



**CHILD CARE
RESOURCES
OF ROCKLAND
INCORPORATED**

Rockland Child Care News

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

May-August 2025



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Mission Statement

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 child 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 and Registered Child Care Programs

Family Child Care Programs

Frimet Fliegman

Nelly's Nest

Dayri Yaque Palma

Group Family Child Care Programs

Gan Shoshanim, LLC

Growing Hearts Family Daycare Corp.

Jenny's Heavenly Daycare

Learning Spot Daycare

Little Journeys, Inc.

Mini Menchies

Playdate Nursery

Rivka Unger

Sarah Winiarz

Sima Horowitz

Child Care Centers

Congregation Yaldainu, Inc.

Good Shepherd Creative Play

Red Owl Academy, LLC

West Street Child Care Learning Center, Inc.

MEMBERSHIP SPOTLIGHT

**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 January 2025 - April 2025**

Rosa Garcia

Ger's Home Away From Home Family Day Care, LLC

Marlie Jeantine

Little Lambs PreK & Day Care, Inc.

Ruby Miranda

Montessori Center of Nyack

Mother Gooses House

Mustard Seeds Christian Daycare

Prime Time for Kids

Raji Roy

Renee Rubinfeld

Sandoval Family Childcare, Inc.

Child Care Resources of Rockland, Inc. is a contract agency of the County of Rockland, NYS Office of Children and Family Services, and NYS Department of Health. We are also supported by our members. Child Care Resources of Rockland, Inc. is Best Practices Certified by the New York State Standards of Excellence Certification Program for The Field of Child Care Resource and Referral.



Advocating for Child Care Year-Round

Dr. Keishea Allen, Executive Director

The summer months bring warmth, sunshine, outdoor adventures, weekend trips with family and friends, long walks, day trips, fresh air, vacations and relaxation. It is a time of rejuvenation and a break from our regular routines during the autumn, winter, and spring seasons. While enjoying the summer months, we must continue to advocate on behalf of early child care employees, employers, and the early childhood field. Child care does not cease being provided because it is summer. Early childhood care is provided yearlong to afford families the benefit of working.

As we continue advocating for quality child care, we must advocate for child care employees and employers working tirelessly to support families and children. Without them, there is no system of child care. Child care is an economic issue. Now more than ever, early childhood education is crucial to the overall well-being and development of a child. Healthy development in the early years (particularly birth to three) provides the building blocks for educational achievement, economic productivity, responsible citizenship, lifelong health, strong communities, and successful parenting of the next generation (Center on the Developing Child, 2007). By supporting our children from birth through the school years, we build an essential foundation for our families, schools, businesses, and communities.

Not enough has been done to ensure employers have the resources necessary to effectuate excellent programs for children, families, and the employees they serve. "Childcare experts said that low pay makes it difficult to recruit childcare workers, contributes to high turnover among staff in childcare centers, and often leads to lagging morale among workers who chose to dedicate their lives to a high and worthy cause – early childhood education" (Hudson Valley Pattern for Progress, 2024).

While enjoying the summer months, take some time to contact your local, state, and federal elected officials to advocate on behalf of all early childhood employees and employers. Urge elected officials to ensure continued support to the early childhood workforce and the child care assistance program. A healthy workforce benefits all children and families.

Resources:

Center on the Developing Child at Harvard University. (2007). A science-based framework for early childhood policy: Using evidence to improve outcomes in learning, behavior, and health for vulnerable children. Retrieved from http://developingchild.harvard.edu/resources/reports_and_working_papers/policy_framework/

Child care in the Hudson Valley. Hudson Valley Pattern for Progress (2024). [Child care in the Hudson Valley. \(arcgis.com\)](http://arcgis.com).



Nurse's Notes

Christie Cinquemani, Nurse

Did you know that sunscreen should be worn all year round, not just during the summer? Here are some tips to consider as you head outside with the kids to have a little summertime fun.

- ✓ **Wear sunscreen or sun block anytime you are outside.** Apply a generous amount 20 minutes prior to sun exposure to ensure effective protection. Use a sunscreen that says "broad-spectrum" on the label - that means it will screen out both UVB and UVA rays. Sunscreen with an SPF of 15 or higher is recommended. Be sure to reapply every 2 hours. Remember that you can get sunburn even on cloudy days.
Encourage parents to provide sunscreen for their children and to complete a non-medication consent form so that you can apply sunscreen prior to outdoor activities. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. **For babies younger than 6 months:** The best sun protection for these infants is to stay in the shade, such as under a tree. You can also provide shade under a beach umbrella, a pop-up tent, or a stroller canopy. Consult with the pediatrician prior to applying sunscreen on infants.
- ✓ **Try moving outdoor play to early in the morning or later in the afternoon.** The sun's ultraviolet rays are the strongest from 10 a.m. to 4 p.m. If you are outside in the sun, use sunscreen along with these tips:
 - **Wear a hat.** The most protective hat shades your face, neck, ears and has a wide brim, like a cowboy hat. If you wear a baseball cap, apply sunscreen to your neck and ears.
 - **Wear protective clothing that covers arms, legs and trunk.** A cotton shirt has an SPF of 7; a cotton/polyester T-shirt has an SPF of 15; a polyester/lycra surf shirt has an SPF of 35; and a denim shirt has an SPF of 95-100.
 - **Wear sunglasses that filter out UVA and UVB rays.** Both rays are known to cause damage to the eyes.
- ✓ **Offer and drink lots of fluids.** Did you know children are at more risk than adults for dehydration and other heat-related illnesses? Infants and young children who especially have asthma are at greater risk. Here are some tips to prevent dehydration and heat-related illnesses such as heat stroke:
 - Keep plenty of fluids on hand and encourage children to drink water even if they don't feel thirsty. Offer fluids before, during, and after physical activity.
 - Inform parents to dress children in light colored and loosely fitting clothing.
 - Become familiar with and monitor children for symptoms of dehydration or heat-related illness. Signs and symptoms include weakness, increased thirst, heavy sweating, difficulty breathing, nausea and vomiting.
 - Never leave a child in a car. Parents should be called if the child does not arrive to program at designated time.

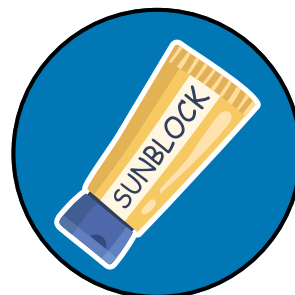
For further information refer to:

<https://keepkidshealthy.com/>

www.aap.org

www.health.ny.gov

www.cdc.gov





Registration

Angela Reyes,
Former Director of Program Standards,
Support and Professional Development

Kudos to You

As our registration team makes their rounds visiting Family and School Age Child Care programs across Rockland County, they continue to share wonderful examples of all the extraordinary work they see. Registrars have been thrilled to see newly registered providers eager to create warm and inclusive environments for the children they will serve, seasoned providers researching and trying to bring new ideas and work into their programs to meet the evolving needs of children and families, and school age programs keeping children motivated, empowered and supported. They have observed people new to the profession or new to a position gaining knowledge and understanding about all that goes into providing quality care for children and experiencing the incredible joy of knowing they are making a difference in the lives of the children they care for.

FAMS Facts: Program Maintenance

The Office of Children and Family Services recently sent out a Dear Provider Letter that included an informative section on the Program Maintenance in FAMS. We have included it below:

Program maintenance is a section within FAMS. Program maintenance is available to licensed/registered programs that complete their initial application in FAMS and Day Care Centers and School-Age Child Care programs that have been converted into FAMS by the regulator. Program maintenance allows providers to request changes to their program, maintain staff training information, upload required documents, and much more.

Day Care Centers and School Age Child Care programs that are in program maintenance will complete their renewal applications in FAMS. Having your facility's information in program maintenance prior to your renewal period will help streamline the renewal application process too! The ability to complete a renewal application in FAMS will soon be available to home-based programs and Day Care Centers and School Age Child Care programs that have not yet been converted to FAMS.

An Important Reminder for All Child Care Providers

Check your email daily- The Office of Children and Family Services sends all Dear Provider Letters via email. It is crucial that directors and providers check their email daily to ensure they are aware of any updates or changes that may affect their programs.

Regulation Highlight: Evacuation Drills

Do you know how often Evacuation Drills need to be conducted? Do you know where to go? Do you have a plan? Here is a quick review of the NYS Office of Family and Children Services regulations around Evacuation Drills. These regulations are found in the Fire Protection section of your modality's regulation.

- Evacuation drills **must be conducted at least monthly** during the hours of operation of your program.
- When conducting evacuation drills, **the exit route must be varied** to ensure that all approved means of egress are practiced. If one of the routes leads to a window or fire escape, the drill must include taking the children to the window or fire escape and explaining what would be expected of them should an actual fire occur that requires they use this exit route. Exiting through the window or the fire escape during a drill is not required.
- When **multiple shifts of care** are provided, such drills must be conducted monthly during each shift of care.
- The program must maintain on file a record of each evacuation drill conducted, using forms provided by the Office of Children and Family Services or approved equivalents.



Early Childhood Mental Health Consultation

Roxana Halo, Infant & Early Childhood Mental Health Consultant

I am the Infant and Early Childhood Mental Health Specialist (formerly known as the Infant and Toddler Mental Health Specialist) at Child Care Resources of Rockland, Inc. The services have recently opened to early childhood, providing mental health consultation services to teachers to help improve the social and emotional well-being of infants and young children up to age 5. During the consultation, the CHILd (Climate of Healthy Interactions for Learning & Development) is the assessment tool used to conduct formal observations and enhance the classroom environment, in which the Infant and Early Childhood Mental Health Specialist will work with programs focusing on areas such as social and emotional learning, transitions, child behaviors, and adult-child interactions, among others, to create change in the classroom.

What exactly is Early Childhood Mental Health Consultation? Early childhood mental health consultation is an indirect service that benefits children by supporting adults in meeting the social and emotional needs of children 0-5 years old by promoting wellness in the program. Services are **voluntary** and **free**.

Together, we will work to make your child care program the best place it can be to support children's growth and development. The consultation is **not** therapy or direct service for staff or children. Again, this is a service for adults to benefit children. We believe that infant and early childhood mental health consultation can help you achieve your goal of creating a healthy space where children can learn, explore, play, and grow.

I would love to have the opportunity to work with you!

Are You Interested in Owning Your Own Business?

Would you love to care for your own children while building a business that helps other children and families?

Become a Family Child Care Provider

We'll Show You How!

We are dedicated to making child care work in Rockland County and are here to help you learn about Family Child Care as a home-based business opportunity. We will support you through every step of the registration process, assist with setting up your home, and provide you with professional development.

Contact us to learn more

Child Care Resources of Rockland, Inc. | (845) 425-0009 x0

childcarerockland.org | info@rocklandchildcare.org





A Fond Farewell...



After
years of
dedication to
our agency,
Bonnie
retired in
December
2024.

Thank You Bonnie!



We
appreciate
all she has
done and
will miss her
greatly. Best
wishes for
this new
chapter!

Jane Brown, Angela Reyes, , Diahann Darwood, Christina Espindola,
Kathleen Siuro, Vicky Saravia, Edna Saravia, Keishea Allen,
Bonnie Parsekian and Karen Ross

Yes to Success: Your Path to Employment



National Small Business Week: Celebrating Child Care Business Owners

Allison Wojciechowski, Business Support Specialist

What is National Small Business Week?

National Small Business Week (NSBW) is an annual event hosted by the U.S. Small Business Administration (SBA) to recognize and celebrate the contributions of small businesses across the country. For over 50 years, NSBW has honored entrepreneurs, business owners, and startups that drive innovation, create jobs, and support local economies. It is celebrated during the first week of May, and this year, it will be observed from May 4th through May 10th.

Who Does It Celebrate?

NSBW celebrates all small businesses, including home-based businesses, independent contractors, and locally owned companies in various industries. It recognizes the hard work and dedication of entrepreneurs, small business owners, and their employees, acknowledging their role in strengthening communities and fueling economic growth.

Why Are Child Care Providers Small Businesses?

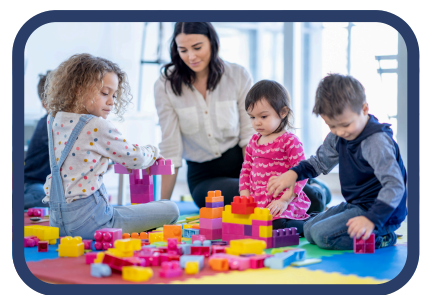
Many child care providers, whether home-based or center-based, operate as small businesses and are a vital part of the economy. They meet the Small and Medium-Sized Business (SMB) definition by employing a limited number of staff and operating as independent businesses. Here's why child care business owners qualify as SMBs:

- They are independently owned and operated. Most child care providers are sole proprietors, LLCs, or small corporations, running their businesses independently rather than being part of a larger chain.
- They manage all aspects of business operations. Child care providers handle financial management, marketing, payroll, staff management, contracts, and customer service, just like any other small business owner.
- They contribute to local economies. Child care businesses create jobs, generate revenue, and support working families, allowing parents to participate in the workforce while ensuring children receive quality care.
- They provide essential services. Child care is not just a service—it's a crucial industry that enables economic growth by allowing businesses to function while parents work.

Why National Small Business Week Matters for Child Care Owners

Recognizing child care providers as small business owners during NSBW helps validate the hard work they do, not only in caring for children but also in running a successful and sustainable business. Participating in NSBW events, engaging in networking, and accessing SBA resources can help child care providers strengthen their business skills, gain visibility, and connect with other small business owners.

By celebrating National Small Business Week, child care providers can take pride in their role as business leaders while advocating for policies and support that benefit the child care industry as a whole.





Great Children's Books for Summer Reading

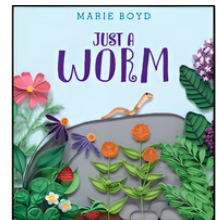
Preschool Reading

Jessica Malas, Quality Enhancement Specialist

Summer is the perfect time for preschool age children to unwind and enjoy the warm weather, but it can also lead to a dip in their reading and literacy skills. Summertime can be a great opportunity to boost fluency, ignite a love of reading, and keep the learning momentum going. Here are some fantastic books to incorporate into your summer learning plan to help kids keep growing as readers.

Ages 3-5

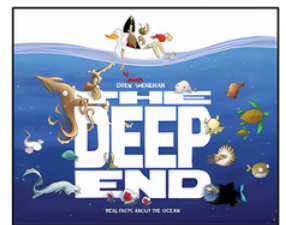
Just a Worm Marie Boyd - Marie Boyd combines nature, natural selection, habitats, and interdependence in this beautifully illustrated picture book. Worm sets out to prove it's special by asking other garden creatures, like Butterfly, Snail, Dragonfly, Ladybug, and Spider what makes them unique. But after comparing itself to others, Worm realizes maybe being "just a worm" isn't so bad after all.



When Lola Visits Michelle Sterling - In this heartfelt picture book, a young girl shares a special bond with her grandmother. Summer for the girl means no school, swimming, and picking limes, but it truly begins when her Lola, her grandmother from the Philippines, arrives for her annual visit. The girl eagerly looks forward to the time spent together, filled with stories, traditions, and love. Through simple and warm illustrations, the book celebrates family, culture, and the deep connection between a grandmother and her granddaughter.



The Deep End Drew Sheneman - Dive into an underwater adventure with The Deep End, a fun and informative nonfiction picture book that teaches kids all about the deep blue sea! Packed with facts and humor, this book by award-winning author and illustrator Drew Sheneman has everything you need to know about everything under the sea!



Summer Fun: Creative Ways to Keep Kids Engaged All Season Long

Summer is the perfect opportunity for kids to explore new interests, make lasting friendships, and stay active. By blending structured activities with free play, parents can keep the excitement flowing all season long. Encourage outdoor adventures, unleash creativity with hands-on projects, and spark curiosity through learning experiences. Dive into local community programs, libraries, and recreation centers for engaging workshops and events. Whether it's sports, arts, or science, discovering activities that match your child's passions can turn summer into an unforgettable, fun-filled, and enriching experience!"

Summer camp is a fantastic way to keep your child engaged while opening the door to exciting new opportunities! When selecting the perfect camp, here are a few things to keep in mind:

- Dive into the camp's schedule and philosophy to ensure it aligns with your child's interests and needs.
- Check the qualifications of the staff, the child-to-counselor ratio, and the safety protocols in place.
- For specialty camps, inquire about the expertise of instructors in areas like arts, sports, or STEM.
- Understand how the camp handles behavior management, medical needs, and emergency situations.
- Take a tour of the camp or chat with other parents to get a feel for the camp's environment and culture.
- Make sure the camp offers a fun, safe, and enriching experience that your child will treasure all summer long!

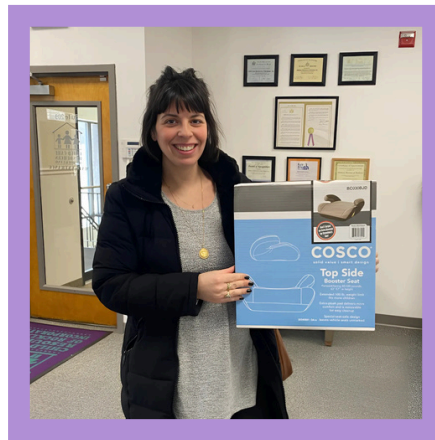
Car Seats Distribution Success!



Donations Made Possible By



**Families received car seats and booster seats
through this initiative!**





Agency Updates and Resources

Office Information

Office Closures

Memorial Day, Monday, 5/26
Juneteenth, Thursday, 6/19
Independence Day, Friday, 7/4

Staff Directory

Executive Director
Keishea Allen x615

**Director of Family, Community and
Operations Services**
Christina Espindola x610

**Director of Program Standards,
Support and Professional Development**
Vacant

Finance Coordinator
Kathleen Siuro x662

Business Support Specialist

Allison Wojciechowski
Cell: (845) 422-7505

Child and Adult Care Food Program Coordinator

Chantel Pittman x633

Data and Operations Specialist & Creating Healthy Schools and Community Specialist

Kari Davie x421

Nurse

Christie Cinquemani x612
Kristin Saunders - Cell: (845) 721-5351

Infant & Early Childhood Mental Health Consultant

Roxana Halo x613

Infant & Toddler Specialist & Professional Development Coordinator

Jenny Spampinato x419

Legally Exempt Enrollment Coordinator

Ines Ortiz x411

CACFP Specialist & Operations Specialist

Diana Santos x223

Program Standards & Support Services Coordinator

Edna Saravia x475

Program Standards & Support Specialists

Blanca Gerena x487
Jill Halpern x456
Shakia Reynolds x620

Quality Enhancement Specialists

Diahann Darwood x0
Jessica Malas x614

Resource & Referral Coordinator, Marketing and Public Relations Coordinator & Technology Coordinator

Vicky Saravia x458



Cut Out and Post!

**Know who to call and
keep the numbers available in your program.**

The OCFS H.E.A.R.S.

Telephone Line 1-888-554-3277

Help, Empower, Advocate, Reassure and Support family line assists families by providing resources and referrals to a variety of services such as food, clothing, housing, childcare, parenting education and more. **Monday through Friday 8:30am - 4:30pm.**

NYS SCR Mandated Reporter Specific

Telephone Line 1-800- 635-1522

All child care workers are Mandated Reporters. As a Mandated Reporter you are required by law to report suspected child abuse or maltreatment to the New York Statewide Central Register of Child Abuse and Maltreatment (SCR). **The State Central Registry (SCR) is available 24 hours a day and 7 days a week.**

**If you believe that a child is in immediate danger,
call 911 or your local police department immediately.**

Child Care Resources of Rockland, Inc.

40 Ramland Road, Suite 209

Orangeburg, NY 10962

Phone: (845) 425-0009 | (877) 425-0009

Fax: (845) 425-5312

Office Hours: M-F, 8:30am - 5:00pm

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are available
today!



Connecting providers with qualified staff and job
seekers with meaningful opportunities in child care.

INFANTS * TODDLERS * PRESCHOOLERS * SCHOOL AGERS

Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News
May-August 2025

Activity Ideas for Infants & Toddlers

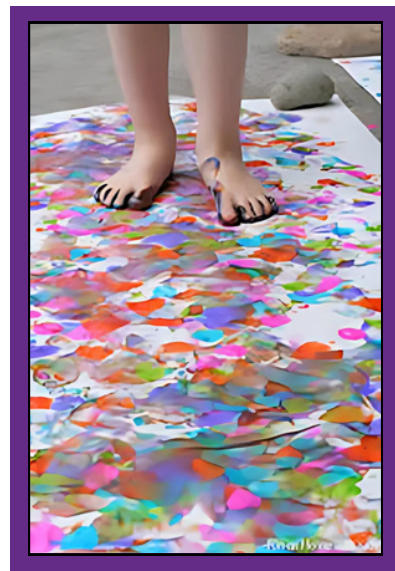
Infants: Bubble Time Fun

There's something magical about bubbles! Their color, shape, and the way they float through the air are mesmerizing to children, especially infants. Bringing infants outside to have a picnic on a blanket is a fun way to experience bubble play. Encouraging infants to track, reach for and touch bubbles is a great activity to help develop their visual tracking skills, hand-eye coordination, and fine motor skills while providing sensory stimulation and excitement!



Toddlers: Feet Painting

Who doesn't love walking around outside without shoes? Toddlers love to explore through a variety of sensory experiences. Allowing them to explore color and texture with their feet is a great summertime activity. Providing chart paper and a variety of different colored paints for toddlers to step on often leads to laughter and excitement. This is a great activity to promote gross motor skills, coordination, creative expression and have a fun messy experience!



INFANTS * TODDLERS * PRESCHOOLERS * SCHOOL AGERS

Fun & Educational Activities

Activity Ideas for Preschoolers and School-Age Children

Preventing the Summer Slide - School Age

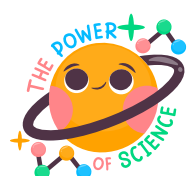
Summer break is a time for fun, but it can also cause kids to forget what they've learned in school. To prevent this "summer slide," try a few simple activities that keep your child's mind engaged. By mixing these learning activities with summer fun, you can help your child stay on track and keep their skills sharp while still enjoying their break! Here are five easy ways to keep kids learning over the summer.



1. Make Reading a Priority - Encourage your child to read daily, whether it's a book, magazine, or comic. Reading keeps their brain active, while also improving vocabulary and comprehension. To make it even more enjoyable, consider enrolling them in one of the many summer reading programs offered by

I ♥ READING

2. Join Summer Learning Programs - Explore summer camps or programs in your area that blend fun and learning, keeping kids engaged in subjects like math, science, and the arts.



3. Take Educational Trips - Turn trips into learning adventures by visiting museums, parks, or historical sites. These outings help kids connect what they've learned in school to the real world and spark their curiosity.



4. Using Technology to Learn - Educational apps and websites can make learning enjoyable and engaging. From math games to reading quizzes, technology offers a fun way to reinforce existing skills and introduce new ones. However, it's important to balance screen time with other activities to ensure a well-rounded experience.



5. Try Hands-On Activities - Hands-on activities like cooking, building, or gardening teach kids practical skills while encouraging problem-solving and creativity—all in a fun, engaging way.

