



# Rockland Child Care News

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

January-April 2024

*Together We Are Stronger:  
A Legacy of Child Care,  
50 Years and Beyond*

**50<sup>th</sup>**  
*Anniversary*

1974 2024

**Board of Directors**

**Board President**

Anne D. Nissen

**Executive Committee**

Stephen M. Fromson -Past President

Vivian England -Vice President

Donna Perreca -Secretary

John Gregory -Treasurer

**Directors**

Maria Barca

Gila Butrimovitz

Dr. Claire Elpenord

Patricia Soriano Guzmán

Christopher Jensen

Jaime Naddeo

Girish Narasimhan

Monica Zenda

**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/Registered Child Care Programs

**FAMILY CHILD CARE PROGRAMS**

Golden Angel Family Daycare Corp.  
Lenox Daycare

**CHILD CARE CENTERS**

Tutor Time Learning Centers, LLC

**GROUP FAMILY CHILD CARE PROGRAMS**

Bais Nechama Inc.  
Cozy Corner Playgroup Inc.  
Daniella’s Daycare  
Lourdes Guzman  
Kids Paradise II  
RS Supply Center Inc.  
Shellys Playhouse Rising Stars Nursery School  
Teacher Milkys Daycare Inc.  
WE CARE 4 CHILD CARE LLC

## 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 JUNE 2, 2023 - DECEMBER 8, 2023**

Regina Barone  
Johely Cruz  
Darnett Davis  
Maria Estrella  
Farida Farouqi  
Trecia Ferguson  
Dulce Flores  
Chandara Garcia  
Nadene Geyer  
Delease Jenkins  
Rachel Kurland

Dianna Martinez  
Maira E. Mazariego  
Kasmin Mendez  
Rubi Miranda  
Nathan Mungin  
Kristine Nooney  
Miguel Ortiz-Crane  
Renee Rubinfeld  
Elsa Sandoval  
Liana Sargsyan-Quinn

**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, 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 Certified by the New York State Standards of Excellence Certification Program for The Field of Child Care Resource and Referral.



## CCRR HISTORY

Founded in 1974 as the Day Care and Child Development Council of Rockland, the agency was formed by Phyllis Helbraun with a grant from The National Council of Jewish Women, Rockland Section, to advocate for better child care funding, higher standards, and improved program development. Phyllis was a lifelong champion of women, children, and families.

In its first five years, the Council established an Annual Early Childhood Conference, in collaboration with Rockland Community College, began developing family child care homes and helped hundreds of families locate child care services.

Throughout the 80s and 90s, the agency helped to promote and increase the number of early care and education and school age care programs. It established the Child Development Associate (CDA) Program at Rockland Community College, started the North Rockland School Age Care Program, assumed responsibility for administering the Child and Adult Care Food Program for family child care providers, and solidified its position as a prominent source of child care resource and referral information for families.

The agency also began offering respite and support services for families of children with special needs who needed child care. It further expanded its family support services to include elder care services and emergency back-up care. As the agency moved into the 21st Century, the Helen Bernstein Memorial Library was established in order to serve the early childhood community with appropriate professional resources and children's literature. The Rockland County Executive and Legislature funded the county-wide Quality Child Care Campaign to help child care programs become nationally accredited. All eight school districts contracted with CCRR to administer their Universal Pre-Kindergarten programs. Today, Child Care Resources of Rockland, Inc. celebrates 50 years of service and employs a staff of 20 dedicated individuals.



CCRR provides professional development and training for all potential and existing early care and education professionals and programs that serve children, birth through school age and birth through 21 years if the child has a special need. Funded by the Office for People with Developmental Disabilities, we offer specialized professional development designed to offer training and technical assistance to a number of programs willing to commit to intensive examination of their environment, programming and practices to improve retention of children with special needs in their programs, especially those who exhibit challenging behaviors.

CCRR serves the NYS Office of Children and Family Services as the licensing agent for family child care and school age care programs, child care resource and referral agency, the Legally Exempt Enrollment Agency, Business and Stabilization support and by providing Child Care Health Services. CCRR partners with the United Way of Rockland to administer a unique child care tuition scholarship program.

Child Care Resources of Rockland, Inc. remains firm in its commitment to build capacity, improve quality and facilitate access to early care and education services in the community.



# ADVOCACY



By Dr. Keishea Allen, CCRR Executive Director

Child Care Resources of Rockland, Inc. (CCRR) is celebrating its 50th anniversary in 2024. Fifty years of advocating for quality and affordable child care. The mission of the organization has been 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. Child Care Resources of Rockland, Inc. believes all children deserve quality child care and early childhood education. 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.

Early childhood education should not be a privilege. It should be available to every child, every family, despite one's socioeconomic status. Research has shown the difference between a child who receives early childhood education and a child who does not receive early childhood education with stark differences. A child that has been exposed to language and socialization, versus a child with no exposure to language or socialization reacts vastly differently when placed in an education setting. According to the Center on the Developing Child at Harvard University, "Parents want the best for their children, but those living in poverty face the unrelenting demands of struggling to provide adequate food, housing, health care, and education for their children. When children are exposed to an extreme version of this environment, they experience a prolonged activation of their stress response systems – what scientist have termed "toxic stress" – which can affect their growth and development."

The basic architecture of the brain is constructed through an ongoing process that begins before birth and continues into adulthood. Early experiences affect the quality of that architecture by establishing either a sturdy or a fragile foundation for all of the learning, health and behavior that follow (Center on the Developing Child, 2007). The Annie E. Casey Foundation (2013) aptly explains, "What happens to children during those critical first years will determine whether their maturing brain has a sturdy foundation or a fragile one." It is our responsibility to advocate on behalf of all children, so they receive quality early childhood education, allowing them to fulfill their future goals, armed with knowledge, confidence, and strength.

## Resources:

The Center on the Developing Child at Harvard University. The Science of Early Childhood Development. <https://developingchild.harvard.edu/resources/inbrief-science-of-ecd/>

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/](http://developingchild.harvard.edu/resources/reports_and_working_papers/policy_framework/)

Center on the Developing Child at Harvard University. "Key Concepts: Toxic Stress." Accessed December 2023. <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>.



# ADVOCACY



**Assembly Member Eachus**



**Assembly Member Kenneth Zebrowski**



**Senator Weber**



**Dr. Rapalo, President at RCC**



**Darrell L. Frasier,  
Rockland County Liaison  
Assemblymember Brabenec's office**



**Joan Silvestri, Commissioner of Social  
Services at County of Rockland**

# BOARD SPOTLIGHT



## Executive Committee

Board President



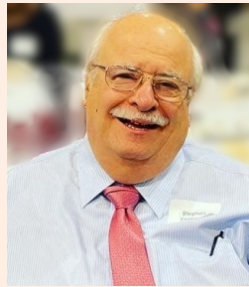
Anne D. Nissen

Board Vice President



Vivian England

Board Past President



Stephen M. Fromson

Board Treasurer



John Gregory

Board Secretary



Donna Perreca

## Board Directors



Maria Barca



Gila Butrimovitz



Dr. Claire Elpenord



Christopher Jensen



Jaime Naddeo



Girish Narasimham



Patrìcia Soriano Guzmán



Monica Zenda

## NEW EMPLOYEE SPOTLIGHT

---

### Kari Davie

#### Data and Operations Specialist

I spent most of my life in Rockland County, I went to Rockland Community College where I acquired an Associate degree, Nutrition and Dietetics, and Dominican University for my BSW. I worked at Northern Manor for over 10 years as a Recreational Specialist, I worked at VCS as a weekend counselor with the children, I became a Social Worker for Camp Venture Inc. Day treatment program where I assisted developmentally disabled adults aging out of the school system and in need of adult programs, education and/or employment; working with families, schools, programs and housing to successfully assist individuals transition from child to adult.

I moved to Orange County, where I was an Independent Sales Consultant for Norwex and a nanny, upon moving back to Rockland County, I became the Lead/Supervisor Pearl River Middle School Nutrition, submitting food and paper goods orders, and daily logs of food intake, organizing food deliveries; following a menu by prepping and cooking food for over 200 children, serving children and teachers, cashier, daily cash deposits, daily cleaning, and overseeing the staff. I have two wonderful children in the local schools here in Rockland County and I am excited to be here and a part of the CCRR team as their Data and Operations Specialist.



### Shakia Reynolds

#### Standards and Support Specialist



I was born and raised in the Bronx, New York making a move to Rockland County in 2016 after the birth of my first son. I received my bachelor's degree from Dominican University in Social Science in 2009. After receiving my degree, I started working as an assistant teacher in a child care center. It was at that point, I knew working with young children was the career path I wanted to take, so I decided to go back to school for my master's degree in early childhood education with a concentration in special education.

I have worked in the early childhood field for over 14 years most recently working with Head Start of Rockland, Inc. in the Human Resource department. I have 2 loving children who keep me quite busy but in my spare time I am an active board member of the Stony Point Elementary School Parent Teacher Association and volunteer my time as much as possible. I also volunteer coach for North Rockland Pop Warner Cheerleading team. I look forward to my new journey at Child Care Resources of Rockland, Inc. as the Standards and Support Specialist.

---





## NUTRITION CORNER

### BEEF VEGETABLE SOUP > USDA RECIPE FOR CHILD CARE CENTERS

Beef Vegetable Soup is a delicious and nutritious combination of carrots, green beans, canned diced tomatoes, celery and onions, all simmered in a rich beef broth. CACFP Home Child Care Crediting Information: 1 cup (8 fl oz ladle) provides  $\frac{3}{8}$  cup vegetable ( $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable), and 1 oz equivalent meat.

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

#### Ingredients

- $\frac{3}{4}$  cup or 7 oz Raw ground beef no more than 10% fat
  - 2 cups or 16 oz Low-sodium beef broth
  - 2 cups or 13 oz Canned no-salt-added diced tomatoes, undrained
  - $\frac{1}{2}$  cup or 2 oz Fresh celery, chopped
  - $\frac{1}{2}$  cup or 2 oz Fresh onions, chopped
  - $\frac{1}{2}$  tsp Salt
  - $\frac{1}{8}$  tsp Ground black pepper
  - 1 tsp Onion powder
  - 1 tsp Salt-free seasoning
  - 2  $\frac{1}{4}$  tsp Garlic powder
  - $\frac{1}{8}$  tsp Dried parsley
  - 2  $\frac{1}{4}$  tsp Ancho chili powder
- Or
- 2  $\frac{1}{4}$  tsp Mexican seasoning mix (See Notes Section)
  - $\frac{3}{4}$  cup or 3 oz Frozen corn
  - 1 cup or 5 oz Frozen peas and carrots
  - $\frac{3}{4}$  cup or 2 oz Frozen green beans

#### Directions

1. Place ground beef in a large pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds
3. Remove meat from heat. Drain beef in a colander.
4. Return meat to heat.
5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
6. Add corn, peas and carrots, and green beans.
7. Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Pour soup into a large soup bowl.
10. Critical Control Point: Hold at 140 °F or higher until served.
11. Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).



# PHYSICAL ACTIVITY AND NUTRITION



Dancing is a fun way to get children moving and to develop their balance, coordination, and flexibility. Learning to balance, move smoothly, and stretch your body is critical for children. It's like laying the foundation for being powerful and intelligent. These abilities enable you to stay healthy, have fun, and feel wonderful, a great foundation for a healthy and happy childhood.



Eating a balanced diet can also improve children's mood and behavior. Children who eat a diet high in sugar and processed foods may experience more mood swings and behavioral problems. Scientists have been studying this, and they've found that what kids eat might be linked to how they behave. So, if a kid doesn't eat healthy food, they might act in ways that are more difficult for parents and teachers to handle. Eating good food is important!



# Q & A FROM THE OFFICE OF CHILDREN AND FAMILY SERVICES

**Question:**

**Written by Elaine Trotta**

*What is FAMS, and how do I get access to it?*

**Answer:**

FAMS stands for Facility Application Management System, which is a New York State Office of Children and Family Services data system we are all using or will be using in the future for completing and submitting renewal applications and completing Child Care Background Checks, (CBC's). Centers and School Age Centers are already using FAMS. Group Family and Family Child Care programs will be transitioning over soon. Look for an invitation from your licensor or registrar via email and respond to this promptly as it does have an expiration date. If you miss the due date, contact your registrar (845) 425-0009 x475 or licensor (845) 708-2400 to resend the invitation. If you are still not sure or have questions, please call us at (845) 425-0009 x0 and ask to speak to someone in registration.



**To update your program information call Vicky at (845) 425-0009 x458**

**Legally Exempt Child Care Provider:**  
**Would You Like to Increase Your Income?**

You can add funds to your income by taking ten additional hours of approved training. You will then qualify to receive the Enhanced Rate for child care. You can also participate in the Child and Adult Care Food Program (CACFP). This program will help you with food expenses for children in care. In some cases, with the food expenses for your own children.

**For more information contact Ines Ortiz, Legally Exempt Coordinator (845) 425-0009 x411**



### Important Dates

#### Our New Location

40 Ramland Road, Suite 209  
Orangeburg, NY 10962  
EFFECTIVE  
Wednesday, February 28, 2024

#### OFFICE CLOSINGS

New Year's Day:  
Monday, 1/1  
Dr. Martin Luther King, Jr. Day:  
Monday, 1/15  
Presidents' Day:  
Monday, 2/19

**Executive Director**  
Keishea Allen x615

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

**Director of Program Standards, Support and Professional Development**  
Angela Reyes X418

**Finance Coordinator**  
Kathleen Siuro x662

### Staff Directory

**Business Support Coordinator**  
Allison Wojciechowski x601  
Cell: (845) 422-7505

**CACFP Coordinator**  
Chantel Pittman x633

**Data and Operations Specialist**  
Kari Davie x421

**Health Care Consultant/Nurse**  
Christie Cinquemani x612  
Kristin Saunders  
Cell: (845) 721-5351

**Infant & Toddler Mental Health Specialist**  
Roxana Halo x613

**Infant & Toddler Specialist/ Professional Development Coordinator**  
Jenny Spampinato x419

**Legally Exempt Enrollment Coordinator**  
Ines Ortiz x411

**Marketing & Public Relations Coordinator**  
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 Specialist**  
Bonnie Parsekian x493

**Quality Enhancement Specialist**  
Diahann Darwood x614

**Resource & Referral Coordinator**  
Vicky Saravia x458



We want to thank Assemblymember Kenneth Zebrowski for providing professional development funding to the child care community in Rockland.  
All classes were free to members of CCRR during March 2023 - December 2023.

**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

info@rocklandchildcare.org

childcarerockland.org

Non- Profit Org.  
Presorted Standard  
U.S. Postage  
PAID  
Permit No. 362  
Monsey, NY 10952

Return Service Requested



**CHILD CARE  
RESOURCES  
OF ROCKLAND  
INCORPORATED**



Follow us @ccrrockland



Child Care Aware of America Member

**GET IN THE GAME!**  
**SUPER BOWL FUNDRAISER**  
**WITH A TWIST!**  
**\$6,000 IN CASH PRIZES**  
**WINNER EACH TIME**  
**THE SCORE CHANGES!**

**It's a WIN/WIN fundraiser!**

**You support Child Care Resources of Rockland Inc's mission, we spend the night giving out a total of \$6,000 in cash prizes.**

**It may be YOU who wins big**

This is a "football box" game with a fun scoring twist.

- A person wins \$200 at every score, including the start of the game when the score is 0-0.
- A person can win multiple times in the evening.
- The final score pays \$200 PLUS whatever remains in the \$6,000 pot.

**Boxes are \$100 and only 100 will be sold!**

**Don't delay, get yours today. TO PURCHASE A BOX AND TO VIEW THE LIST OF GAMES**

**VISIT OUR WEBSITE AT [www.childcarerockland.org](http://www.childcarerockland.org)**



INFANTS \* TODDLERS \* PRESCHOOLERS \* SCHOOL AGERS

## Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News  
January-April 2024

### Activity Idea for Infants

#### Sensory Board Exploration

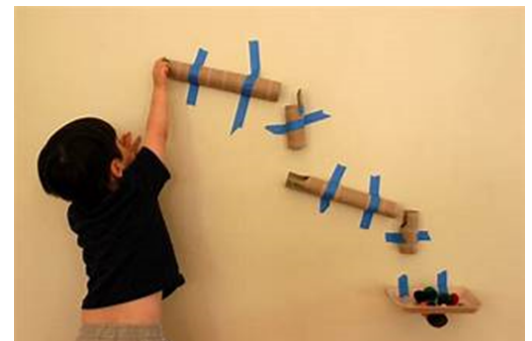
Create your own sensory board to encourage exploration with infants! Choose a variety of materials to adhere to a board or box, for added fun create seasonal sensory boards.



### Activity Idea for Toddlers

#### Do it Yourself Pom Pom Run

Encourage children to help tape paper towel rolls to the wall or a large box. Provide large pom poms to drop through and watch what happens. A great way to encourage engineering with toddlers!





INFANTS \* TODDLERS \* PRESCHOOLERS \* SCHOOL AGERS

## Fun & Educational Activities

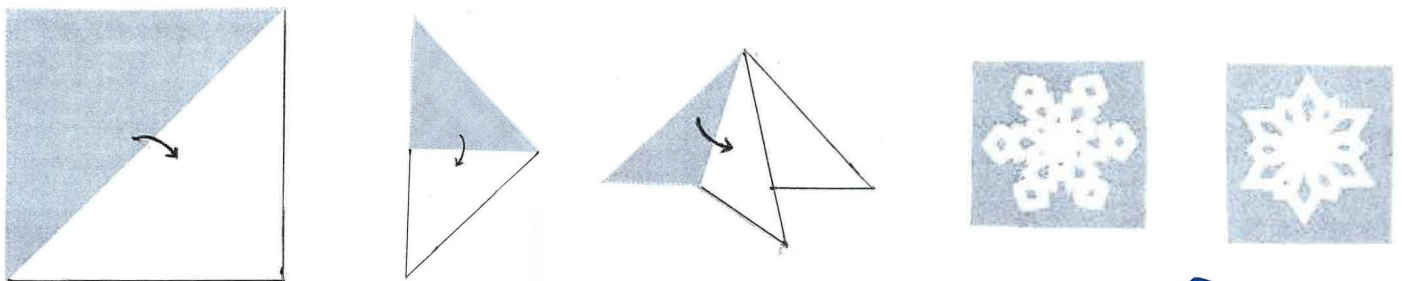
### Activity Ideas for Preschoolers

Winter is here, and children are fascinated with ice and snow. Playing outside is not always an option, but there are ways to bring the winter experience inside.

Sometimes bringing in some snow, putting it in a container, and observing what happens as it warms is enough. One fun activity is painting with ice. Simply put water in an ice cube tray or small paper cups, add a healthy amount of food coloring or tempera paint, insert a popsicle stick, and freeze. Supply paper, and children hold by the stick and create paintings as the ice paint melts.



Always easy is cutting out paper snowflakes. These can be made using square paper (or a coffee filter for easier cutting.) After folding, children cut around the edges, being careful not to cut all the way through. As with real snowflakes, no two are alike, and the use of scissors strengthens hand muscles for writing and drawing skills.



Another activity is making button snowflakes. You will need three popsicle sticks, white glue, white or blue paint, if desired, and an assortment of buttons. Pre-glue the sticks and let dry. Paint the sticks if desired then glue on an assortment of buttons. Glue on some ribbon if you like to make an ornament.



### School Aged Activity (Parent Friendly)

#### Nature Pattern Creating Fun:

Use items like rocks, leaves, twigs, or pinecones to create patterns. Start with simple ABAB patterns, like 'stick leaf stick leaf stick leaf'. Then progress to more complex patterns like AABAAB like 'stick stick leaf stick stick leaf'. When your youngster needs more of a challenge move on to ABCABC, like 'stick leaf rock stick leaf rock'. Also allow your child to create their own pattern ideas. Remember, a pattern is a pattern when it repeats.

Supporting math learning at home for your youngsters can be a fun and engaging process.

