

LEADING THE WAY TO QUALITY CARE



Capital District
Child Care
Council

Leader

WINTER
2012

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Email Newsletter

What's Happening

January 24, Noon, WNYT News Channel 13
Watch as the Council shares tips and advice on WNYT's "Parenting Tuesday" segment

February 28, 1:30 pm, Council Office
6 County Directors' Club Meeting: Child Care Center Directors are welcome to attend!

February 28, Noon, WNYT News Channel 13
Watch as the Council shares tips and advice on WNYT's "Parenting Tuesday" segment

March 6, 7:00 pm, Saratoga County
Don't miss the first workshop in a series designed just for Group/Family Child Care Providers: Learning Through Play - The Active Learning Way

February (Date TBD), All Day, at the Capitol
Join us as we visit our State representatives with the Winning Beginning NY coalition to advocate for Early Care and Education

for more details on these events visit
www.cdcccc.org



Pictured left to right: Patty Skinner, Child Care Council Executive Director, Wendy Hopkinson, Director of Early Childhood Services for Parsons Child and Family Center, Sheri Dushane, Child Care Council Center Education Coordinator, Sharon Hutchinson-Jones, Assistant Director of Early Childhood Services for Parsons Child and Family Center.

Annual Meeting Celebrates Collaborations

The Capital District Child Care Council held its Annual Meeting on December 7, 2011. Highlights included the presentation of the annual Dianne Meckler scholarship award to Meredith Janke. Meredith, Executive Director of Pooh's Corner, was named as the seventh recipient of the annual Dianne Meckler Scholarship Award for her outstanding leadership in the early childhood field. Congratulations, Meredith!

In addition, the annual Community Collaborator Who Cares award was presented to Parsons' Child and Family Center. To support excellence in early care and education, Parsons has demonstrated a commitment to teacher competency and professional development. They have supported teachers and teacher assistants

in seeking higher education, Child Development Associate Credential Classes, and cutting edge in-service programs. They are also strong supporters of the community and have provided training space which is beneficial to other early educators and community organizations. Congratulations to Parsons!

The Board of Directors elected three new officers for the 2012 Council Board. They are Kim Siciliano for the office of President. Kim is the Youth and Family Services Director at the YWCA of Schenectady. Jane Schwerd for the office of Vice President. Jane is retired from the Saratoga County EOC. Merle T. Baker for the office of Secretary. Merle is the

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Annual Meeting Continued

From the

Executive Director

By Patricia Skinner, Executive Director



*Happy
New
Year!*

Each January, as we start the new year at the Council, we can't help but look forward with anticipation. We know that there will be many successes, as well as some challenges. However, one thing will remain constant... the Council's commitment to quality child care for all of the children in our area. The Council has a longstanding history in administering innovative and cutting edge programs for quality improvement with early care and education and school-age programs. It is, and always will be, the Council's intent to ensure that the support teachers and providers receive strengthens their ability to promote the growth and learning of young children.

In support of this, the Council's Board of Directors has instituted a new policy to enhance collaboration with providers. Starting in 2012, Council staff, when visiting a program, will ask all providers to sign an authorization form acknowledging that Council employees are mandated reporters and therefore are required to report suspicion of child abuse and maltreatment. Additionally, Council employees will be required to report serious regulatory concerns to the appropriate agency.

The Council's new policy also stresses, that in the collaborative nature of quality improvement, program directors/providers will be fully informed prior to any action taken. Reporting is a professional obligation shared by Council employees and child care/school-age providers alike.

The Council believes, as I know you do, that together we can act to ensure the safety and well being of all children in care.

~Patty

owner/operator of a registered family child care program. The membership voted in the following new members to the Council's Board of Directors: Grace McKeone, retired Medicaid Auditor Supervisor, Sharon Giordano, a Teacher at Bethlehem Preschool, Tammy Calhoun, Early Childhood and Teacher Education Professor from Schenectady County Community College, Debra Ahola, Professor in the Department of Humanities and Social Sciences of Schenectady County Community College, and Kathryn Kaehler, Manager of Family Services at Saratoga County EOC Head Start.

The Board also had two retiring members this year, President, Elizabeth Robert-Laura and member Bernard Jones. Thank you for your years of dedicated service to the Child Care Council and the early childhood community.



Top - Left to right: Kim Siciliano, incoming Board President, Patty Skinner, Executive Director, Elizabeth Roberts-Laura, retiring Board President
Middle - Left to right: Meredith Janke, Dianne Meckler Scholarship winner, Lynda Weismantel, Director of Operations, Capital District Child Care Council.
Bottom - Left to right: Retiring Board President, Elizabeth Roberts-Laura, Patty Skinner, Executive Director.

Help Us Lead the Way to Quality Care

Imagine a world where every child has access to loving, appropriate, stimulating, and affordable child care. Parents would be happy and free from worry, caregivers would be excited and challenged.... and children would thrive.

This is our dream at the Child Care Council. For over 30 years we have been working to ensure that families have access to affordable, quality care and that all family, school-age and early childhood caregivers have the training and resources they need to provide high quality care to our children. We all know what a huge and positive effect high quality child care has on children's success in school and beyond.

But times are tough and it's becoming increasingly difficult to balance the child care community's needs with the funds

that we receive. In order for the Council to continue to make a difference, we need your help. Would you consider supporting us in our first Annual Appeal? Just a small gift would make a huge difference to a caregiver, parent or child.

Please send your tax deductible donation today. The children of the Capital District are counting on you!

Scan with your smartphone to make a donation

Or, donate on-line at www.cdcccc.org/community_make_a_donation.cfm



Don't have the app? Search for "QR code reader" in your app store.

Turn the Screens Off by Sue Updike



Turn on the TV. Look in the newspaper. We're bombarded with promises that buying the newest tech toy will make our lives easier, keep us organized, and assure our children's success in school. It's not easy to keep track of all the screens in our adult lives as we check the weather on our smart phones, use the GPS to find an alternative route around a highway accident, turn on cartoons to keep things quiet during a hasty breakfast, and check texts to see what's facing us at work. All this screen time before even leaving the house in the morning!

Being plugged in, connected, and on-line is necessary in the busy lives of families. So how do you respond to the October 2011 recommendation by the American Academy of Pediatrics that "video screen time provides no educational benefits for children under age 2 and leaves less room for activities that do, like interacting with other people"? The report is very clear in stating that there is no such thing as an educational program for infants and toddlers. It goes on to say that having the TV on as background noise is a distraction for both babies and their caregivers.

As children reach school age and have increasing amounts of homework, there is evidence (from a study by the National School Boards Association Center for Public Education) of the importance of parents taking an interest in children's school work by asking about the school day, monitoring homework, and making sure children attend school every day. Most important of all, read to and with children. Thomas L. Friedman in a piece in the Albany TIMES-UNION on November 20, 2011 says that children whose parents "often read books with them

during their first year of primary school show higher scores [on an international test] than students whose parents read with them infrequently or not at all." Adult interest and reading together seem to make a difference, rather than expensive technology.

What to do? Dismiss such suggestions as impossible and ignore them? Or take one or two small steps to make some changes in your home or child care center. Some ideas follow:

- Turn off the TV when no one is watching.
- Choose what to watch and watch with children
- Develop school day rules for use of games, computers, TV and phone with your child, for example, homework first, no use of phones during meals, etc.
- Remove TV and computers from children's sleeping rooms
- Work with child care providers to limit screen time—no television, limited use of computer games, lots of interaction between adults and children
- Suggest other activities—sports, reading, board games, puzzles, arts and crafts
- Choose video games that encourage physical activity and get the whole family (or child care facility) involved.

Take the first step by selecting one or two things that seem like they will work in your situation. Watch to see if children sleep better, become more active, and find more time to read and engage in creative play. Then try another idea. And another.

References— www.aap.org; <http://www.mayoclinic.com/health/children-and-tv/NY00522>.

Ask the Dietitian

Q: *What is Eat Well Play Hard Day Care Homes (EWPHDCH)?*

A: Eat Well Play Hard Day Care Homes is a new program developed specifically for home child care providers participating in the Child and Adult Care Food Program (CACFP).

The goal of this program is to improve the nutrition and physical activity environment of the child care home by encouraging increased consumption of fruits, vegetables, and low-fat dairy, and decreasing the amount of time spent at computer screens or watching TV.

The program is a 3 month, interactive learning experience for providers in Albany, Fulton, Montgomery, Rensselaer, Saratoga, and Schenectady Counties. It involves five provider workshops held at the Capital District Child Care Council and 5 in-home children's lessons, all led by a Registered Dietitian. In-home lessons include fun games and activities and opportunities for children to try a variety of new healthy foods!

The program ends with an optional family event, where families are invited to experience what the children have been learning. The program is free of charge to the provider and an assortment of free educational gear and small kitchen supplies will be given out as part of the fun.

The Capital District Child Care Council is excited to begin this new program starting January 2012! Contact Stephanie Ross, RD, at 426-7181, ext. 351 or email at sross@cdccc.org with any questions.

Community Events

6 County Directors' Club

The 6 County Director's Club meets quarterly. This club a great way for center directors to get connected and gain knowledge of current trends in early care and learning. At the last meeting, Jessica Howe gave a presentation on the NYS Core Body of Knowledge. The next meeting is scheduled for February 28 from 1:30 to 3:00 at the Child Care Council, 91 Broadway, Menands. A presentation will be given by Patty Purcell regarding the NYS Early Learning Guidelines Birth to Five. Patty will also address current information about Quality Stars. We hope to see you there.

Capital District Association for the Education of Young Children (CDAEYC)

Board meetings are held the first Wednesday of every month at 7:00 pm at the NYSAEYC office at 230 Washington Ave. Ext, Albany. Contact Judy Kaiser at cdaeyc@aol.com for more information.

The NYS Association for the Education of Young Children

Annual Conference in Buffalo, NY
April 19 - 21
Hyatt Regency Buffalo
Earn up to 15 training hours
For more information, visit
www.nysaeyc.org

Family Child Care Association of NYS (FCCANYS)

Annual Conference in Callicoon, NY
April 27 - 28
Villa Roma Resort & Conference Ctr.
Earn up to 15 training hours
For more information, visit
www.fccanys.org

List your event here by emailing
ksmith@cdcccc.org

Our Website Just Got Better...Give it a Click!

The Child Care Council has refreshed it's website to include better content and improved functionality. To improve on our past website, we have integrated many new features including social media, improved e-newsletters, on-line workshop registration, provider update forms and on-line membership renewal. We've also kept our current and popular features including on-line child care referrals and tipsheets.

Visit www.cdcccc.org for:

- ✓ Easier navigation
- ✓ Find child care on-line
- ✓ Register for workshops
- ✓ Up-to-date, accurate & comprehensive
- ✓ Information for parents seeking child care
- ✓ Find out how to become a child care provider
- ✓ Find out how to help employees find child care
- ✓ Find out how to improve your child care program
- ✓ Stay informed on important child care policy issues
- ✓ Links to community resources (add yours by emailing info@cdcccc.org)

We would also love to communicate and connect with you on your favorite social sites- Facebook and Twitter - and hope that you will engage in conversation with us!

www.cdcccc.org



Scan with your smartphone to visit cdcccc.org

Don't have the app? Search for "QR code reader" in your app store.



Minute Menu for CACFP Providers Launches a New Mobile App

The Child and Adult Care Food Program (CACFP) is a federally funded nutrition program that reimburses licensed, registered, and legally exempt child care providers for the meals and snacks they serve to children in their programs.

In 2006 the Council introduced a new claiming program to CACFP providers called Minute Menu and it has made the claiming process easier and less time consuming. Minute Menu allows providers to do all required data entry and daily record requirements on the computer, minimizing paper records and paper record storage.

Minute Menu has just introduced a new mobile app called, kids2go. Kids2go allows providers to use mobile devices to enter same day meals and attendance, as well as

days and meals closed. This app is available now as a free download from the Apple iTunes App Store. Kids2go will work on any iPhone, iPad, and the iPod touch. There is also a mobile site: <https://www.kids2go.mobi/> that allows any Android phone or any computer using Chrome or Safari browsers to access the application and record same day entry information. Providers will be able to access both Minute Menu and the kids2go app seamlessly. The data from both is saved in real time and available immediately.

If you would like more information on CACFP and the variety of ways to claim for your monthly reimbursement please contact us at 518-426-7181 and ask for the food program.

Community Resources

A guide to helpful resources in the community

Families face a variety of challenges every day. The good news is, there are resources available to help. The following lists information for several resources that are available in our community. For more, visit <http://www.cdcccc.org/links.cfm>

Translation Services

MAMI (Multicultural Association of Medical Interpreters) provides trained interpreters for speakers of limited English in medical, legal, mental health and domestic violence/sexual abuse situations. MAMI provides accredited written translations of health and legal documents. Since its creation in 1998, MAMI has grown into Upstate New York's largest medical and legal interpreting organization, with offices in Syracuse, Utica and Albany.

www.mamiinterpreters.com

On-Line Safety & Education

Kids have lots of opportunities for socializing online, but they come with certain risks. Parents can help reduce these risks by talking to kids about making safe, responsible decisions.

<http://onguardonline.gov>

Emotional Support

Any life issue, whether it be depression, family issues, relationship problems, and financial issues, among others, may be discussed on Crisis Chat. Crisis Chat Specialists are here to listen and support you through whatever difficulties you may be having. A chat visitor does not have to be thinking about suicide to use crisis chat.

www.crisischat.org

Referrals to Additional Community Resources available at 2-1-1

2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. Learn more about your local 2-1-1 by looking it up here.

Call 2-1-1 or visit

<http://www.211ny.org/>

Tax Preparation Services

More families than ever are eligible for tax credits this year. To get these credits, you must file a tax return. Find out where you can get FREE help with your taxes

Call 1-800-906-9887 or visit

www.irs.gov

Consumer Protection

The Division of Consumer Protection at the Department of State is the State's top consumer watchdog. Through live outreach, education and a wide distribution of informational resources, the Division of Consumer Protection helps protect consumers from identity theft and other scams and provides consumers product safety and injury prevention messages and tips. There are also varied resources on the website to protect consumers from unreasonable risks of injury or death from consumer products.

If you have specific questions, the Division also has staff available to take your call 5 days a week between the hours of 8:30am to 4:30pm.

www.dos.state.ny.us

Find Out if You Qualify to Receive Benefits from NY State

myBenefits.gov provides a quick and easy way for people who live in New York State to find out if they might be able to receive:

- Help with buying food
- Temporary Assistance (TA)
- Special tax credits
- Home Energy Assistance
- Weatherization Assistance Program (WAP)
- Various Health Insurance programs for individuals, families, children, and sole proprietors
- WIC - Women, Infants and Children
- Prescription drug insurance coverage for seniors
- HIV Uninsured Care Program

The screening tool takes about 10 minutes to complete.

www.myBenefits.gov



Having a hard time making ends meet?

Check your eligibility for economic supports at:

myBenefits.ny.gov

Advocacy Update

Counties are forecasting child care subsidy cuts in their 2012 budgets.

Children will end up on waiting lists, case loads will be reduced, and programs may be forced to close causing layoffs of child care staff. Quality child care is in jeopardy. In this time of budget crisis, we cannot let our representatives cut important services to our youngest New Yorkers.


Every year, the Child Care Council joins Winning Beginning NY to advocate for child care with our State Leaders in Albany. This year, we need you to join us and talk to your Representatives about your concerns. You work with the children, you know the families and the impact the budget cuts have on their lives. Your stories are powerful and our leaders need to hear them.

Please join us for *Winning Beginning Wednesday* (Date TBA), where early care and learning advocates from around the state come to Albany to visit their representatives and educate them on the importance of investing in our children. Let your Representatives know how important subsidies are to your program and the children and families that you serve.

For details on how to participate, please join our e-newsletter list on www.cdcccc.org or call Kate Smith at 426-7181 ext. 319.



From Winning Beginning Wednesday, 2011 - Advocates met with Senator Breslin as well as many others



Winning Beginning NY

Visit www.winningbeginningny.org for more about Winning Beginning NY

Tales from the Crib

No one really sleeps through the night. Sleep comes in cycles that happen several times during rest. Between these sleep cycles, babies enter a state of “quiet awake.” Self-soothing helps babies settle themselves enough to go back to sleep without waking up completely. Babies who have not developed self-soothing skills will wake up completely, crave their caregiver’s attention and cry. A newborn may need feeding or changing and wake at these times, but once these basic needs have been met, self-soothing skills can help babies return to sleep.

Steps to help a baby get to sleep... and stay there

1. Lay babies down on their backs when they are deeply asleep (breathing slowly, regularly and lying still). This state of sleep typically happens within 20-30 minutes after falling asleep.
2. Little by little, lay babies down a bit earlier, just a minute or two at first.
3. A few nights/naps later, put them down a bit earlier again. This gradually eases a baby from being laid down asleep, to being half asleep, drowsy, less drowsy and eventually awake when laid down. This gentle self-soothing method may happen over a period of time. Babies learning to self soothe need a caregiver’s support and patience as they practice this life-long skill.

For more on this topic, download the tipsheet, “I Can Rock-a-Bye Myself,” at www.cdcccc.org/tipsheet.cfm

Save the Date!

Mark your calendars now for:



The Annual Child Care Provider Appreciation Dinner on Wednesday, May 9 Glen Sanders Mansion, Scotia

Each spring, we pause to celebrate the dedication and hard work of the child care community by hosting the Annual Child Care Provider Appreciation Dinner. The invitation will be posted on the Council’s website and mailed to the mailing list in early April.

For the past few years, the dinner has included a contest centered around the theme of the dinner (ex. “Hats Off to You,” “You are a Treasure”). Guests who choose to participate win small prizes and certificates. This portion of the dinner has been very popular and lots of fun! If you have an idea for the 2012 dinner’s theme, please email ksmith@cdcccc.org by March 1.



The Child Care Council’s 2012 Conference on Monday, October 8, Columbus Day

Be sure to tell your families that you will be closed for a Professional Development Day on Monday, October 8 (Columbus Day), to attend the Capital District Child Care Council’s 2012 Conference!

2011 CONFERENCE SCRAPBOOK



Community Corner

CDA Preparatory Class Looks Forward to Receiving Their Credential



What they said about CDA...

"CDA class has taught me ways to become a better teacher. The support I received from my teacher and classmates has made me feel I can make a difference in the life of a child. That's what it is all about." T. Layton

"I sincerely feel that CDA has been a deeply beneficial process for me. Without the guidance of Heather and my classmates over the past ten months, I know I would not possess the skills and knowledge that currently allow me to be effective in leading my children to success." L. Volkmann

In the picture: Top row from left to right: Brianna Coffey, Chelsey VanGuilder, Heather Ellis, Lucy Marotta, Kwame Dabney, Libby Volkmann, Tammy Layton, JeVonne Bush and Karen Barrett. Middle row: Nidia Bisono, Dolores Todaro, and Mary Hall. Front Row in chairs: Amisha Gomes, Kristen Kukan, Kelly Mohler and Leslie Paul. Not in the picture Joann Haley.

The Albany CDA class completed their 120 hours of CDA preparation classes on December 19, 2011. There are 17 students who will be applying for their assessment for their CDA credential in 2012. This class really enjoyed their time together and has put a lot of hard work into preparing their classrooms and their portfolios. Congratulations to all of you!

Welcome New Child Care Programs!

*This list includes programs that have added new classrooms, new locations, or changed modalities.

Family Child Care

Albany County:

- Diana Cavagnaro
- Carletta Collins – Each One Teach One Family Day Care
- Pamela Graver – Fruitful Vine Daycare
- Helen Mescik – Afternoon Moms

Fulton County:

- Brandy Lallo – Butterfly Kisses Day Care

Rensselaer County:

- Ashley Cameron
- Larissa Davis
- Hia Bertos – Eastside Educational Day Care
- Heather Lane – Lane's Learning Lounge
- Elizabeth Baker

Saratoga County:

- Christine Benidt Scherer
- Danielle Gecewicz – Creative Kids Daycare
- Tracey Tyree – Growing Hope Family Day Care
- Christina Wester – Little Steps Childcare
- Julie Scott – Little Wonders Childcare
- Tamara Marshall – Tammy's Tiny Treasures
- Rhonda Granito – Almost Home Daycare

Schenectady County:

- Jo Anne Smith – Early Virtues Childcare
- Jessica Rodriguez
- Allison Bowden – Allie's A to Z Family Day Care

School Age Programs

Albany County:

- Victory Child Care, Inc.
- Rensselaer County:
- Greenbush Child Caring @ West Sand Lake
 - Greenbush Child Caring Inc. @ Miller Hill Sand Lake
 - Greenbush Child Caring @ Poestenkill
 - YMCA @ Carroll Hill School

Schenectady County:

- JCC @ Hillside Elementary School

Child Care Centers

Albany County:

- Albany Community Action Partnership – Colonie Head Start
- Building Blocks Child Care Center of Colonie L.L.C.
- Kids Express and Achievements at Maplewood School
- TSL (Togetherness, Sharing, and Learning)

Rensselaer County:

- CEO Southern Rensselaer County Family Resource Center
- Story Place Preschool @ CES

Group Family Child Care

Albany County:

- Merle Baker
- Clara Jusino – Casa Clara Family Cay Care
- Nang Sao – Mae La Corporation
- Rashmi Khare – Precious Pines Family Daycare

Fulton County:

- Laura Winslow – Perth Bible Little Crusaders

Montgomery County:

- Jessica Dicaterino – Pohs Limited

Rensselaer County:

- Esther Faseun – Comfort Family Care Support Services
- Lynne Grugan – Lynne's Little Tots

Saratoga County:

- Laura Bisailon
- Roxanne Lansing – Building Blocks Preschool

Child Care

Program Development Coordinator

The Child Care Council is proud to announce that Anne Gresco has started working in her new position as the Child Care Program Development Coordinator. Anne has been with the Council for ten years as a Family Child Care Educator. Anne is a veteran in the field. She ran a Group Family child care business for 22 years before she joined the Council staff.

The Council is always seeking to meet the needs of the Capital Region's families by developing an ample supply of quality child care providers. With Anne's knowledge and experience, prospective providers will have the support they need to navigate the registration process. Anne will offer free Family Child Care Information Sessions several times a month in various locations throughout the Capital Region. If you or someone you know is thinking of opening a Family Child Care business, contact Anne for information on how to get started. She can also put you in touch with the right person at the Office of Children and Family Services if you are interested in opening a Child Care Center.

Anne can be reached at 426-7181, ext. 308 or email her at agresco@cdcccc.org.

Remember to Renew Your Membership for 2012



**Capital District
Child Care
Council**

Membership Form

- Yes, I want to become a member!
- Yes, I want to renew my membership!

Name of Individual

Name of Program/Organization

Address

City State Zip

County

Phone

E-Mail

- Yes, add me to your e-news mailing list!

Payment Options:

Check/Money Order (*payable to Child Care Council*)
Mastercard or Visa

Number

Expiration Date

Signature

Name (PRINT)

Child Care Providers:

- \$75 child care centers or school-age programs licensed for 50 or more children (each site)
- \$50 child care centers or school-age programs licensed for fewer than 50 children (each site)
- \$30 family and group family child care homes
- \$25 student, CDA, SACC Credential, Council CACFP participant

Individual Memberships:

- \$100 Benefactor
- \$55 Advocate
- \$35 Sponsor
- \$25 Friend

Mail completed form and payment to:
Capital District Child Care Council
91 Broadway
Menands, NY 12204

Membership entitles you to:

- Receive reduced rates on workshops and conferences
- Receive a coupon for one individual to attend a two-hour Council workshop (\$12 value)
- Be eligible to vote at the Annual Meeting of the Capital District Child Care Council

Membership is valid January 1 through December 31

For more information, call 518 426-7181 or visit us on the web at www.cdccc.org

Become a member on-line!

Scan this QR code with your smartphone or visit www.cdccc.org/community_membership.cfm



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**Capital District
Child Care Council**

Capital District Child Care Coordinating Council, Inc.
91 Broadway, Menands, NY 12204

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This is a publication of the Capital District Child Care Coordinating Council, Inc., 91 Broadway, Menands, New York 12204-2728. "Leader" is published quarterly. Editor: Kate Smith. Printed by Palmer's Press. "Leader" accepts paid advertising, but does not recommend or endorse any program or service. Articles may be reprinted with credit to source & author. Vol. 2012 Issue 1

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The Capital District Child Care Council is a resource and referral agency dedicated to promoting quality, accessible child care for all of the Capital Region's diverse communities. The Council assumes a leadership role in supporting children, parents, child care professionals, and employers through referral counseling, education, training, and advocacy.