne Nissen

Irma Pachter

Velveth Silva

Nycole Smith

Victoria Stebbins-Frelow

Edith Vasquez

Sandrien Walder

Julita Zamorano

Campus Fun and Learn Child

Development Center

Children's Corner Learning

Center

Good Shepherd Creative Play

Gracepoint

Jawonio, Inc.

JCC-Y of Rockland

Kiryas Joel Early Head Start

Kiryas Joel Head Start

Lamont Doherty Child

Development Center

Learning Land Daycare

Primetime for Kids

Smarty Pants

St. Paul's Christian Day School

**Child Care Resources of Rockland, Inc.** is a contract agency of the County of Rockland, NYS Office of Children and Family Services, NYS Department of Health, the NYS Education Department and the United Way of Rockland County. Additional funding for Special Needs Services is provided by the Office for People With Developmental Disabilities. We are also supported by our members. Child Care Resources of Rockland, Inc. is Best Practices/Quality Assurance Certified by Child Care Aware of America demonstrating the competence in the field of Child Care Resource and Referral in New York State.





## 2020 PreK Parent Information Sessions

We are hosting Universal Pre-Kindergarten (UPK) and Statewide Full-Day Pre-K information sessions for parents who have a child who will be **4 years old on or before December 1, 2020** and live in the following school districts:

**Clarkstown | Nanuet | North Rockland | Nyack | Pearl River | South Orangetown | Suffern Central**

### Monday, February 3, 7:00 pm

George W. Miller Elementary School  
50 Blauvelt Road, Nanuet, NY 10954

### Tuesday, February 4, 6:30 pm

William O. Schaefer Elementary School  
140 Lester Dr, Tappan, NY 10983

### Wednesday, February 5, 7:00 pm

R.P. Connor Elementary School  
13 Cypress Rd, Suffern, NY 10901

### Monday, February 10, 9:30 am

Child Care Resources of Rockland  
235 N. Main St., Spring Valley, NY 10977

### Wednesday, February 12, 7:00 pm

Liberty Elementary School  
142 Lake Rd, Valley Cottage, NY 10989

### Wednesday, February 19, 7:00 pm

West Haverstraw Elementary School  
71 Blauvelt Ave, West Haverstraw, NY 10993

### REGISTRATION REQUIRED

Parents! You may attend *any* session regardless of the school district in which you reside.

845-425-0009 x0

[info@rocklandchildcare.org](mailto:info@rocklandchildcare.org)

## Child Care Tuition Scholarship

Over the last year, CCRR has focused on increasing the dollars available through our **Child Care Tuition Scholarship Fund**. After our poignant celebration of former Executive Director Jane Brown upon her retirement in 2018, at which over \$23,000 was raised, we were able to scholarship two children. Since then, at our June *Thank You Tea* and our September *Stand Up for Children* fundraiser, we have raised just over \$3000 – close to our need for **\$3600** to scholarship **one more child**.

Over 30 children are on the scholarship waiting list, so your donations are still needed. Be a part of a child's early education and future success. To donate, please go to [childcarerockland.org](http://childcarerockland.org) and click DONATE at the top of the homepage. Thank you!



National Council of Jewish Women, Rockland Section, presenting the first installment of their \$1000 gift.



## Parting Wisdom

**Ellen Mitchell**, CDA Coordinator, Special Needs Coordinator, Quality Enhancement Specialist

**To The Early Childhood Community:** I have been so fortunate to have worked with CCRR in some capacity since 1989 when I started teaching the CDA classes. It has been my privilege to work for an organization that has grown over the years and contributed so much to Rockland and the early childhood community. I consider this wonderful group of dedicated professionals as my co-workers, friends and family.

Through CCRR I have been able to work with many early childhood providers in a variety of settings. I have learned a lot from all of you and I hope I have been able to contribute a little to your growth as professionals.

I have many wishes for the early childhood community and hope to continue to work toward improving early childhood education. *I wish* more money would be allotted to early childhood education including living wages for those who work so hard on behalf of children and their families. *I wish* less stress for children and their families. *I wish* for every child to have the opportunity to be in high quality child care settings. *I wish* early childhood providers would see each conflict or challenging situation as an opportunity to teach and help each child to grow and learn from it.

At the end of many of my CDA courses I have given students a *Teacher Survival Kit*, which I would like to share. I hope all of us continue to grow and learn, and enjoy being part of this wonderful profession.



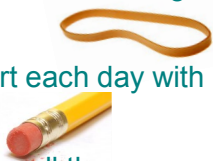
### ★ TEACHER SURVIVAL KIT ★

**A TOOTHPICK** to remind you to pick out the good qualities in the children

**A RUBBER BAND** to remind you to stretch and grow and learn with the children

**AN ERASER** so everyone can start each day with a clean slate

**A SPONGE** to absorb and clean up all the messes that are bound to occur



**A PAPER CLIP** to help you hold it all together

**A CANDLE** to remind you how you light up the children's lives

**A CANDY** to keep up your energy and remind you how sweet the job can be

**A TEA BAG** to remind you to take time to relax every day

**A CLAPPER** to give yourself a hand for the work you do



## Children Count! BE SURE TO COUNT THEM IN THE 2020 CENSUS

### Representation. Funding. Impact.

An estimated 5% of children under the age of 5 weren't counted in the 2010 Census. That's about 1 million young children, the highest of any age group. Responding to the census will help secure funding for the many much needed programs that affect children.

Learn more at [census.org](https://census.org) and watch for our February Facebook video interviews with Keith Camire, Census 2020 Partnership Specialist.



United States®  
**Census**  
**2020**

## Parting Wisdom ☆☆☆



### **Haiana Doro, Standards and Support Specialist**

It is with great sadness that I leave Child Care Resources of Rockland. I have loved working with the agency and am very sad to say goodbye. The lovely CRRR staff and the many child care providers have made every day interesting, rewarding and fun. It has been a privilege learning from and providing assistance to child care programs in the county.

One thing I have learned is that child care is not babysitting! Child care is a family in a relationship with a professional care provider, in an environment that becomes, by design, a second home. These are caring and trusting people, who partner together and learn from each other.

Alison Gopnik, a psychology professor at the University of California, once said, "Caring for children has always been one of the deepest and most satisfying things that a human being does, and yet it is hard to keep a healthy attitude toward it in our competitive, outcome-oriented society." I give praises to all Rockland County child care programs that maintain safe, healthy environments for our children. What I have learned from my experience with child care providers is that one can maintain a positive attitude even in the most challenging times. Child care providers: Please always remember that CCRR is a just a phone call away to help during the tough times and to celebrate the great times.

To all who have supported me during these past two years, I say thank you! As a result I have grown personally and professionally, and have gained an even deeper respect for the child care community.

## Creating Breastfeeding Friendly Communities

In partnership with the Rockland County Department of Health, Child Care Resources of Rockland, Inc. is in the process of finalizing the third grant year of the *Creating Breastfeeding Friendly Communities* project.

CCRR is thrilled to be working with eight sites (listed to the right) towards becoming designated as *Breastfeeding Friendly* child care programs. The project's goal is to promote, encourage and support breastfeeding mothers and families. We provide materials based on the needs of the child care program, such as a glider chair; a Boppy pillow; breastmilk storage bags; educational pamphlets addressing hand expression; returning to working and breastfeeding; etc. The items are intended to help develop a comfortable space for employees and families in child care programs.



**Breastfeeding Is  
Welcome Here**

Soon to become designated as *Breastfeeding Friendly* child care programs:

**Bright Beginnings of Rockland, Inc. (2 sites)**

**Early Bird Day Care and Nursery**

**Kids Town**

**Lorna Levitin**

**Sophia's Sandcastle**

**Sarah Hirschberg**

**Elsa Sandoval**

## Nurse's Notes Children with Special Health Care Needs

By Kristin G. Saunders, RN, BSN



**Child Care providers** often have questions about addressing the needs of children with special health care needs. Below is some important information to keep in mind.

**Who is a child with special health care needs?** OCFS defines a child with special health care needs as a child who has a chronic physical, developmental, behavioral, or emotional condition expected to last 12 months or more and who requires health and related services of a type or amount beyond that generally required by children.

**Who would be the children that meet this definition?** A chronic physical condition could be a condition such as an allergy, asthma, reactive airway disease (RAD), diabetes, seizures, etc. Developmental conditions would be conditions such as autism, Attention Deficit/Hyperactivity Disorder (AD/HD), brain injury, cerebral palsy, Down Syndrome, spina bifida, intellectual disability, fetal alcohol syndrome, etc. Children who also fall under this definition are those receiving any type of service while in a child care program, such as speech, PT, and/or OT, and any service provided by a therapist.

**Do all children that meet this definition require an Individual Health Care Plan?** YES! OCFS regulations state that any child with special health care needs requires an Individual Health Care Plan for a Child with Special Health Care. Refer to Section 2 of your program's OCFS Health Care Plan (HCP), as it addresses how you obtain a plan for children with special health care needs. Most programs opt to use the OCFS form OCFS-LDSS-7006. Please remember that each child is individual even though their conditions may be similar. Each child needs their own individually tailored plan including but not limited to: the child's diagnosis, how to safely care for the child; how to respond to an emergency with this child; any training/procedures and/or competences that will be needed; and who will provide this training. This plan is created by the child's parent AND health care provider and then shared with the child care program.

**How do I know if a child in my program has special health care needs?** You may notice the diagnosis/es is/are indicated on the child's medical statement or on the second page of OCFS Medical Statement OCFS-LDSS-4433 under "Health Specifics." If "yes" is answered to any of those questions, that child requires an Individual Health Care Plan. Many times parent(s)/guardian(s) will share this information when enrolling in a program either in a verbal conversation or making note in a child care provider's enrollment packet.

Sometimes, families are hesitant to inform a program of their child's special health care need. As part of licensing, the program director or on-site provider has signed off the HCP Section 11 and/or 21 thereby stating that the child care program will comply with the Americans with Disabilities Act (ADA) and will follow any necessary steps to meet the need(s) of the child(ren) without making fundamental alteration(s) to the program.

OCFS regulations require all child care programs to be in compliance with the ADA. There have been cases and mediations where the US Department of Justice has resolved formal settlement agreements with child care programs found to be non-compliant. The summary and details can be found at [www.ada.gov](http://www.ada.gov).

Parents – work with your provider to ensure your child's needs are met by sharing as much information about your child, including any health, emotional, behavioral, and/or developmental needs. Communication between you, the provider, and their health care manager(s)/therapist(s) will ensure an inclusive and successful early childhood experience for all.

If you need assistance with a child in your program with special health care needs and/or have questions about the ADA, please feel free to contact me: 845-425-0009, x493, [kristins@rocklandchildcare.org](mailto:kristins@rocklandchildcare.org)

## Americans with Disabilities Act and Child Care

### Important information for Child Care providers!

By Elaine Trotta, Director of Standards and Support Services

Staff at Child Care Resources of Rockland recently read about a three-year-old child who was expelled from a child care program for not being toilet trained. Surprisingly, many programs require children to be toilet trained by age three. But is it realistic to expect that all children are ready to be fully potty trained by age three? We say, *No!*

If we understand that no two children develop in the same way or at the same rate, it should then be noted that some children, for a number of very legitimate reasons, may not be toilet trained by age three.

The child mentioned here has some developmental disabilities that make toilet training even more difficult than it may be for other children of a similar age. So why does this situation fall under the ADA? For two reasons: 1) the child care program is open to the public; and 2) the child has devel-

opmental disabilities documented by medical professionals. In this case the program did not have the legal right to expel the child for not being toilet trained. This was the finding made by the court once legal action had been taken by the parents. The child care program was ordered to pay the family \$18,000 for legal fees and an additional \$30,000 in U.S. civil fines.

We share this information with all child care providers and programs as a reminder that programs which have opened their doors to the public must be aware of Office of Children and Family Services regulations, as well as other laws pertaining to its business, such as labor laws and ADA laws. If you have questions or concerns, or if you are ever confused about a law or regulation, or any other type of situation, please reach out to us for assistance: 845-425-0009. That is why we are here!

## RETURNING PHONE CALLS

(Also known as Marketing 101)

Parents have shared with us that when searching for child care not all providers are returning calls in a timely fashion. If you return calls daily, that's wonderful! It not only demonstrates your professionalism, it shows that you care enough to return a call to a parent regardless of whether or not your child care program has openings. If you do not return calls within 24 hours, you may want to try to schedule time every day to reach out to a possible new client. Not returning calls indicates to parents that you do not communicate well and may not care about your business.

## A GOOD REASON FOR QUARTERLY MONITOR VISITS

School Age Child Care Director Juliet Allen recently commented to one of our Registration Specialists that she is really starting to love the frequent monitor visits. Although it took a while for both parties to get used to this schedule, they both see quality improvements in Juliet's programs. Juliet shared that she feels these frequent monitor visits have helped her programs to earn perfect renewal inspections. We congratulate her and her staff on those perfect inspections!

## Advance your career!

### Child Development Associate™

**The CDA credential is the most widely recognized credential in early childhood education and the best first step on the path of career advancement in Early Childhood Education!** Its purpose is to promote, support, and enhance the health and safety of all children from birth to 5 years of age.



This spring, CCRR will begin a new Child Development Associate™ (CDA) course. Students can pursue the CDA Credential in Infants and Toddlers, Preschool, and Home-Based Family/Group Family Child Care.

CDA requires 120 hours of training, a verification visit, and a written test at the end of the course.

## Learn how you can grow professionally!

For more information about CDA, please contact Maria Rivas, Quality Enhancement Specialist: 845-425-0009, x455 | mariar@rocklandchildcare.org



## Ouch! Biting Hurts! *Understanding Why Infants and Toddlers Bite.*

By Jenny Spampinato, Infant/Toddler Quality Enhancement Specialist

Biting is a very common but challenging infant and toddler behavior. For parents and caregivers it can ultimately lead to frustration, anger, and even embarrassment. To effectively address this behavior, avoid calling or thinking of the child as a *biter*. Labeling a child can lead to them taking on the identity and can potentially intensify the behavior rather than minimize or eliminate it.

An infant may bite due to a few different reasons. Sensory exploration plays a huge part in infant development. Infants explore the world around them through their senses, especially by mouthing objects. Strong emotions such as frustration, fear, anger, excitement, or a sense of feeling overwhelmed can also lead to biting. Infants begin teething at around five months old; biting on an object or sometimes other individuals, can help relieve pressure and ease the discomfort associated with teething.

There are many reasons why a toddler might begin to bite. Similar to infants, toddlers can feel overwhelmed, have a need for oral stimulation, or are teething. A huge factor to take into consideration is language; toddlers lack the necessary language skills to express important needs or desires. Biting can be a substitute message they can't yet express in words such as: *I'm mad. I'm so excited. You're too close to me. I want to play with you.* Toddlers also may be experimenting with cause and effect or imitating what they see.

As you observe children play, you may be able to anticipate when biting might occur. There are many signs a child might be on the verge of biting. To help assist in

identifying these signs, ask yourself, "What was the child doing before the bite occurred? Who was bit, the same child or a different child? Who were they playing with? Where was the child playing? What time did the incident occur?" In documenting this information it's possible to potentially find a pattern. When dealing with a bite you need to act quickly and directly. You want your words and actions to convey the strong message biting is not okay; biting hurts. Shifting your attention to the child who was

bitten clearly communicates that biting does not result in more attention and also helps to teach empathy. Try redirecting the child that bit to another activity such as reading books, playing puzzles, or with other toys. The goal is to reduce the tension and shift the child's attention to another task. With toddlers you can suggest how the situation could have been handled differently

by providing the language for them. Over time parents and caregivers can reinforce no biting by being vigilant; documenting; looking for patterns or clues; using positive reinforcement instead of negative reinforcement; and, whenever possible, trying to predict and prevent a child from biting.

### Resources

Kinnell, G. (2008) No Biting: Policy and Practice for Toddler Programs, Second Edition. Red Leaf Press St. Paul: MN.

Why Do Toddlers Bite: Finding the Right Response (2016)

<https://www.zerotothree.org/resources/232-toddlers-and-biting-finding-the-right-response>







## PRE-K APPLICATIONS

will be available on our website on  
January 31, 2020, after 5:00 pm.

[childcarerockland.org](http://childcarerockland.org)



To apply for the 2020-2021 school year PreK program, submit the completed application no later than March 31, 2020.

**ATTEND A PREK INFORMATION SESSION:**  
SEE PAGE 3 FOR DETAILS

235 N. Main Street, Suite 11, Spring Valley, NY 10977  
845-425-0009 | Fax: 845-425-5312 | [info@rocklandchildcare.org](mailto:info@rocklandchildcare.org)



YOU'RE INVITED TO THE

**CHILDREN'S CHAMPIONS AWARDS  
CELEBRATION April 29, 2020**



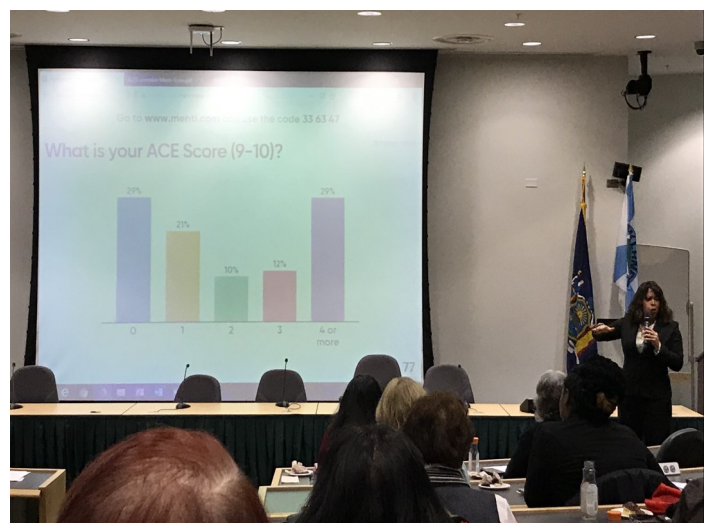
**Save the Date!** Invitations to follow. 845.425.0009  
[info@rocklandchildcare.org](mailto:info@rocklandchildcare.org) | [childcarerockland.org](http://childcarerockland.org)

## RESILIENCE SCREENING AND PANEL DISCUSSION

In cooperation with the Rockland County Office for People with Disabilities and the County Executive's Office, we presented a screening and panel discussion of *Resilience: The Biology of Stress and the Science of Hope* at Rockland Community College on November 19, 2019.

Over 70 people representing government, community based organizations, and schools viewed the movie and participated in a discussion of the affects of trauma and toxic stress with facilitators Daniella Jackson, Chief of Planning, Research and Staff Development, Westchester County Department of Probation, and Dr. Andy Bell, Program Director, Children's Mental Health, Westchester County Division of Children's Mental Health.

A special thanks to Jacki Scott, Director of Rockland County's Office for People with Disabilities, and to Myrnia Bass-Hargrove, Director of Rockland County's Office for People with Disabilities, for all their work to bring this event to fruition. *CCRR is planning a follow-up conference; look for details in the coming weeks.*



Daniella Jackson discussing ACE scores.  
(Adverse Childhood Experiences)

## County of Rockland Funded Projects!

### Diversity

Over the past several years, programs received training on *Promoting Acceptance of Diversity* and on-site technical assistance. A variety of materials included diverse baby dolls, puzzles, art materials, and books.

The following child care programs participated in the 2019 Diversity Project: Rockland Worksite; Kidsnett Child Care Program; JCC Rockland; St. Paul's Christian Day School; and Children's Corner Pearl River.

### STEAM

This year, ITA will focus on a STEAM (science, technology, engineering, art and mathematics) project. Participants will receive free training, technical assistance, and STEAM materials to help them integrate STEAM into their programs.

**CHILD CARE PROVIDERS:** Contact Debbie Silver, Director of Professional Development, at 845-425-0009 x459, if you have any questions or would like an application.

## Using Data for Good **UPDATE**

In our last newsletter we told you about the pro bono work offered to us by a team of data management experts from Regeneron. The team has since created an immunization spreadsheet which will allow our nurse to easily track children's immunizations and tabulate the data needed to complete a child care center's immunization survey. This information must be submitted annually to the NYS Department of Health.

Recommendations were made to convert our paper site visit forms to an electronic version.

Additionally, the team made multiple recommendation regarding changes that can be made in our training database, which will allow for sign-in sheets and certificates to eventually be automatically generated by our trainers.

The Data for Good project helped us identify ways to increase efficiency, reduce the amount of paperwork collected, and allow for better data collection and analysis.

**THANK YOU, REGENERON!**

We recently hosted a **QUALITYstarsNY** recruitment session for child care programs interested in learning more about how to participate in this wonderful project.

**QUALITYStarsNY** provides quality improvement support and resources at *no cost* to early childhood programs.

Contact Rockland County's Quality Improvement Specialist Kathy Moss for details: [kmoss@qualitystarsny.org](mailto:kmoss@qualitystarsny.org)



## WINTER TIME: OUTDOOR PLAYTIME IS THE BEST TIME

Young children do best when they have opportunities to participate in physical activities throughout the day. A variety of play and movement activities will help children develop gross motor skills, balance, coordination, and social skills. Children also gain health benefits such as proper bone development, a healthy heart, strong muscles, improved flexibility, and achievement of a healthy weight.

In the winter months participating in outdoor play may be less favorable than staying indoors where it is warm and cozy. But it is important for young children to participate in outdoor play throughout the year for four key reasons.

**First**, playing outside is good for children's bodies. Physical health is one of the best reasons to play outside. Children who enjoy outdoor activities for at least an hour a day tend to be fitter and maintain healthier weights. Studies show that most youth do not make enough vitamin D for optimal health. Therefore, more play outside most likely means more vitamin D from appropriate sun exposure. Additionally, outdoor play helps to develop children's immune systems.

**Second**, playing outside is good for children's behavior. Time spent in outdoor activities, such as kickball, walking, or free-play, helps to improve the behavior of children. In fact, the chance to run, jump, and burn off some excess energy usually improves the indoor behavior of almost any young person.

**Third**, playing outside is good for children's brains. Outdoor time, especially in green settings like parks and playgrounds, helps concentration and focus in the classroom. Creative outdoor play such as building a fort or tree house also helps to develop active imaginations and problem-solving skills.

**Fourth**, playing outside is good for child and adult connections. Any outdoor activity from vigorous games to quiet bird watching is a good way for multiple generations to spend time making memories together. Playing outside can include goal-directed activities (Let's see if we can make some really big bubbles today.), or simple exploration and discovery (What kind of bugs are living on these flowers?).



**Playing Safely:** When participating in outdoor activities during the winter months, always begin with safety in mind:

- Ensure children are dressed properly, in layers, hats, scarves, mittens, boots, winter coats, snow pants.
- Use safe equipment. Equipment covered with snow or ice may be unsafe for the children in your care during the winter months. Plan activities such as building snow people or painting the snow with food coloring.
- Keep moving! Both you and the children should constantly move and avoid standing still. Standing still in cold temperatures can lead to frostbite and hypothermia.
- Child care providers should check with local or state regulatory agencies to determine any procedures to be followed when playing outdoors.



## Important Dates

### OFFICE CLOSINGS

Mon., Feb. 17: President's Day

### SAVE THE DATE!

#### Children's Champions Awards Celebration

Wednesday, April 29, 2020  
5:45 pm Awards Ceremony  
7:00 pm Dinner and Dancing



Congratulations to former CCRR board member, Stacie Scollo, owner, *Kid's Kingdom*, on 25 years!



Congratulations to Lynn Del Duca, of *Lynn's Lil' Angels* Day Care, on your 28th anniversary!

## Staff Directory

### Executive Director

Vicki Caramante x417

### Director of Family, Community, and Operations Services

Karen Ross x630

### Resource and Referral Coordinator

Christina Espindola x610

### Marketing and Public Relations Coordinator

Lisa Kreisel x616

### PreK Coordinator

Jenine Valentino x460

### Director of Professional Development and Quality Enhancement Services

Debbie Silver x459

### Quality Enhancement Specialists

Rachel Ambroziak x620

David Del Campo x451

Bonnie Parsekian x613

Maria Rivas x455

### Director of Program Standards and Support Services

Elaine Trotta x421

### Legally Exempt Enrollment Coordinator

Ines Ortiz x411

### CACFP Coordinator

Teresa Ortega x633

### Standards and Support Specialists, and Registrars

James Callahan x221

Alice Rosado x487

Edna Saravia x475

### Registered Nurse

Kristin Saunders x493

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