



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

Rockland Child Care News

September-December 2024



Thursday, October 10, 2024

The View on the Hudson

101 Shad Row, Piermont, New York 10968

RSVP No Later than October 1, 2024





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

- Child Care Centers**
 - Little Lambs PreK & Day Care, Inc.
 - Kindercare Learning Center
 - Peace Through Play Nursery School
 - Head Start of Rockland
 - Lamont Doherty Child Development Center
 - Montessori Center of Nyack
- Family Child Care Programs**
 - Kathleen Durnion
 - Darline Cherestal
 - Yvonne Harding
 - Maira Mazariego
 - Raji Roy
- Group Family Child Care Programs**
 - Brilliant Minds Daycare, LLC
 - Bubby's Playgroup Ltd. #2
 - Faigy Davidson
 - Maria Estrella
 - Gan Geshmack
 - Jesses's Loving Day Care
 - Just Us Kids, Inc.
 - Kids in Action Spring Valley
 - Kinder Care LLC
 - Little Blossoms Group Inc.
 - Meline Merjanian
 - RS Deals Corp.
 - Striving 4 Success II Inc.
 - Magalite Sylvain
 - Clara Ungar

- School Age Child Care Centers**
 - Nanuet Family Resource Center - MAP Program

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 April 2024 - August 2024

- Elise Bilali Nyota
- Elisa Cordero
- Lisa Coughlin
- Rodia Dorcely
- Shifra Fiddle
- Suzanne Gallagher
- Yvonne Harding
- Kathleen Hargat
- Mahkyla Hargat
- Myria Jean-Gilles
- Jenn Knecht
- Rebecca Kurlander
- Rochel Kurtz
- Michelle McLaughilin
- Yudelka Mejia
- Sofia Moore
- Amanda Munderville
- Joy Pleasants
- Denise Santos
- Melissa Tirro-McDonald

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.



AS WE CELEBRATE 50 YEARS OF EXISTENCE

**Dr. Keishea Allen,
Executive Director**

This work is not possible without the child care providers throughout this county. No matter the modality served; Group Family Child Care (GFCC), Family Child Care (FCC), School Age Child Care (SACC), Child Care Care Centers (CCC), or Enrolled Legally Exempt Providers. As a child care provider, you afford families a safe, nurturing, and engaging place for children, while parents work. You contribute to the vitality of the local economy and children’s exposure to early childhood education. According to the organization ZERO to THREE more than half of children under the age of 3, spend time each day cared for someone other than a parent. The average child care provider in the US makes \$12 per hour and most do not receive benefits. “When parents lack safe, high-quality child care, they either can’t work or risk leaving their children in unsafe or poor-quality settings. Neither is a good alternative. Parents exit the workforce and leave gaping holes in the economy, supply chains, and essential services. The system is fundamentally broken, and the healthy development of our children is at stake.”

As we continue advocating for quality child care, we must advocate for the child care providers, working tirelessly to support families and children. Without them, there is no system of child care. The federal government is taking steps to improve affordability and access through its 2024 fiscal year budget proposal. One example of steps taken is the \$980 million additional funding for the Child Care and Development Block Grant (CCDBG). The CCDBG allows states to disburse BASE grants to a variety of child care programs, inclusive of home-based care, centers, family, friend, and neighbor care (Center for American Progress, 2024). This investment of cash into child care, shows the urgency of this work and the value placed on those working in the field.

Child care is an economic issue. The Child Care for Working Families Act aims to expand access to and lower the cost of care for families, support child care workers, and address racial and gender disparities in the child care system. It would invest in children, families, communities, and the economy. It would provide resources to support high-quality child care, including funding to pay a living wage to staff since quality jobs are directly correlated with quality care (Center for American Progress, 2024). Most importantly, the Child Care for Working Families Act would increase access to affordable child care, ensuring that no working family pays more than seven percent of their income on child care and for families earning below eighty-five percent of their state’s median income, child care would be free.

Resources:

Center for American Progress. “5 Things to Know About the Child Care for Working Families Act.” (May 2023). The CAP Early Childhood Policy Team

ZERO to THREE. www.zerotothree.org/issue-areas/child-care



CHILD CARE RESOURCES OF ROCKLAND INCORPORATED

YOU'RE INVITED

Annual Meeting

Monday, September 30, 2024 • 8:00AM
 Rockland Community College,
 Technology Center- Ellipse Room
 145 College Road, Suffern, NY 10901

Registration is required.
Call us to register at (845) 425-0009 x0

Keynote Speaker: Ellen Galinsky, Author

Complimentary Continental Breakfast

Join us!
 We will review our achievements of the past year and discuss plans for the future.

Your presence and insights are invaluable to us as we strive to provide the best care and support to the children and families in our community.

We hope to see you there.

Registration is required.
 Please call to register at (845) 425-0009 x0

COMBINE WHAT YOU LOVE WITH WHAT YOU DO!

You can become a licensed child care provider and we can help.

Call Child Care Resources of Rockland at (845) 425-0009 x0 or email us at info@rocklandchildcare.org

Focused on what is best for the children of Rockland County.




Usted puede convertirse en un proveedor de cuidado infantil autorizado y nosotros podemos ayudarlo.

Llame a Child Care Resources of Rockland al (845) 425-0009 x0 ó envíe un mensaje al correo electrónico info@rocklandchildcare.org

Centrado en lo que es mejor para los niños del condado de Rockland.

COMBINE LO QUE LE GUSTA HACER CON LO QUE HACE!



50 YEARS STRONG!

Individuals involved in the organization over the years



Marcia Scheer & Anne Taylor



Stephanie Johnson and
Darnett Davis, Kidsnett



Nadene Seyer



Joan Silvestri, Commissioner of Social
Services at County of Rockland



Donalee Berard & Anne Taylor



Ellen Mitchell



Vivian England



Scott Vanderhoet



NURSE'S NOTES

Christie Cinquemani, Nurse

Influenza season starts in October, peaks from December to February, and lasts until May.

Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older. Infants and young children are at a greater risk for getting seriously ill from the flu. In New York State, the Department of Health recommends that all children 6 months and older get the seasonal flu vaccine. It helps make flu sickness milder or prevents it altogether. As the strains of the flu virus change, so does the vaccine.

Children younger than 6 months should not receive a flu vaccine. Children 6 months through 8 years of age who have never received the influenza vaccine need to receive 2 doses of it, separated by at least 4 weeks. This is necessary only the first year they are immunized. Children 9 years and older need only 1 dose of the flu vaccine.

Your goals as a provider, teacher, or caregiver are to do your best to encourage as many staff and children to get immunized before and during the flu season as soon as possible.

Getting the vaccine early in the fall means you and your children will be protected when flu season starts. Make sure people close to your children, like babysitters and relatives, are also vaccinated. The vaccine is especially important for people with certain medical conditions like asthma, diabetes, and heart or lung disease, because the flu can make them even sicker.

Schools and child-care settings are required to post influenza educational material, in plain view, within their facilities.



CCRR ANNUAL AGENCY PICNIC 2024

At Haverstraw Bay Park Pavillion



Angela Reyes, Kari Davie, Allison Wojciechowski, Jenny Spampinato and Diahann Darwood



Roxana Halo, Jill Halpern, Blanca Gerena and Chantel Pittman



CCRR Staff



Keishea Allen, Christie Cinquemani, Shakia Reynolds, Christina Espindola and Kathleen Siuro

Q & A FROM

THE OFFICE OF CHILDREN AND FAMILY SERVICES



Angela Reyes,

Director of Program Standards, Support and Professional Development

As registrars for Family Child Care and School Age Child Care programs we often find programs have similar questions. We have gathered a few of them below and would like to share our answers. Please remember that our goal is to help you keep your program in compliance with OCFS regulations.

How many hours of training do I need to have?

All child care staff, providers, directors and volunteers with potential for regular and substantial contact with children must complete 15 hours of training within the first 6 months of employment and obtain a minimum of five (5) hours of Office-approved training each year.

All child care staff, providers, directors and volunteers with potential for regular and substantial contact with children must complete a total of 30 hours of training every two (2) years. This training must cover 10 topic areas (SACC staff and volunteers only have to cover 9 areas, they are not required to take training around Shaken Baby Syndrome but can receive credit if they choose to do so).

You can visit the New York State Office of Children and Family Service's website at <https://ocfs.ny.gov/programs/childcare/training/requirements.php#roles> to see what specific courses are require for each role within your program.

What if one of my staff has been in the program less than 2 years and we are in renewal? Do they still need 30 hours of training?

That depends on their length of employment. All child care staff are required to complete 15 hours of training within the first 6 months of employment and obtain a minimum of five (5) hours of Office-approved training each year.

A member of our staff will be returning to work and would like to express breastmilk during work hours. Are there any rules I need to be aware of?

Yes, New York State Labor Law Section 206-c guarantees employees paid break time to pump breast milk at work. You can find more details on New York State's Department of Labor's website <https://dol.ny.gov/system/files/documents/2024/06/p691-to-pump-breast-milk-at-work-information-for-employers.pdf>.

Here are a few things to note:

- An employee must submit a request in writing.
 - Employers have five days to respond to the request.
 - The employee must be given a 30-minute paid break that can be broken up into smaller breaks if necessary. This paid time is in addition to any regularly scheduled break time or meal time. The employee cannot be required to "make the time up" by working a longer schedule.
 - Employees must be provided a well-lit private place where others will not enter which has a chair and small table or other flat surface, and an electrical outlet (if the workplace has electricity). The space cannot be in a bathroom or bathroom stall.
 - If there is a refrigerator, employees must be allowed to use the space to store pumped milk".
-



BOARD OF DIRECTORS SPOTLIGHTS

"To lift my voice for the empowerment of others" that is Vivian England's personal mission statement. Currently Vivian is the Liaison to the Chair of the Rockland County Legislature, in this role she represents the Chair in key forums to facilitate a viable connection between the legislature and the residents of Rockland County. For nearly two decades, Vivian served as Deputy Executive Director at the Center for Safety and Change. As part of the senior management team, she played a pivotal role in developing the organization's justice-centered and anti-oppression lens. This led to the development of culturally conscious services for survivors of domestic violence and sexual assault.

A staunch advocate for social justice, Vivian served as the Vice-Chair of the Rockland County Commission of Human Rights for over 21 years. Her work there involved seeking remedies for Rockland residents experiencing discrimination. Her years of service, commitment and impact resulted in her induction into the Rockland County Human and Civil Rights Hall of Fame in February of 2024.



Vivian England
Board President



Vivian is also the Past Chair and the first African American Chair of the Board of Leadership Rockland. After her term as chair ended, she served as a founding member and Chair of Leadership Rockland's Diversity, Equity, Inclusion, and Belonging Committee. Currently she serves as the Coordinator of Leadership Rockland's Multi-Cultural Communities and Social Justice Day

Vivian is also the newly elected Chair of the Board of Child Care Resources of Rockland, Chair of the Emergency Food and Shelter Program Board and a member of the Board of People to People. She is also a Trustee, a Chair of the Stewardess Board, and the Community Liaison for the historical St. Charles A.M.E Church in Sparkill, New York. In addition to her induction into the Hall of fame her contributions have been acknowledged with awards including the Spring Valley NAACP Unsung Hero Award, the Nyack Center's Woman of Achievement Award, Rockland County's Above and Beyond Service Award, the Rockland Business Women Network's Woman of Achievement Award and Rockland Negro Scholarship Fund Award.

Vivian holds a master's degree in public administration and a professional certification in human resources. She resides in Valley Cottage with her husband of 31 years and is the mother of 2 accomplished, adult children.

For over 30 years, I have worked in the childcare field, starting out in center based programs, then school age care- before and after school programs. Currently, my role is Director of Child Development at the Rockland County YMCA, an organization which serves over 6,000 individuals annually in youth development, healthy living and social responsibility.

Besides being an avid Disney enthusiast; during my "off" time, I enjoy the companionship of my husband and 3 children, traveling, arts and crafts, cooking and writing.

I am excited to be serving as a board member for an agency who I have witnessed improve the lives of children and families firsthand. As a parent, I understand what it's like to leave my "precious cargo" in the hands of strangers, which is why I feel CCRR's mission in continuing to help in providing quality childcare is so important. My motto is "It is important to love what you do and the people you do it with- this applies to work and personal matters."

Juliet Allen
Director





Madeline V. Evangelista

Director

Madeline Evangelista is a second generation board member. She started volunteering at various CCRR events as a child with her mother.

With a background in finance and economics, Madeline is currently an Internal Auditor at a Japanese commercial bank, where she advises on regulatory compliance and best practices. Madeline is committed to the mission of Child Care Resources of Rockland and is delighted to join the board.

Danielle N. Kobryn

Director

Danielle Kobryn has over 20 years of experience in higher education, specializing in marketing, communications, enrollment, strategic planning, and project management. She's the Director of Strategy and Project Management at St. Thomas Aquinas College, where she leads the Communications and Marketing Team and pushes forward strategic initiatives.

Previously, she was the Executive Director of Strategic Marketing at SUNY Rockland Community College and held various roles at St. Thomas Aquinas College. Danielle holds a Master's in Strategic Communication from Seton Hall University and a Bachelor's degree from Rutgers University.

Danielle lives in Rockland County with her husband and their energetic 4-year-old daughter. When she's not working, she enjoys family time, baking, and watching football—despite being a long-suffering Jets fan.

Danielle is dedicated to supporting students throughout their higher education journeys and is excited to join the Childcare Resources of Rockland Board, expanding her efforts to help children and families in her community.



Liana Sargsyan-Quinn

Director



Liana Sargsyan-Quinn is the founder and the managing director of Red Owl Academy. She is an educator with over 20+ years of teaching experience at Schools and Universities. Liana received a diploma with honors from Yerevan State Linguistic University in Armenia where she taught French Language for 10 years. After studying International Relations and Foreign Policy at The Fletcher School of Law and Diplomacy (Tufts University) and receiving her MA in Business Communications from Baruch College (CUNY) she combined her love of teaching with her academic degrees to create Red Owl Academy. Liana speaks four languages and enjoys traveling and exploring new countries and cultures with her husband and 2 daughters.

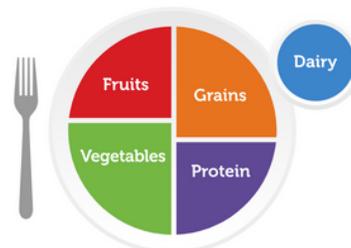
CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

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.

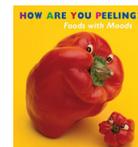


MyPlate.gov

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.

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

CHILDREN’S BOOKS FOR HEALTHY EATING



Bonnie Parsekian

Children are often picky eaters! Causes of picky eaters can include early feeding difficulties, late introduction of lumpy foods in the weaning process, pressure to eat more, or maybe just a “sweet tooth” that children are naturally born with. The following picture book list can help young children become interested in healthy food choices. Always remember that picture books are for ALL ages.

Author	Title	Author	Title
Toni Buzzeo	Eat Your Superpowers!	Barbara Hicks	Monsters Don’t Eat Broccoli
Lauren Child	I Will Never Not Ever Eat a Tomato	Sara Kale	Eat the Rainbow Foods
Becky Cummings	My Magical Foods	Claire Potter	Which Foods Will You Choose?
Lois Ehlert	Eating the Alphabet	Lizzy Rockwell	Plants Feed Me
Denise Fleming	Lunch	Olena Rose	I Can Eat a Rainbow
Saxton Freymann	How Are You Peeling?		

Important Dates

OFFICE CLOSURES

Labor Day, Monday, 9/2
Columbus Day, Monday, 10/14
Veteran’s Day, Monday, 11/11
Thanksgiving, Thursday, 11/28
“Day After”, Friday, 11/29
Christmas Day, Wednesday, 12/25

CCRR’s Address

40 Ramland Road, Suite 209
Orangeburg, NY 10962

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

Staff Directory

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

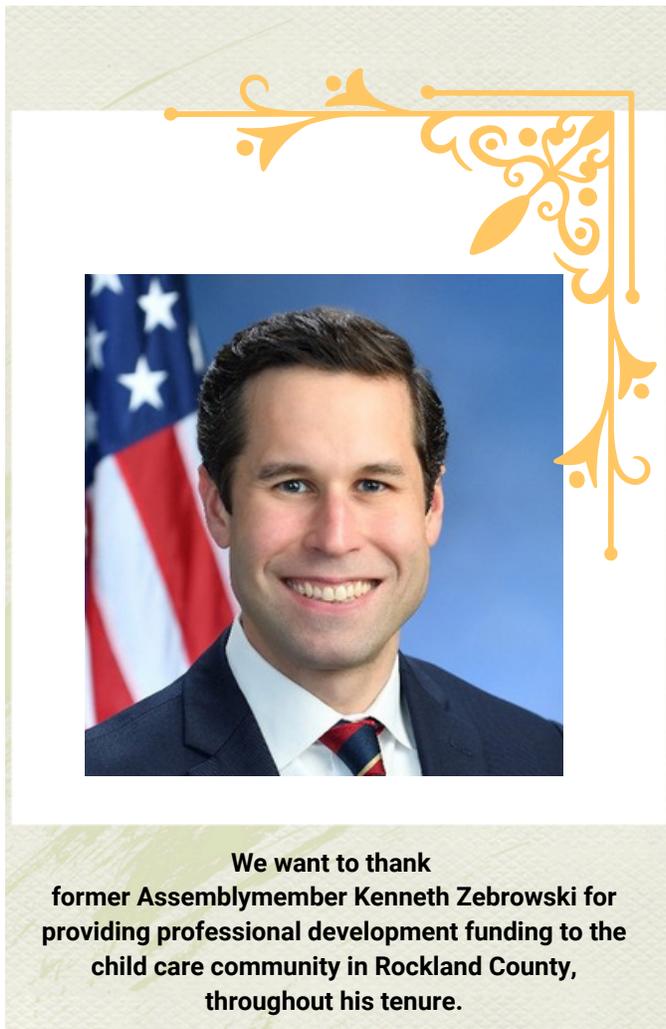
Marketing & Public Relations Coordinator and Child and Adult Care Food Program Monitor
Diana Santos x223

Program Standards & Support Services Coordinator
Edna Saravia x475

Program Standards & Support Specialists
Blanca Gerena x487
Jill Halpern x456
Shakia Reynolds x620

Quality Enhancement Specialist
Bonnie Parsekian x493

Resource & Referral Coordinator, Technology Coordinator and Child and Adult Care Food Program Specialist
Vicky Saravia x458



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.

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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IT'S GAME TIME!

FOOTBALL FUNDRAISER

2024 - 2025

JOIN THE FUN

Boxes are available to purchase on our website at
childcarerockland.org

For more information contact us at (845) 425-0009 x0
info@rocklandchildcare.org

INFANTS * TODDLERS * PRESCHOOLERS * SCHOOL AGERS

Fun & Educational Activities

Child Care Resources of Rockland, Inc.

Supplement to Rockland Child Care News
September-December 2024

Activity Ideas for Infants & Toddlers

Promoting reading for infants and toddlers.
Read to your infants and toddlers at home

- Pick a comfy and quiet reading spot
- Organize and display books nicely to draw your child's attention
- Make sure the books are accessible
- Grab a tasty snack for you and your child
- Let your child pick the book they want to develop their interest in reading
- Use gestures and different voices to capture your child's attention
- Talk with your child and point out things in the book they may like
- Relax, have fun, and connect with your child!

When we read to our infants and toddlers, we help them understand the world, and boost their communication skills and imagination. Besides, it can help us spend quality time and bond with our little ones. The more we read to them, the better readers they will be in the long run.

Take your infants and toddlers on a trip to the library

- On your way to the library talk to your child about the things you can do in the library
- Ask your librarian for book recommendations and age-appropriate kid-friendly activities (e.g., Storytime, games, and arts & crafts) for your child
- Borrow books your children show interest in and check them out with them
- Encourage your child to talk, play, and socialize with other children
- Enjoy this time with your child!

A fun way to promote reading habits in infants and toddlers is by bringing them to your local library, making the whole reading experience more interactive and boosting their brain development. Visiting your library will nurture their reading habits and help them engage with their community.

References

Bowie, L. (2015). Libraries: Making a difference in early childhood brain development. Ideas +Inspiration from Demco. Demco.
<https://ideas.demco.com/blog/libraries-making-a-difference-in-early-childhood-brain-development/>



INFANTS * TODDLERS * PRESCHOOLERS * SCHOOL AGERS

Fun & Educational Activities

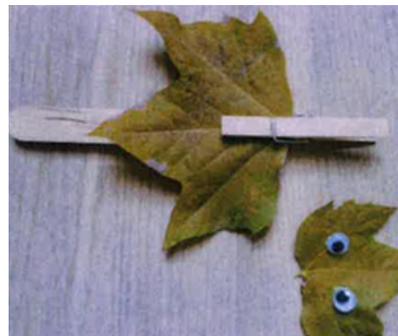
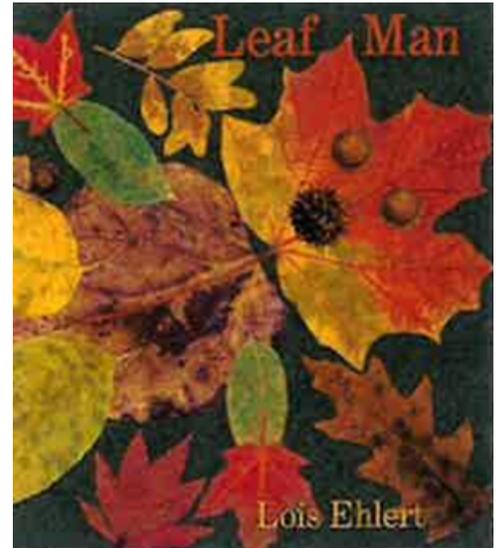
Activity Ideas for Preschoolers

Fall is coming, the wind is gusting, and Leaf Man is on the move. Is he drifting east, over the marsh and ducks and geese? Or is he heading west, above the orchards, prairie meadows, and spotted cows? Read this autumnal classic by Caldecott Honor-winning author-illustrator Lois Ehlert.

Then make your own Leaf Man with your preschooler.

You'll need a jumbo craft stick, a clothes pin with springs, wiggly eyes, a small pom-pom or rock, and ... leaves! Glue larger leaves on craft stick (body) and smaller leaves on clothes pin (head and mouth) and clip to craft stick. Glue on eyes and nose.

Only one thing is for certain: "A leaf Man's got to go wherever the wind blows."



School Aged Activity (Parent Friendly)

Get a family set of water bottles! In one 2018 study (Trusted Source) of over 3,000 adults, those who drank more water had a lower risk of anxiety and depression than those who drank less water.

Though the connection between dehydration and depression was stronger, researchers found that anxiety was higher in those who didn't drink enough water.



Play music and Dance! Set a date like Dance Saturday! There's a growing body of evidence that suggests that dancing is good for people's mental health. This is being shown in patients with depression. There have been published peer-reviewed papers, which suggest that when people with depression engage in certain types of dance, their symptoms can be reduced.

