

LEADING THE WAY TO QUALITY CARE



Capital District  
Child Care  
Council

# Leader

SUMMER  
2011

 [cdcccc.org](http://cdcccc.org)

## Celebrating You!



Thank you for another  
fantastic Provider  
Appreciation Dinner!



### Inside this issue

	<i>page</i>
What About Universal Pre-K?	3
A Reliable Resource in Tough Times	4
Fun and Refreshing Summer Snacking	5
ECERS and ITERS Training	6
Council Milestones	7
Dinner Sponsors	back

Photos courtesy Fred Ricard  
Photography  
[www.ricardphoto.com](http://www.ricardphoto.com)

The Annual Child Care Provider Appreciation Dinner was attended by more than 300 guests who enjoyed a wonderful evening honoring their hard work and dedication.

See page 2 for more.

## From the Executive Director

By Patricia Skinner, Executive Director



Even though economic conditions are slowly improving for families in our area, we are aware that supports for child care continue to be fragile and uncertain. The Capital District

Child Care Council has always been a leading advocate for both increased access and for quality in child care. For many area families, child care expenses can consume over 50% of their budget. Families simply cannot afford to have their child care supports reduced or eliminated.

Congress, as well as President Obama, recognize this and have increased funding for the Child Care and Development block grant for the rest of the fiscal year 2011. In addition, \$700 million was included in the budget for President Obama's "Race to the Top" program. This new program includes an initiative to improve the quality of every state's early care and education. These are all hopeful signs of our federal government's commitment to quality early care and learning programs.

On the state level, Governor Cuomo and the State Legislature have maintained funding for UPK and for Resource and Referral organizations like the Capital District Child Care Council.

We thank all of those who recognize the struggle of many young families when faced with placing their child in child care. The Council will continue to work with Winning Beginning NY and the Early Care and Learning Council to advocate for families with young children, who deserve the best child care possible.

~Patty

(thanks to Child Care Council of Suffolk's newsletter, Council Communications, Spring/Summer 2011, The State of Early Care and Education)

## Congratulations Certificate Honorees!

### Excellence in Parent Communication



Alphabetically: Ashley Couball, Melissa Countermine, Norma Cortez, Nicole Davis, Nicole Follansbee, Hilda Hernandez, Sherrie Hickey, Amanda Peck, Kylie Somers, Shaunna Starr, Evelyn Williams

### Excellence in Program Development



Alphabetically: Andrea Adrian, Brian Alvarado, Gail Ames, Lara Bloomer, Debbie Engel, Morgan Handy, Rachel Hennes, Erin Hussey, Christianna Husted, Karen Luzinas, Cassie Morrissey, Cassie Phillips, Rebecca Phillips, Cindy Satterlee, Regina Solarek, Stephanie Walsh

### Excellence in Professional Development



Alphabetically: Rachel Beach, JeVonne Bush, Mich Coloccia, Cyclicie Graham, Lucy Marotta, Jean Mayfield, Brenden Thomas, Elizabeth Tinoco, Elizabeth Volkman

\*\*In some cases certificates were accepted on behalf of honorees who were not in attendance.

# What About Universal Pre-K?

by Sue Updike, Contributor

Late summer is a time for changes as families and children encounter new teachers, classrooms, and programs. Families with four year olds are often delighted when a child is accepted into a Universal Pre-K classroom. To make the transition smooth for parents and children, it may be helpful to consider these issues when enrolling a child in a new program.

## The enrollment process:

Whenever a child is enrolled in a new program, parents need to recognize that they will be asked about the child and family circumstances. Questions about family income, health and the child's experiences are to be expected. The enrollment process should also clarify any fees, information about meals and transportation, the hours of operation, and the daily, weekly and yearly schedule. This is the time to ask about who is responsible for oversight of the program, who the staff report to, the level of staff training, and what standards or guidelines the program must comply with. In the best of situations, a time will be scheduled for the parent to observe the program or visit with the child. Many programs distribute a parent handbook which contains important information including names of staff, contact information, and a summary of the various program components.

## Information about the daily program:

Parents who enroll a child in any program have to trust that this will be an environment in which their child can grow and learn. Visits to classrooms or on-line videos can provide families with some information about what the overall day looks like for a child, what activities and experiences are planned, and how staff interact with children. Parents should be able to observe well-defined areas in the classroom for each of the following: language, books and reading including drawing, blocks, building and construction; artistic expression with provision for use of clay, paint, scissors, paper and glue; dramatic play and music; exploring the natural world and scientific inquiry; numbers, counting and beginning math exploration; active play inside and outside.

The daily schedule needs to provide a balance of active and quiet activities with adequate time for meals and snacks, toileting, rest and active play in a gym or outside. Although some time will be spent

in group activities such as hearing stories read aloud, sitting and listening should be a small portion of the day, especially early in the year. In order for children to become part of the classroom community, the flow of the daily schedule should be clear. It should be written down so other adults can see it and it should be reviewed each day so children know what to expect—"After we go outside, we will have lunch and then listen to a story." In order to become comfortable in the classroom, children need to know not only what is expected, but also what will not be allowed. Adults need to keep the rules simple, limit the number and remind children frequently that they cannot hit or push another child or that the group must stay together when moving from one part of the building to another.

## Communication between program and families:

If trust is to develop between the program and the families it serves, families need to feel welcome as observers and volunteers. They need to be assured that they can contact program staff by phone or e-mail. Expectations about parent participation in fund raisers, group meetings and other

events need to be clarified. Parents should expect to receive various written communications such as a parent handbook and weekly or monthly newspaper—and take time to read them. Opportunities should be scheduled for parent/teacher conferences which include time to review collections of the child's painting and drawing as well as photos of the child engaged with others. Collections limited to worksheets are less helpful than those which highlight the child's own work. Families should expect the teacher to be able to describe the child—what he or she is good at, knows and is able to do. In addition the program should provide information about meals and nutrition as well as the child's overall health and help parents link with additional services when necessary. Some families will need referrals to providers who will assess individual children or provide other services important to those going through stressful periods in their lives.

The pre-kindergarten year is important to every child's overall development. The adults in the child's life—families, child care staff, and teachers can—by working together, assure that the child is safe and healthy as he or she continues to grow and learn.

## TWENTIETH ANNUAL CONFERENCE

Friday, October 14, 2011

### UNTANGLING THE WEB:

### BULLYING & CYBERBULLYING

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Westminster, Vermont

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Darlene Pecor (802) 721-6913 / darlenep@sover.net



FOUNDED IN 1894

# The Child and Adult Care Food Program

## A Reliable Resource in Tough Times



## Announcements

Share your news!  
email [ksmith@cdcccc.org](mailto:ksmith@cdcccc.org)

### Child Development Associate Awarded to Craig Mackenzie

Craig Mackenzie was awarded his Child Development Associate (CDA) in a Family Child Care Setting on May 1, 2011. Craig has worked with his wife at *Fonda Friends Group Family In-Home Day Care* since November 2007. It was at that time that they obtained their group family license in Saratoga County. "We both love teaching children so it was a natural progression to obtain my CDA."

### Statewide Central Register Child Abuse and Maltreatment (SCR) Fee Information

When the state budget was passed in April 2011, there was a change in the law in regard to fees for conducting database checks through the Statewide Central Register Child Abuse and Maltreatment (SCR). The change in the law now requires that prospective child care providers and applicants for employment in child care programs be charged a \$25 fee for any database checks conducted through the SCR.

The fee requirements do not apply to volunteers who work in child care programs, providers of goods and services to child care programs, consultants to child care programs, or to current employees who have previously been screened through the SCR if the program elects to re-screen current employees. The fee requirements also do not apply to persons age 18 or over who reside in homes where family and group family child care will be provided, unless the household member is also employed at the program as a substitute, alternate provider, assistant, alternate assistant or other paid caretaker.

There are four methods of acceptable payment of the fee; certified check, postal or bank money order, teller's check or cashier's check. Personal checks or cash will not be accepted.

In tough economic times when household budgets are stretched and government budgets are slashed, there is some relief available for family, group and legally exempt child care providers.\* The Child and Adult Care Food Program (CACFP) remains a reliable resource for child care providers. A monthly check can help alleviate the financial strain of serving healthy meals and snacks to active, growing children.

The Child and Adult Care Food Program (CACFP) is easier than ever. There is no income eligibility for participation – all child care providers qualify for a monthly check. All record keeping can be done entirely on-line and there is no need to save food receipts. Providers receive free nutrition education and menu planning assistance. CACFP participants stand out as high quality child care programs that are desirable to parents.

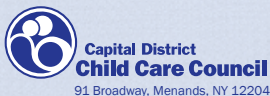
As gas prices and grocery bills continue to increase, now is the time to tap into this long established federal program designed to give financial relief to child care providers.

### Attend a free CACFP information session to find out how you can benefit:

*(Please call 426-7181, ext. 313 to register or for more information)*

**Tuesday, August 9, 7:00 - 8:00 pm**  
**Capital District Child Care Council**  
**91 Broadway**  
**Menands, NY 12204**

**Tuesday, September 13, 7:00 - 8:00 pm**  
**Cornell Cooperative Extension**  
**50 West High Street**  
**Ballston Spa, NY 12020**



**We send checks to  
hundreds of your fellow  
child care providers  
every month.**



To the order of:

Memo: My reimbursement for serving healthy meals & snacks!

\*Child care centers may also qualify to participate in CACFP. Interested Directors should contact the New York State Department of Health at 518 402-7106

# Fun and Refreshing...

With summer comes the joy of warm weather, sunshine, swimming, and outdoor play. Encourage your children to cut back on TV time and increase their physical activity by playing outside. Giving your children healthy meals and snacks is important to provide them with the energy they need to play all day! Children need smaller portions; because they cannot eat as much in one sitting they will get hungry between meals, so healthy snacks are necessary to help them grow strong. Try to serve children 3 meals and 2 to 3 healthy snacks each day on a regular schedule. A healthy snack is nutrient dense, meaning it has beneficial antioxidants, vitamins, and minerals. Examples of healthy snacks are yogurt, fruits, vegetables, and whole grains.

With all of the outdoor play in the hot summer weather, it is important that children stay hydrated. Water is the best beverage for active children and they should drink water throughout the day. Try adding fresh or frozen fruit (such as strawberries or blueberries) to water to jazz up the taste and get children to drink more! Juice, sports beverages, sugar-sweetened beverages and soda are loaded with sugar and can give children excess calories. If children drink juice, make sure it is 100% fruit juice and that they drink a maximum of 4-6 ounces per day.

## Save money on snacks with these tips:

### 1. Buy produce that is in season.

Watermelon, cantaloupe, honeydew melon, blueberries, cherries, strawberries, kiwi, grapefruit, cucumber, snap peas, bell peppers, corn, yellow squash, eggplant, tomatoes, and zucchini are all fresh in-season options during the summer.

### 2. Try purchasing fresh, raw ingredients

as opposed to the more expensive packaged products. Why pay for the prep work when you can do it yourself?

### 3. Use generic/store brand items

rather than name brands. They are often almost the same product.

### 4. Buy in bulk and store/freeze extra items

to last you throughout the summer months. Freezing fresh fruit is easy! Place fresh fruit on a cookie sheet in the freezer and allow it to freeze throughout, then transfer the fruit to freezer bags or containers and store in the freezer. Try cutting up your fresh fruit before freezing for easy smoothie making chunks! Throw your frozen fruit chunks in a blender with some skim milk and yogurt for a refreshing summer drink. Yogurt, fruits and veggies (fresh, frozen, or

# Summer Snacking

by Stephanie Ross, Dietetic Intern, The Sage Colleges

canned), and whole grain cereals/crackers are all inexpensive healthy snacks that can be combined with other ingredients to make a fun summer treat! Below is a list of delicious and refreshing summer snacks containing these ingredients that you and your children can enjoy making together:

yogurt and ½ peanut butter. Tastes especially good with apples!

With all of these healthy eating tips at hand, it is very important to be a role model! Practice good eating habits and your children will too!

**1. Silly Snack Face-** Spread reduced-fat cream cheese or peanut butter on a rice cake. Use raisins for eyes, an apple strip for the mouth, and grated carrots for hair.

**2. Melon Cookies-** Slice watermelon, cantaloupe, or honeydew melon into 1 inch-thick slabs, then use cookie cutters to make shapes. Frost with vanilla-flavored Greek yogurt (Greek yogurt will provide a thicker texture which is better for the icing) and top with sprinkles.

**3. Home-made "ice cream" sandwiches-** Spread a layer of frozen yogurt over a graham cracker, then top with an additional graham cracker and freeze.

**4. Banana Pops-** Cut 3 bananas in half and roll halves in a mixture of 3 Tablespoons yogurt and ¾ teaspoon cinnamon. Wrap halves in foil and freeze. Makes 6 pops.

**5. Yogurt Jello-** Make jello with vanilla or plain yogurt instead of the cold water. Place in individual cups and put in refrigerator to set.

**6. Party pack-** Use a 6 cupcake tin and fill with different foods such as cheese cubes, vegetables, cereal, raisins or fruit, pretzels, crickets, etc. Kids can pick and chose what they'd like to eat.

**7. Fruit kabobs-** Using a popsicle stick or straw, make fruit kabobs with bananas, berries, apples, melon, and add in some cheese cubes for extra calcium!

**In a rush?** If you don't have time to make these fun snacks with your children, try these fast and easy snacks that are still healthy and can be made in a dash:

1. Spread peanut butter on graham crackers.
2. Serve apples with cheese or peanut butter.
3. Mix yogurt with some fruit.
4. Melt reduced-fat grated cheese on a whole wheat tortilla and cut into wedges.
5. Serve veggies with reduced-fat ranch dip.
6. Make a fruit dip of ½ plain



# Water, Water Everywhere

by Arlene Schmidt, Family Child Care Educator

Nice weather brings opportunities for fun and learning through water play. Puddles, spray bottles, garden sprinklers, and water tables naturally fascinate young children.

Water experiments abound as children explore using their senses. Math and science skills are increased as the children measure, dump, and run water through funnels and pipes. Cognitive skills are increased as children experiment. They begin to ask questions and discover concepts such as; what floats and what sinks? They learn ways to move water around and what happens when different things, like water colors, oil, or liquid starch are mixed with ice water; and how to color Queen Anne's lace or a stalk of celery.

Social interaction takes place as the children gather around the water table and wash clothes for the dramatic play area or plan a bike washing day or paint the fence with water.

A child's vocabulary is enriched as she uses words such as evaporation, funnel, float, sink, strain, splash, and spray.

Try these songs about water:

## To the tune of "Row, Row, Row Your Boat"

Rain, rain falling down  
Landing all around.  
What a lovely sound you make  
Splashing on the ground.

## To the tune of "Frere Jacques"

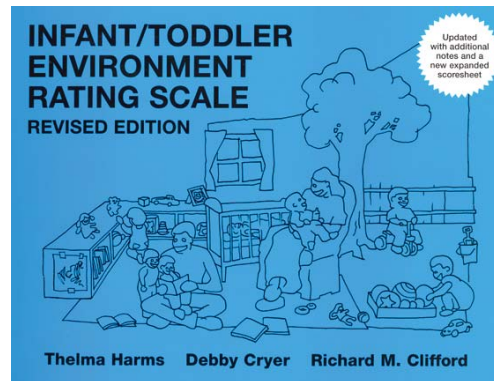
Rain & thunder, rain & thunder  
Boom, boom, boom, boom,  
boom, boom (Clap hands)  
See the flash of lighting,  
Oh my, it is frightening,  
Boom, boom, boom, boom,  
boom, boom. (clap hands)

Playing in water is fun and free! Try puddle-jumping and see how much fun it can be.

Note: Remember that it is against NYSOCFS regulation to have a "fill and drain" wading pool in their program.

# ECERS & ITERS Training in July & August

Infant, toddler, and preschool teachers, administrators, instructors, and consultants are invited to attend these in-depth sessions on using these rating scales. These three day courses provide intensive training in the use of the Early Childhood Environment Rating Scale-Revised Edition (ECERS-R) or the Infant Toddler Environment Rating Scale-Revised Edition (ITERS-R). Participants will be given training in using the scales and guided practice conducting assessments in child care settings, followed by comprehensive debriefing with an experienced group leader. Attendance at all three sessions is required. Lunch is provided. Participants will travel from the training location to area child care programs. These courses are being presented by Suzanne Dohm, M.S. Ed. Suzanne is a Professor of Education at Pace University, a long time Board Member of the New York State Association for the Education of Young Children, and the current ERS evaluation coordinator for Quality Stars NY. Suzanne is a tireless advocate for quality improvements in early childhood programs and she has supported quality enhancements for children and families through her work on the Accreditation Facilitation Project in New York City.



Session Details:

## Early Childhood Environment Rating Scale-R for Infant/Toddler

Date/time:

Tuesday, August 9, Wednesday, August 10, and Thursday, August 11, 8:30am - 5:00pm

Location:

Child Care Council  
91 Broadway, Menands, NY 12204  
Lunch is provided!

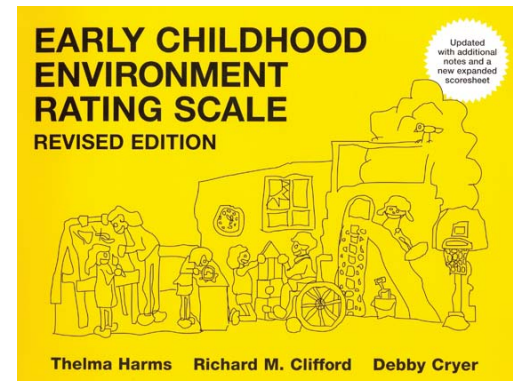
Training hours: 7.5, CEU: .75

Regulation areas: 1, 3, 5, 7

Cost: \$145, ID# 3745

APPROPRIATE FOR: Infant teachers, toddler teachers, administrators, instructors, and consultants

Visit [cdcccc.org](http://cdcccc.org) for a registration form or call 426-7181



Session Details:

## Early Childhood Environment Rating Scale-R for Preschool

Date/time:

Tuesday, July 26, Wednesday, July 27, and Thursday, July 28, 8:30am - 5:00pm

Location:

Child Care Council  
91 Broadway, Menands, NY 12204  
Lunch is provided!

Training hours: 7.5, CEU: .75

Regulation areas: 1, 3, 5, 7

Cost: \$145, ID# 3744

APPROPRIATE FOR: Preschool teachers, administrators, instructors, and consultants

Visit [cdcccc.org](http://cdcccc.org) for a registration form or call 426-7181

# Child Care Council Milestones

Please join us in congratulating Child Care Council staff members on achieving some impressive milestones this year.

Reaching their 5th Anniversary are eight staff members who joined the Council in 2006. Bringing a wide variety of experience and a ton of enthusiasm to their work, they are truly a wonderful addition to the staff. Congratulations to (from left to right): Doris Castro, Food Program Home Visitor, Donna Jennings, Food Program Coordinator, Kathy Arduini, Registrar, Tanya Dean, Registrar, Carol Cornell, Legally Exempt Enrollment Educator, Mari Plata, Legally Exempt Enrollment Educator, Patti Mueller, Legally Exempt Enrollment Coordinator, and Heather Sweet, Child Care Center Educator. Heather has also been re-certified this year as an official "Playground Safety Inspector."



**Congratulations on your 5th anniversary!**

Reaching their 10th Anniversary together (pictured far right) are Arlene Schmidt, Family Child Care Educator (left), and Anne Gresco, Family Child Care Coordinator (right). Both operated their own family child care programs before bringing their extensive knowledge and experience to the Council. Congratulations Anne and Arlene!

For the past 20 years, the Child Care Council and the child care community have had the honor of knowing and working with Education Director, Abbe Kovacic (right). The community and Council staff have learned and benefited from Abbe's expertise, and on her 20th Anniversary



**Congratulations on your 20th anniversary!**



**Congratulations on your 10th anniversary!**

with the Child Care Council, it's time to say a big, special thank you. Thank you, Abbe, for all of your hard work and dedication to both the child care community and the Child Care Council over the past 20 years.

A round of congratulations also goes to Jean Wiseman, RN (right) and Barbara Vickery, RN (left-pictured far right) for successfully completing the National Institute for Child Care Health Consultants Program for Child Care Health Consultant Trainers at the University of North Carolina at Chapel Hill. They spent four days at the University for on-site training

and completed three months of on-line training to be certified to train Child Care Health Consultants across New York State. Jean and Barbara have been Child Care Health Consultants at The Council for 7 years and have been very active in training providers in our six county region. Already a valuable resource, Jean and Barb will now be able to assist other Child Care Health Consultants throughout New York State.



**Congratulations on completing the Program for Infant/Toddler Care (PITC) Trainer Institute!**



**Congratulations on completing the National Training Institute for Child Care Health Consultants!**

Congratulations to Infant/Toddler Specialists Wendy Sullivan and Sarah Gould (above, left). Wendy (left) and Sarah (right) have received certification through WestEd and the California Department of Education for the Program for Infant/Toddler Care (PITC) Trainer Institutes. These intensive sessions help trainers deepen their understanding of infant and toddler development and programming.

# Community Donations Make the Annual Provider Appreciation Dinner a Success!

Please remember these generous businesses as you shop, dine and have fun this summer! They donated all of the wonderful prizes!

Special thanks to Glen Sanders Mansion and its staff for making the evening wonderful!

- |  |  |
|--|--|
| Albany Aqua Ducks - albanyaquaducks.com  | Lillian's Restaurant - lilliansrestaurant.com                  |
| B. Lodges and Co. - Albany (518) 463-4646  | Melting Pot Restaurant - meltingpot.com                        |
| B95.5 FM, Continuous Soft Rock - b95.com   | Milano - milano-restaurant.com                                 |
| Boxley's Services - boxleys.com  | Mohegan Sun - mohegansun.com                                   |
| Cantina - Restaurant - cantinasaratoga.com   | National Baseball Hall of Fame & Museum<br>baseballhall.org    |
| Curves of Halfmoon - curves.com  | New York Racing Association - nyra.com                         |
| Ed's Garage - (518) 283-5773   | Olde Bryan Inn - oldebryaninn.com                              |
| Funplex Funpark - funplexfunpark.com   | Paesan's Pizza - paesanspizza.com                              |
| Glen Sanders - glensandersmansion.com  | Petta's Restaurant - pettasrestaurant.com                      |
| Glenville Mini-Sportplex -<br>glenvillesportplex.com                                   | Pie Squared Bakery Sweet Shop - Averill<br>Park (518) 712-5122 |
| Grappa 72 Ristorante - grappa72.com  | Moscatiello's - moscatiellos.com                               |
| Grandma's Restaurant -<br>grandmaspieshop.com  | Ripe Tomato - ripetomato.com                                   |
| Hilton Garden Inn, Troy - hilton.com**home<br>of the 2011 Conference-October 1, 2011** | Saratoga Performing Arts Center - spac.org                     |
| Holiday Inn, Johnstown - holidayinn.com  | Six Flags Great Escape Lodge -<br>sixflagsgreatescapelodge.com |
| Holiday Inn, Lake George -<br>lakegeorgeturf.com                                       | Scotia Cinema - scotiacinema.net                               |
| Holiday Inn, Saratoga - spa-hi.com   | Spectrum 8 Theatres - spectrum8.com                            |
| Honest Weight Food Co-op - hwfc.com  | Stewarts - stewartsshops.com                                   |
| Jiminy Peak Mountain Resort -<br>jiminypeak.com  | Tri-City ValleyCats - tcvalleycats.com                         |
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<p>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.</p>	