



# Rockland Child Care News

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

January-April 2025



50th Anniversary and Children's Champions Celebration  
Special Edition



**Board of Directors**

**Board President**

Vivian England

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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 and Registered Child Care Programs**

**Family Child Care Programs**

Cherestal, Darline

Frieder, Shifra

Miss Denise Bright Beginnings

Naneez Playhouse

Salguero Padilla De Ramir, Cindy

Rams Day Care

**Child Care Centers**

Benim Academy of Pearl River, Inc.

Benim Academy Early Childhood Center, Inc.

Children's Funland

Fred S. Keller School

Kidsnett Child Care Program, Inc.

NSCIC Early Head Start Annex

**School Age Child Care Centers**

JCC Rockland Inc.

Martin Luther King Multi-Purpose Center, INC - Eldorado

Martin Luther King Multi-Purpose Center, INC - Elmwood

Martin Luther King Multi-Purpose Center, INC - Lime Kiln

**Group Family Child Care Programs**

Brightest Starz

Charm's Daycare

Dergreichen

Early Bird Nursery and Child Care

Just Us Kids, Inc.

Kids Town

Mccormick, Lamont

Meehan, Annmarie

MRPG LLC

Myria Jean-Gilles Day Care, Inc.

Schwarzmer, Chava

Shamailov, Shiran

Shapiro's LLC

TG On Crystal Inc.

Totally Tots Inc

W.D. Day Care LLC

Weimer, Aviva

Zuniga Sandoval, Elsa

**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 2024 - December 2024**

Amy Albers

Holly Allen

Juliet Allen

Dawn Aponte

Dilcia Ballana

Maria Barca

Lidia Basher

Darline Cherestal

Darnett Davis

Wendy Dominguez

Trisha Ewing

Lynda Fitzpatrick

Nadene Geyer

Robin Korines

Maira E. Mazariago

Yudelka Mejia

Ana Pando Penafiel

Shannon Pollack

Hyacinth Salabie

Liana Sargsyan-Quinn

Riviky Schnitzler

Lindsay Smyth

Kimberly Zapata

Monica Zenda

Children's Funland

Family Resource Center

Haverstraw Daycare, Inc.

Martin Luther King Multi-Purpose Center, INC.- Eldorado

Martin Luther King Multi-Purpose Center, INC- Elmwood

Martin Luther King Multi-Purpose Center, INC- Lime Kiln

Martin Luther King Multi-Purpose Center, INC- Suffern

West Street Child Care Learning Center

**We want to thank former Assemblymember Kenneth Zebrowski for providing professional development funding to the child care community in Rockland County, throughout his tenure.**

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.



# THE COST OF CHILD CARE



**Dr. Keishea Allen,  
Executive Director**

In recent months, there has been substantial focus on the cost of child care across America. This is not a new issue. Families with children in child care, know the impact it has on their daily lives and their overall budget. The cost of child care continues to increase and generally outpaces other expenses such as transportation, housing, and rent, (Hudson Valley Pattern for Progress, 2024) while wages are not increasing at the same rate. At times, this leaves families to make tough decisions about their household budget, eliminating non-essentials to ensure their necessities are met.

For many families, child care is essential. Without child care, many families would be unable to work and provide for their loved ones. Hudson Valley Pattern for Progress reports the average cost of child care in the Hudson Valley ranges between \$12,000 - \$15,000 for one child. This is an especially large financial burden for many families. Further exacerbating the issue, is the people who work in child care, mostly women, are paid some of the lowest wages of any service-sector employees in the Hudson Valley. The average wage is low enough that many child care workers qualify for food assistance, housing vouchers, home heating subsidies, and other social service programs (Hudson Valley Pattern for Progress, 2024). A single emergency for the families mentioned above can leave them in dire situations, unable to pay their monthly child care cost and unable to pay for their other obligations.

The United States Department of Health and Human Services states that child care should not cost a family more than 7% of its annual income. In 2022, the national annual average price of child care was \$10,853 for one child, or approximately 10% of the median income for a two-income household. According to data from Childcare Aware of America (CCAoA), for single parents in the United States, typical childcare costs accounted for about 33% of their median income. Pattern for Progress further examined the cost of child care in the Hudson Valley by utilizing the weekly market rate data collected in 2022 by the Office of Children and Family Services (OCFS). Pattern for Progress then paired the OCFS data with county-by-county median income data to examine the typical cost of child care for a two-income household with one child. In each county, the average annual costs exceeded the federal standard of spending 7% or less on child care. Hudson Valley's median-earning household spends approximately 13%-15% of its income on child care for one child.

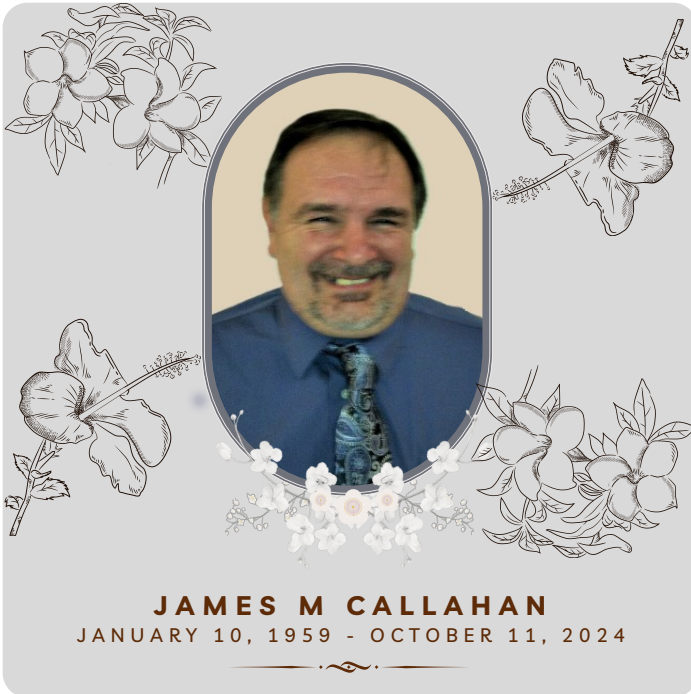
This prohibitive cost of child care is not sustainable for families. Families who qualify and do not qualify for child care assistance are being priced out of providing their children with quality early childhood education. The ramifications of which are seen when children enter school lacking social emotional and academic skills. Societal ramifications are seen when there is a heavy burden placed on social systems that cannot keep up with or provide support for the overwhelming applicants in their system. The cost of child care should not leave families in economic distress. Child care must be and should be treated in the same manner that public education for K-12 students are treated. A universal education system, preparing our youngest children when they are at their most inquisitive stage of life to explore, create, and learn. It can be done if we all agree that child care is crucial and is the most important investment that we can make in our society.

**Resources:**

Childcare in the Hudson Valley. Hudson Valley Pattern for Progress (2024).



# IN MEMORIAM, JAMES M. CALLAHAN



## CHILD CARE RESOURCES OF ROCKLAND REMEMBERS JIM

Jim was always there to lend a helping hand, whether it was taking new staff out on visits or going the extra mile for his providers. Jim was always there to help. He was knowledgeable and cared so much for this agency. He started ice cream Fridays over the Summer, every Friday staff members would sign up to bring a cold treat for everyone and he oversaw the process. He did love his ice cream, nothing crazy he was a vanilla kind of guy. He would crack jokes to make people smile and enjoyed learning, he was very inquisitive. Overall, he was kindhearted and truly cared about his fellow coworkers and providers. We will never forget the joy he brought into our lives, and we will miss him deeply.

## Are You Interested in Owning Your Own Business?

Would you love to be able 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 HAPPY AND HEALTHY THANKSGIVING



## Fresh Produce Collaboration with Monettefyre Nyack Hospital



Staff members: Kari Davie, Jill Halpern, Shakia Reynolds and Diana Santos picking up the produce bags.



Distributing the bags to programs that care for children whose families benefited from the donation.



Nyack Center



We Care 4 Child Care



Wendy Dominguez



Maria Polanco



# NURSE'S NOTES

## NATIONAL CHILD ABUSE PREVENTION MONTH



Christie Cinquemani, Nurse

National Child Abuse Prevention Month is acknowledged in April when we recognize the importance of families and communities working together to prevent child abuse and neglect.

As professionals in the field of early childhood learning and care, we must do our best to promote the safety and wellbeing of children both in and outside of our programs.

The guide below has been developed to help identify resources available to us as mandated reporters. As we strive to recognize signs of abuse and maltreatment, to understand what steps must be taken if we do suspect abuse and or maltreatment, and when we have discerned that a family is in need of essential necessities like food, healthcare and housing without having to report them it is important to remember that we have these resources to support our work.

- 1. Be sure to take the State's newest online Mandated Report Training by April 1, 2025** (if you haven't already). All licensed or registered child care providers are required to take this training to be in compliance with N.Y. Soc. Serv. Law § 413(5). This 2-hour self directed training has been updated to include training on implicit bias and provide information on the OCFS' HEARS (Help, Advocate, Reassure and Support) family line. Links to register for this training can be found on the Office of Children and Family Services website or you can use this link <https://nysmandatedreporter.org/RegistrationInstructions.aspx>. You will need to have or create a HSLC account to sign up. If you are a director, make sure this training is completed by all staff.
- 2. Complete your Daily Health Checks.** All licensed and registered child care providers are required to conduct daily health checks per OCFS regulation. This daily routine creates the opportunity to identify potential symptoms, signs and trends indicative of child maltreatment. It is a safety measure that can support your decision making and provide opportunities for intervention.
- 3. 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**  
 The H.E.A.R.S. (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. Representatives are available to help Monday through Friday 8:30am - 4:30pm.  
 If you know a family that could use support, please ask them to call the OCFS H.E.A.R.S. family line at 1-888-554-3277.  
  
**NYS SCR Mandated Reporter Specific Telephone Line 1-800- 635-1522.**  
 All child day 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.

*You will find these numbers on page 15, ready to be posted on your refrigerator*

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



# ADVERSE CHILDHOOD EXPERIENCES IN EARLY CHILDHOOD



**Jenny Spampinato, Infant and Toddler Specialist and Professional Development Coordinator**

As we know, every two years thirty hours of training is needed to meet the OCFS training requirements in the nine component areas. A tenth component was added on Adverse Childhood Experiences. For this edition of the CCR&R newsletter I thought it best to provide some background information on this important topic.

Adverse childhood experiences, also known as ACEs, are potential traumatic events that occur during childhood. ACEs originated in a study conducted from 1995 to 1997 by the Centers for Disease Control (CDC) and the Kaiser Permanente health organization. This study was one of the largest conducted to investigate three specific forms of adversity children faced in their home environment before the age of eighteen. The three categories included various forms of abuse, neglect, and household challenges also known as household dysfunctions.

Over the years dozens of studies have been conducted using the original study. Key findings have been that ACEs are common, two out of three participants reported experiencing at least one ACEs, one in six adults have experienced four or more types of ACEs (CDC). There is a correlation between high ACEs scores and greater chances of poor outcomes later in life. Evidence building has demonstrated that as the number of ACEs experienced increases, the higher likelihood increased exponentially that a person can experience negative life outcomes. One important factor to keep in mind is risk is not destiny, just because an individual has a high ACEs score does not mean they *will* experience negative outcomes.

Experiencing many ACEs as well as other challenges such as community violence or racism without the help of supportive adults can cause what is known as toxic stress and the effect it has on the brain. When we think about the brain, we have learned that it is designed to change in response to repetitive experiences, whether good or bad. When a child repeatedly experiences heightened fear or trauma it changes the brain. Manageable levels of stress are normal and promote growth, but when a child is exposed to severe, persistent stress without the support of a nurturing adult it can greatly alter the body's stress management and activate the stress response system. This is referred to as toxic stress. With the help of protective factors, or coping skills within safe, nurturing, and stable relationships, negative consequence of toxic stress can be lessened.

**When it comes to adverse childhood experiences, there is a great deal of research and information to process. For more information, please contact Jenny Spampinato, Infant and Toddler Specialist & Professional Development Coordinator at (845) 425-0009 x419 [JennyS@rocklandchildcare.org](mailto:JennyS@rocklandchildcare.org).**

#### References:

- Center on the Developing Child Harvard University. (n.d.). ACEs and Toxic Stress: Frequently Asked Questions Download PDF. Developing Child Harvard Edu. Retrieved September 6, 2021, from <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>
- CDC-Kaiser ACE Study. (n.d.). Center for Disease Control. Retrieved September 6, 2021, from <https://www.cdc.gov/violenceprevention/aces/about.html>
- Vital Signs Adverse Childhood Experiences. (n.d.). Center for Disease Control and Prevention. Retrieved September 6, 2021, from <https://www.cdc.gov/vitalsigns/aces/index.html>
- Wallace, D., Hughes, D. C., Belmonte, C., & Polstein, K. (n.d.). 101- Level of Adverse Childhood Experience Institute. Albany; Early Care and Learning Council, LaSalle School.

# Child Care Resources of Rockland 50th Anniversary and Children's Champions Celebration

## THE HONOREES



Chava Schwarzmer



John Dillon



Myria Jean-Gilles



Jean Roemer



Dr. Karen Tesik, AJ Walker and Lori Graham



Nancy Maffia on behalf of Frances Franco-Montero



Stephen M. Fromson



Donalee Berard

## PRESENT AND PAST BOARD MEMBERS AND GUESTS



John Gregory



Madeline Evangelista



Christopher Jensen



Patricia Soriano Guzmán



Liana Sargsyan-Quinn



Jaime Naddeo







# Child Care Resources of Rockland 50th Anniversary and Children's Champions Celebration



## ADVOCACY



County Executive Ed Day



Ed Day and Assembly Member Eachus

## PRESENT AND PAST CCRR STAFF



Jane Brown



Keishea Allen



Edna Saravia and Angela Reyes



Marcia Scheer and Ellen Mitchell



Jill Halpern, Kari Davie and Roxana Halo



Shakia Reynolds



Christina Espindola and Kathleen Siuro



Jenny Spampinato, Roxana Halo, Diana Santos and Ines Ortiz



Diahann Darwood, Allison Wojciechowski, Edna Saravia and Chantel Pittman



Bonnie Parsekian and Ann Taylor



Elaine Trotta and Karen Ross





# Positive Discipline Works: Discipline with Love



**Roxana Halo, Infant and Toddler Mental Health Specialist**

Positive discipline is a parenting technique in which parents or caregivers use respect, trust, and kindness to teach children what is right and wrong. Positive discipline works in the long run by changing unwanted behaviors for good, helping adults connect with children, building up children's character (e.g., responsibility, respect, empathy, creativity), and empowering children. Besides strengthening the bonds between adults and children, positive discipline improves children's mental health and academic outcomes. So, how can we implement positive discipline with children? Here you have some tips:

- Be kind and firm: Be a good model of mutual respect.
- Encourage children to celebrate each step they take towards improvement rather than focusing on mistakes.
- Teach children that mistakes are opportunities to learn.
- Work with children on finding solutions that are respectful, reasonable, and helpful.
- Spend special time with children: Be present, do something fun, and tell them you love them!

## References

Nelsen, J. (2023). Positive discipline. <https://www.positivediscipline.com>

# How great are your systems, when it comes to being inspection ready?



**Shakia Reynolds, Standards and Support Specialist**

It's no secret that a visit from your licensing agency can be a little nerve racking for some people. One way to overcome those feelings is to make sure you have a system in place to keep all required paperwork inspection ready. According to NYS Office of Children and Family Services childcare regulations for your type of child care modality (Family, Group Family, Day Care Center or School Age Child Care), some documents may be required to be maintained on file for review at your program while others might need to be posted visibly for anyone who enters your program, i.e. families, staff, and visitors to see and use. Please review the regulations for your modality to see what you need and pay close attention to the "Management and Administration" section.

Once you identify what documents you need to keep on file and what you need to post and make visible you can decide how you want to keep it organized. For many programs housing "on file" documents in a binder or labeled accordion file folder works well while Trifold presentation boards and cork boards work for documents that need to be visible. The goal with any system is to be easy to maintain and works in your space.

Finally, be sure to make some time to look at your program's documents and, if you don't have one yet, set up a schedule for a documentation review every 3 months to ensure your paperwork is current and not out of date. Remember, keeping your paperwork inspection ready will help you and your staff feel confident and well prepared.

# A FOND FAREWELL...



After over 25 years with CCRR, Jane Brown, Karen Ross and Elaine Trotta retired in October, 2024.

We are grateful for their dedicated service and we will miss them dearly.



**Angela Reyes,**

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

On October 10th, 2024, Child Care Resources of Rockland, Inc. recognized Frances Franco-Montero with the Phyllis Helbraun Award, which is given to an individual for a body of distinguished service over many years, to the early childhood or school age community. Mrs. Franco-Montero has modeled this dedication throughout her career as an early childhood educator, administrator, adjunct professor, High Scope trainer and regulator of early childhood care and education. In 1990, New York State created child care regions and Mrs. Franco-Montero was selected as the first manager of our region, the Lower Hudson Valley, which includes Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester counties. In her capacity as Regional Office Manager, she was responsible for supervisors, licensors, registrars, early childhood and after school centers, group family and family providers, and tens of thousands of children. Her mission has always been to follow the Office of Children and Family Services regulations and provide the best care possible for our children.

Mrs. Franco-Montero formally retired on October 30th, 2024. Her distinguished service to the young children of not only Rockland County, but the entire state and her passion to provide early childhood experiences that are rewarding for all children has and will continue to have a lasting effect for years to come. Gracias, as we all continue to do this work, we hope to do it with as much kindness, bravery, professionalism, and care as you have shown is possible.



Mrs. Frances Franco-Montero back row, second from left with CCRR Registration Department staff



# A FAMILY HANDBOOK



**Allison Wojciechowski, Business Support Specialist**

A Family Handbook for a child care business is a comprehensive document that outlines the policies, procedures, and expectations of the child care provider. It serves as a guide for parents or guardians, helping them understand how the business operates, what is expected of them, and what they can expect from the child care provider. The handbook typically includes topics such as hours of operation, payment policies, behavior and discipline guidelines, health and safety protocols, and other important information that governs the relationship between the family and the child care provider.

## Importance of a Family Handbook:

1. **Clear Communication:** A well-written handbook ensures that families understand the rules and policies from the beginning of care, reducing misunderstandings.
2. **Consistency:** It helps maintain consistent standards in the care of children, as all families are aware of the same rules and expectations.
3. **Legal Protection:** The handbook provides written documentation of the child care provider's policies, which can help protect the provider legally in case of disputes.
4. **Professionalism:** Having a formal handbook enhances the credibility and professionalism of the child care business.
5. **Support for State Compliance:** In places like New York, specific regulations need to be followed by child care providers. A family handbook ensures compliance with these regulations.

## Why Work with a Child Care Business Support Specialist:

1. **Expert Guidance:** A child care business support specialist has in-depth knowledge of industry best practices and regulations. They can ensure that the handbook covers all necessary areas, including compliance with local or state laws, like those in New York.
2. **Custom-Tailored Solutions:** Every child care business is unique, and a specialist can help create a handbook that fits the specific needs and values of your business.
3. **Efficiency:** Working with a specialist can save time and reduce the stress of trying to draft or update a family handbook on your own. They can provide templates, feedback, and revisions, making the process smoother.

Having a well-developed family handbook, created with expert help, enhances the professionalism, legal standing, and operational clarity of a child care business.

**Contact our Business Support Specialist, Allison Wojciechowski at (845) 425-0009 x601 or email at [AllisonW@rocklandchildcare.org](mailto:AllisonW@rocklandchildcare.org) to assist you in creating or updating your family handbook and/or policies.**



# NEW EMPLOYEE SPOTLIGHT



## Jessica Malas

### Quality Enhancement Specialist

Jessica Malas is a dedicated professional in early childhood education and program management, recognized for her commitment to youth development and non-profit leadership. She lives in Pearl River with her husband, Brett, and their son, Henry. Jessica is passionate about creating nurturing and stimulating learning environments for children. With over 21 years of experience, Jessica has held various roles in the field, from classroom teacher to program director and senior director of programming, working in both for-profit and nonprofit settings.

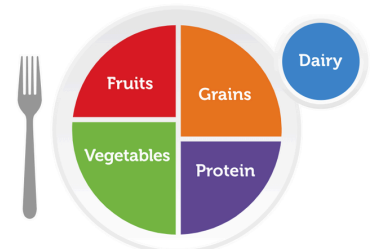
# CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

## IMPORTANT UPDATE:

### 2024-2025 CACFP Reimbursement Rates Announced

The USDA has released the Reimbursement Rates for 2024-2025.

Rates are effective from July 1, 2024, through June 30, 2025.



**MyPlate.gov**

Child Care Homes	BREAKFAST	LUNCH/SUPPER	SNACKS
Tier I	\$ 1.66	\$ 3.15	\$ 0.93
Tier II	\$ 0.60	\$ 1.90	\$ 0.26

If you are a Family or Group Family Child Care provider and are interested in getting reimbursed for the nutritious meals you serve, contact Chantel Pittman at (845) 425-0009 x633 for more information.

# THE IMPORTANCE OF OUTDOOR PLAY FOR KIDS IN WINTER



Jessica Malas

As winter sweeps in with its frosty breath, it can be tempting to huddle inside like cozy little bears. But oh, the magic that awaits outside! Playing in the crisp, glittering snow is not just fun; it's a treasure trove of wonders for kids' growth and joy. Here's why winter outdoor adventures are a must:

1. **Stay Active and Healthy:** Kids can enjoy winter sports like skiing and snow play, keeping them active and boosting their immune systems. Fresh air and sunlight are great for their health.
2. **Boost Mood and Creativity:** The snowy landscape can lift spirits and inspire exploration, allowing kids to embrace the magic of the season.
3. **Learn Teamwork:** Activities like building snowmen or creating a snowball tossing game to teach kids cooperation and communication, strengthening friendships.
4. **Connect with Nature:** Playing outside helps children appreciate nature and understand seasonal changes, fostering respect for the environment.
5. **Build Resilience:** Facing winter's challenges teaches kids adaptability, how to dress for the weather, and valuable life skills.

While staying indoors may be cozy, outdoor play in winter significantly benefits kids. So, bundle up and enjoy the season together!



## GREAT CHILDREN'S BOOKS ABOUT SNOW

Bonnie Parsekian

**Title**

**Author**

Snow

Uri Shulevitz

Snowballs

Lois Ehlert

The Red Book

Barbara Lehman

The Snowy Day

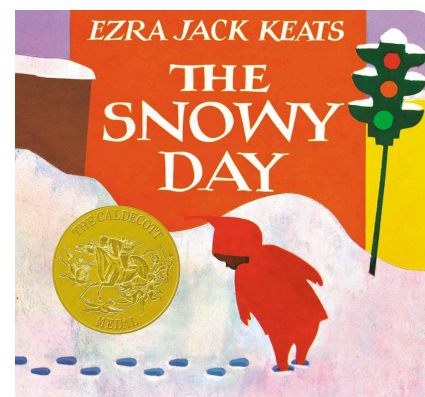
Ezra Jack Keats

The Jacket I Wear in the Snow

Shirley Neitzel

White Snow Bright Snow

Alvin Tresselt





**CCRR's Address**

40 Ramland Road, Suite 209  
Orangeburg, NY 10962

**Staff Directory**

**Important Dates**

**OFFICE CLOSURES**

New Year's Day, Wednesday, 1/1  
MLK's Birthday, Monday, 1/20  
Presidents' Day, Monday, 2/17

**Executive Director**  
Keishea Allen x615

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

**Director of Program Standards,  
Support and Professional Development**  
Angela Reyes x418

**Finance Coordinator**  
Kathleen Siuro x662

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

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

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

**Legally Exempt Enrollment Coordinator**  
Ines Ortiz x411

**Marketing & Public Relations Coordinator and  
Child and Adult Care Food Program Monitor**  
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  
Jessica Malas x614

**Resource & Referral Coordinator,  
Technology Coordinator and Child and Adult  
Care Food Program Specialist**  
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

info@rocklandchildcare.org

childcarerockland.org

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Early Care & Learning Council  
United to Promote Quality

Child Care Aware of America Member

**Buy Your Boxes Today!**

**\$6,000 in CASH PRIZES**  
**WIN \$200 Each Score Change!**

**Sunday, February 9, 2025**

**JOIN THE FUN**

Boxes are available to purchase on our website at [childcarerockland.org](http://childcarerockland.org)

For more information contact us at (845) 425-0009 x0 | [info@rocklandchildcare.org](mailto:info@rocklandchildcare.org)

# Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News  
January-April 2025

## Activity Ideas for Infants & Toddlers

### Science for Infants and Toddlers

Children are born natural scientists. As early educators it's our role to foster curiosity, exploration and discovery in a safe way. Here are some fun science experiments to try with older infants and toddlers.

#### Hidden Message (Infants)

##### Materials Needed:

- White crayons
- White paper
- Water-colored paints

##### Directions:

1. Using the white crayons, have the children create a drawing on white paper
2. Once complete paint over it with water-colored paints to reveal the hidden message



#### Rain in A Jar (Toddlers)

##### Materials Need:

- Clear Jar
- Water
- Shaving Cream
- Food Coloring
- Pipette

##### Directions:

1. Fill the jar with water
2. Cover the top in shaving cream
3. Squeeze drops of food coloring over the shaving cream





INFANTS \* TODDLERS \* PRESCHOOLERS \* SCHOOL AGERS

## Fun & Educational Activities

### Activity Ideas for Preschoolers

#### Playing with Snow Dough

##### How to make snow dough:

- 4 cups of cornstarch
- 1/2 cup of olive oil.



##### Directions:

To mix, use a large (gallon) plastic zip bag, add the cornstarch and oil, and mix well.

If you are feeling courageous, add 1 drop of peppermint essential oil. Add the essential oil to the olive oil before you mix it in with the cornstarch for your snow dough.

Once mixed in the bag, pour it out into a sensory bin and knead briefly to make sure it is evenly mixed.

Children can make snowballs, scoop it and dig around in it, make snowmen, and add manipulatives to find and decorate with.

### School Aged Activity (Parent Friendly)

#### I Have A Dream

Once upon a time, Martin Luther King Jr. dreamed of a world where everyone was treated fairly.

His inspiring vision continues to guide us today.

Let's honor his legacy by encouraging our children to dream big and believe in themselves.

One fun way to do this is to create a project where your child can share their dreams for their family, school, community, and the world (example shown).

This activity not only sparks creativity but also helps strengthen the connection between you and your child, making every dream feel valued and important.

