

Rockland Child Care News

Child Care Resources of Rockland, Inc.

Max and the Feather by Jane Brown, Executive Director

"It is before the age of seven years when children desperately need to have a multitude of whole-body sensory experiences on a daily basis in order to develop strong bodies and minds. This is best done outside where the senses are fully ignited and young bodies are challenged by the uneven and unpredictable, ever-changing terrain." Angela Hanscom, *The Decline of Play in Preschoolers – and the Rise in Sensory Issues*, from The Washington Post, Sept. 1, 2015.

Twenty-month-old Max was on the beach. Amidst all the possibilities for him to tune in to, he chose a white feather. He picked it up, looked at it, stroked it, threw it, let it blow in the wind, and stepped on it. He even tried to catch a seagull to put the feather where he thought it belonged. Ah, the joys of being a toddler. Ah, the joys of watching and learning from toddlers. It was my pleasure to be there and take part in this play.

He did not need me to be there in order to discover what he found out during those twenty minutes of feather, sand, and wind experiences. He did, however, want me to be there. Of all the things adults involved with a child must do well, tending to a child's healthy emotional development is the most important. All the toys and well-designed activities in the world cannot compensate for a lack of loving

interactions that foster a sense of security and well-being in young children.

I consider myself an early childhood expert. However, the more I am with young children, while observing, playing with and engaging them, the more I realize I have tons to learn about their development. I am energized and exhausted; filled with laughter and awe; focused yet detached. On one hand, I was

passionately involved with Max and his play; on the other hand, I just wanted to stand back and watch. But isn't that what being an expert means? We use what we know in our work with young

children and we continue to learn.

If you are a child care professional, do you sit back and assume you know it all...just take training to "get" the hours you "have" to in order to maintain the license or certification? **OR** do you immerse yourself in professional development opportunities that help you grow, learn, and increase your passion for our industry? Do you always have some professional article or book you are in the midst of reading? Do you involve yourself in the play of the children in your care, yet stand back and observe what they are doing?

Continued on page 5.

January - April 2016

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.

About Us

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 Family Support Services, Mental Health Services, and the Office for People With Developmental Disabilities. We are also supported by Rockland Community College and 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.

Contact us:

Child Care Resources of Rockland, Inc.
235 N. Main Street, Suite 11
Spring Valley, NY 10977

845-425-0009 | 877-425-0009
Fax: 845-425-5312

Hours: M-F 8:30 am—5:00 pm

info@rocklandchildcare.org
www.childcarerockland.org



Important Recall Information

Kristin G. Saunders, RN

Sanofi US is voluntarily recalling **all Auvi-Q®** (epinephrine injection, USP). **The recall involves all Auvi-Q currently on the market** and includes both the 0.15 mg and 0.3 mg strengths for hospitals, retailers and consumers. **This includes lot numbers 2081278 through 3037230, which expire October 2015 through December 2016.** The products have been found to potentially have inaccurate dosage delivery, which may include failure to deliver drug.

Customers should immediately contact their health care provider (HCP) for a prescription for an alternate epinephrine auto-injector. In the event of a life-threatening allergic reaction (anaphylaxis), patients should only use their Auvi-Q device if another epinephrine auto-injector is not available, and then call 911 or local medical emergency services. Customers should contact their physician or HCP if they have experienced any problems that may be related to taking or using this drug product.

Please visit <http://www.fda.gov/Safety/Recalls/ucm469980.htm> for further information on the press release.

For questions regarding emergency medications and other health-related issues, please feel free to contact Kristin at 845.425.0009, x493 or kristins@rocklandchildcare.org

Operation Warmth

Child Care Resources of Rockland partnered with the New City Rotary's *Operation Warmth Project*. With the generosity of the Rotary, we were able to distribute winter coats to 61 children in a variety of child care programs throughout the county.



Ariel De La Cruz, West Street Child Care Learning Center with Christina Espindola and Kristin Saunders, from CCRR

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

Family Child Care Programs

Liedrea Allen	Maria Polanco
Sunita Badgujar	Malka Rotenstreich
Peggy Nwosu	Olga Santos
Lidia Nouel	Anna Scoscia

Child Care Centers

Building Blocks Daycare and Learning Center
Children's Corner Learning Center
Clarkstown Central School District Child Care
and Early Learning Program
Hebrew Academy for Special Children, Inc.
Montessori Center of Nyack
Smarty Pants Day Care
Tender Loving Kids Club
Tiny Scholars World, Inc.

School Age Care Programs

Nanuet Family Resource Center, Inc. at Highview
Elementary School
YMCA at Strawtown Elementary School
YMCA at Viola Elementary School
YMCA at West Haverstraw Elementary School

Group Family Child Care Program

Miriam Cohen	Debra Raho
Carolyn Christiano	Gabrielle Regueiro
Rivka Friedman	Chana Schiller
Laura Garcia	Rachel Shapiro
Deborah Hautau	Kathleen Thompson
Miriam Kraus	Clara Unger
Nancy McCarthy	Aviva Weimer
Meline Merjanian	Martha Zambri

Tales for Tots, *Reflections from a Volunteer Reader*

I have been a volunteer reader for a "Tales for Tots" program at Tutor Time, a pre-school in Congers, New York, for the past two years. I was searching for ways to fill my retirement days after working for years as an early childhood teacher. The experience has been most gratifying for me and for the children, aged three to five, whom I read to every Friday morning.

I am continually receiving unending, inner joy from the children's enthusiastic responses to my half-hour of reading in each class. In addition to the several age-appropriate books I read, I include a CD of a song we sing along together and a finger puppet rhyme that coincides with the theme of books chosen for that day.

What has also become so pleasurable are the weekly visits I take to the local library to make my book selections. I can spend up to two peaceful hours browsing through the shelves in the children's room, searching for just the right story that will lend itself to reading aloud. The illustrations are another important aspect in my choice. I tailor the books to a particular season or theme. And even as an adult, I am amazed at how many of life's lessons I keep learning about through these delightful children's tales.

This entire volunteer experience has taken on a very personal meaning for me. My mother had also been an early childhood teacher in Brooklyn for many years, when she was asked by her principal to leave the second grade classroom to start the first children's library in this elementary school.

She eagerly took on the assignment, having been an English major at Brooklyn College and an avid reader all her life. To become more competent, my mother immediately enrolled at Queens College to obtain a Masters in Library Science.

She was responsible for purchasing every book in the library and hand-wrote a Dewey Decimal card for each one - a true "labor of love." This was before the age of computers.

Reading to the children and spending time in the children's room of my local library keeps her memory alive for me and I feel I am honoring her legacy as a children's public school librarian. My mother would be so pleased to know I am sharing in her love of children's literature.

Also, as a mother of two single adult children, the unconditional love I receive from the children fills a void from the absence of grandchildren.

When I am away from the children during my three month winter stay in Florida, I keep in touch with picture post-cards of the beautiful beaches. On my return one spring, I was greeted with a huge crayon-drawn banner: "Welcome Back Miss Jane," that warmed my heart.

I encourage anyone who has the time, young or old, man or woman, to become involved in this genuinely "feel good" volunteer program. Not only will it bring positive, worthwhile meaning to your life, but you will contribute to the well-documented, future educational success of every child you come in contact with, instilling in each "little precious mind," the love of reading forever!

Submitted by *Jane Nadboy*

Child Care Resources of Rockland trains volunteer readers and gather funds to purchase appropriate books for reading. These books are left behind at the programs, for the children to enjoy.



Tales for Tots Logo Design!

Our sincere appreciation to Travis Quinones, student at Rockland Community College, for volunteering his graphic art expertise in designing our logo.

Thank you, Travis!



Office of Children and Family Services

Emergency Q & A

I am a Group Family Child Care provider and I recently saw in the news that only public schools are notified when a sex offender registers in our communities. Is this true? How can I also be made aware when this happens so I can keep the children in my care safe?

There are three levels of sex offenders, and all must register with local law enforcement. Levels one and two must update their photos every three years while level three offenders are required to update every 90 days.

The best protection you can provide to the children in your care is to be proactive and go onto the New York State Sex Offender Registry on a regular basis at www.criminaljustice.ny.gov/nsor.

Once in the site you can check out your area by entering the county name or zip code of the location. A list with photos and other information will come up on all registered sex offenders in this area. Or, for your convenience, CCRR has a link on our website that connects you to the NYS Criminal Justice System where you can register to receive automatic notifications when a sex offender moves into your location as well.

Another website that might be of interest to you is NY-Alert. Information about this site can be found in the Office of Children and Family Services' October 2015 Dear Provider Letter. The address is www.nyalert.gov/.

Written by *Elaine Trotta*, Director of Program Standards and Support Services

Scientific Inquiry: How Children Discover and Learn Science!



UPK teachers discovering and learning science themselves through hands on experiences at one of the CCRR UPK workshops offered in the fall.

Activity for Preschoolers

Cutting with Preschoolers!

Preschoolers need to work on their fine motor skills. Cutting is a skill that takes practice to get the motion and the rhythm.

Here is an activity that will help them with their cutting skills and help you to recycle your magazines and junk mail.

Create a cutting bin: Put junk mail and old magazines and scissors in a box or a basin.

Let the children cut without trying to cut a specific shape or picture.

When they seem to have developed some skill you can add paper with straight lines to follow and then circles to cut.

Submitted by *Ellen Mitchell*
Quality Enhancement Specialist/CDA Coordinator

2016 Children's Champions

It's always the right time to nominate someone for a CCRR Children's Champion Award. If you know of a special person or a dynamic group, visit our website to complete an application.

Please join us: April 20, 5:45 pm awards, 7:00 pm dinner.



APPLICATIONS FOR THE NOMINEES WILL BE
ACCEPTED THROUGH JANUARY 8, 2016

Questions, contact Elaine Trotta: 845.425.0009, x421 or elainet@rocklandchildcare.org.

Infant and Toddler Corner: *Behavior Management Toolkit*

People often ask the Infant-toddler specialists, "What do I do about (hitting, dumping, ignoring, not helping, grabbing, biting ... CHOOSE ONE!)"?

Here are some easy and proven tools:

1. **THINK:** Could this have been prevented? Make sure expectations are realistic! *Did I expect them to stay in a 20 minute circle time? Do I have only two dolls and expect eight children to share them?*

2. **DESCRIBE** child's feelings (even before setting a limit). *You're feeling mad; you still can't hit Joseph.*

3. **EXPLAIN** how behavior affects others. *When you bit him that hurt! When you handed her the crayon that made her SO happy!*

4. Use **HUMOR:** *Well, if you won't put on your coat, I will! Watch me get this thing on....*

5. **IGNORE** minor misbehavior. (Children may grab, not listen, or otherwise display imperfect social skills. Ignoring the small stuff is often the right move!)

6. **REDIRECTION** *All the spots at the sand table are filled. Want to do play-dough?*

7. **ENCOURAGE** turn-taking. (Sharing isn't to be expected.)

8. **EXPLAIN** reasons for rules. *It will hurt your friend if you wave the stick at him.*

9. Give **SPECIFIC PRAISE** for the behavior you want to see, when you see it. *I see that you were so careful of baby Anna on the floor.... You two are really co-operating with the blocks!*

10. Give **CHOICES** between two that are acceptable choices while maintaining the rules. *You can sit at this table or that one. But you must sit down with your snack.*

11. Find acceptable **ALTERNATIVES** *You can't jump on the couch but you can jump on this green circle, or outside when we go out later.*

Submitted by:

Gerrie Joyce, Infant Toddler Specialist

Adapted from Region 6 I-T Resource Center

Max and the Feather, continued from cover

Consider these strategies for participating in children's play from High Scope Educational Research Foundation:

1. Look for natural play openings as children explore materials, pretend and play games.
2. Join play on the child's level by squatting, kneeling, sitting or lying on the floor.
3. Participate in parallel play by playing near the child, using the same materials in a similar manner.
4. Play as a partner with children by functioning as an equal or follower.
5. Refer players to one another.
6. Suggest new ideas within ongoing play situations.

I hope that you have a Max in your life who will keep you grounded in why we do what we do! I hope you have a Max in your life who will never forget you because you were so passionate about his or her play.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. ~ Maya Angelou



CHILD CARE RESOURCES OF ROCKLAND Professional Development



Members save. Become one today!

\$15 members | Non-members: \$70
(Excludes CPR, First Aid, Health & Safety, & MAT)

845-425-0009

info@rocklandchildcare.org

CHILDREN'S LEGISLATIVE FORUM

FRIDAY, FEBRUARY 5, 2016

Join us in a discussion about
the needs and services for
Children and Youth
in Rockland County



Rockland Community College
Breakfast: 7:30 am | Forum: 8:00-10:00
Details at childcarerockland.org
845.425.0009 | info@rocklandchildcare.org

Nutrition Corner: Let's Get Moving with Michelle Obama

It's not every day you see the First Lady of the United States jumping around in a potato sack in the White House East Room, doing push-ups on the Ellen DeGeneres Show, or dancing with the likes of Jimmy Fallon and even Big Bird. However, these are just the kinds of things Michelle Obama has been up to since taking office. She has been on an ambitious mission to eliminate childhood obesity within a generation through her *Let's Move* obesity prevention initiative. The program has several arms to tackle the epidemic from all angles, including the Let's Move Child Care (LMCC) arm aiming to improve nutrition and physical activity early on in child care programs. Her willingness "to make a complete fool of myself," as she puts it, has been the cornerstone of the campaign's success, capturing the attention of tens of millions across the country. Her *Evolution of Mom Dancing* sketch with Jimmy Fallon, for example, has gone viral with nearly 25 million views to date. Yet despite the program's widespread publicity and the participation of over 12,000 child care programs, the program has been slow to catch on in our area, with just one participating program in all of Rockland County.

Thanks to initiatives such as *Let's Move* and the dedication of child care providers and others in the community, obesity in preschool children is declining for the first time in decades. Our joint efforts really do make a difference.

Michelle Obama explains how the problem of obesity often starts young and the role child care providers play in addressing it as early as possible. One in three of our nation's children are overweight or obese, and according to a recent study, more than half were overweight before their third birthday! In a video address directly to child care providers Mrs. Obama encourages programs of all shapes and sizes to get involved.

"Every day, our child care providers make critical decisions about the health of our youngest children, from the foods they eat to the exercise they get to the habits they learn—habits they might carry with them for the rest of their lives. You all are on the frontlines of our efforts to address our childhood obesity epidemic." —Michelle Obama

Getting involved is easy! Simply register online. When you do so at www.healthykidshealthyfuture.org, you will be given access to free resources and activities to create and implement an action plan that will help you achieve each of the five LMCC goals and the 15 best practices that make them up. Once you meet all best practices for the age groups served in your program, you will receive a certificate to showcase at your center and will be featured on the online LMCC provider map.

Are you committed to improving the health of our children? If so, please join Let's Move at www.healthykidshealthyfuture.org today. With your help, the dream of eliminating childhood obesity within a generation may in fact become reality.



Let's Move Child Care Best Practices Quiz

Mark the box next to each best practice you meet for each applicable age group in your program.



Get Kids Moving

- ☐ ≥2 hours of active play time daily
- ☐ ≥1 hour active play time daily
- ☐ several short periods of tummy time daily



Reduce Screen Time

- ☐ ≤30 minutes/week screen time
- ☐ ≤4 times/year screen time
- ☐ ≥2 times/year parent media education



Nurture Healthy Eaters

- ☐ ≥1 fruit or veggie/meal
- ☐ chips & French fries ≤ once/month
- ☐ chicken nuggets & fish sticks ≤ once/month
- ☐ family-style encouraged at all meals



Provide Healthy Beverages

- ☐ self-serve water available inside & out
- ☐ only skim (non-fat) milk (≥2 years)
- ☐ 100% fruit juice ≤4-6oz/day
- ☐ no sugary drinks



Support Breast Feeding

- ☐ private area for breastfeeding & pumping

Written by Sarah Amer, MS, RDN, CDN,
CCRR Registered Nutritionist
saraha@rocklandchildcare.org

Comings and Goings

Welcome New Staff Members

Rachel Ambroziak, Quality Enhancement Specialist
Bonnie Parsekian, Quality Enhancement Specialist

Office Closings

January 1: New Year's Day
January 15: Martin Luther King's Birthday
February 15: President's Day

Save the Date

February 5: Children's Legislative Forum
April 2: Spring Fling
April 20: Children's Champions Awards Celebration
June 3: Annual Meeting

2016 PreK

Parent Information Sessions

Child Care Resources of Rockland is 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, 2016** and live in the following school districts:

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

Tuesday, February 2, 9:30 am

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

Tuesday, February 2, 7:00 pm

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

Wednesday, February 3, 7:00 pm

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

Wednesday, February 8, 6:00 pm

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

Tuesday, February 9, 7:00 pm

Valley Cottage Elementary School
26 Lake Rd, Valley Cottage, NY 10989

Thursday, February 11, 7:00 pm

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

Parents may attend any session regardless of their school district.

RSVP: 845-425-0009 x 0 | info@rocklandchildcare.org

Staff Directory

Executive Director

Jane Brown x417

Director of Family

Connections and Universal

Prekindergarten Services

Kit SaizdelaMora x223

Family Connections

Coordinator

Alice Rosado x495

UPK Coordinator

Jenine Valentino x460

Family Connections

Specialist

Arlene Thomas-Strand x661

Director of Professional Development and Quality Enhancement Services

Debbie Silver x459

CDA Coordinator

Ellen Mitchell x456

Quality Child Care

Campaign Coordinator

David Del Campo x451

Special Needs Coordinator and Infant/Toddler

Specialist

Gerrie Joyce x419

Quality Enhancement

Specialists

Rachel Ambroziak x620

Bonnie Parsekian x613

Maria Rivas x455

Nutritionist

Sarah Amer x612

Director of Program Standards and Support Services

Elaine Trotta x421

CACFP Coordinator

Yolanda Michel x423

Legally Exempt

Enrollment Coordinator

Ines Ortiz x411

Legally Exempt Support Coordinator/Quality Assurance Coordinator

Vivian Reemer x424

Registration Coordinator

Fia Hill Murray x487

Registrars/Standards and Support Specialists

James Callahan x221

Edna Saravia x475

Cindy Torres-Bender x614

Standards and Support

Specialist

Teresa Ortega x633

Registered Nurse

Kristin Saunders x493

Director of Operations, Development and Community Services

Karen Ross x630

Operations Specialists

June Pizzolo x418

Christina Espindola x610

Marketing and Public Relations Coordinator

Lisa Kreisel x616

Director of Financial and Human Resource Services

Gerd Schubert x615

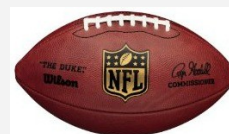
Accounts Receivable Specialist

Kathleen Siuro x662

CHILD CARE RESOURCES OF ROCKLAND

Superbowl Fundraiser

This one's got a twist!



Contact us to get in on the game!
845.425.0009
info@rocklandchildcare.org

Early Years are Learning Years

Annual Early Childhood and School Age Conference

The 41st Annual Early Childhood and School Age Conference, which took place on Saturday, November 7, 2015, drew 115 child care professionals!

We appreciate the time that participants took to complete the conference evaluation forms. Overall, the comments shared were very favorable and we enjoyed reading them all. We value participants' input; the responses are vital in helping us to plan for future professional development offerings.

One participant found the "Control the Climate, Not the Child" seminar: *Extremely useful, very empowering as a caregiver.*

After taking the seminar entitled, "A Closer Look at Your Reflective Practice," a participant shared what she learned:



Personal reflection is just as important as child reflection for the development in the classroom.

When attending the "Challenging Child" seminar, one conference goer offered this evaluation of the presenter: *I loved this presentation. The presenter was animated and engaged.*

As a former pre-school teacher and long time conference attendee, here's what a recently hired CCRR staff member had to say after attending in her new capacity: *It was such a great experience to interact with top notch presenters and providers from throughout the area, who we serve at CCRR.*

You may want to get the 42nd Annual Conference on your calendar now: Saturday, November 5, 2016.

Membership News

Thank you to the family/group child care providers, center-based programs, school age care programs, who paid membership between August 17, 2015 and October 19, 2015.

Pam and Ray Canessa	Paulina Mata
Maria Estrella	Lidia Nouel
Margret Evangelista	Gregory Pereira
Stephen Fromson	Donna Perreca
Tammy Gross	Olga Santos
Kim and Edward Inayat	Magalite Sylvain
Maria Mancilla	

As We Grow Child Care
 Fred S. Keller School
 Learning Ladder Child Care Center
 Nanuet Family Resource Center
 Nyack's Little Schoolhouse
 Playgarten
 Prince of Peace Church and Preschool
 St. Paul's Christian Day School
 JCC-Y of Rockland



Child Care Aware® of America Member

Grow Professionally!

The (CDA) Credential™ is the most widely recognized credential in early childhood education (ECE) and a key stepping stone on the path of career advancement in ECE.

Registration for 2016 is starting now.
 e-CDA is also available!

Contact Ellen Mitchell for more information:
ellenm@rocklandchildcare.org | 425-0009 x456

CHILD CARE RESOURCES OF ROCKLAND, INC

ENTER FOR A CHANCE TO WIN

**Walt Disney World
 HOPPER TICKETS!**

4 One Day Hopper Tickets: includes same-day access to all four theme parks: *Magic Kingdom, Epcot, Disney's Animal Kingdom, and Disney's Hollywood Studios.* (That's a \$620 value!)

Raffle Tickets: 1 for \$10 / 3 for \$25
845.425.0009, x0 | info@rocklandchildcare.org