



Child Care Council of Orange County May Highlights 2023



From the Desk of the Executive Director

May was a very busy month for the staff at the Council. We collected and distributed 3000 books to our programs. In addition we have been busy presenting trainings including Preschool Music and Movement, Sensory Strategies, Mind in the Making Series and our monthly First Aid, CPR and AED class. I encourage all of our programs to take advantage of the enormous skills of our staff here at the Council and utilize the trainings that we provide. I can't say enough about the daily interaction that the staff is doing with our programs that we serve and the positive results from their interactions that they are observing. Thanks to each and every one of the staff at the Council for assuring that we are providing quality service to all of our programs. Please check out on our website what we are offering in June.

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40 Matthews Street, Suite 103, Goshen, NY 10924,
(845) 294-4012 * 1-844-461-4689 Hours: 8:30am – 4:30pm

Council Happenings- Book Drive

Our Board President was featured in three local papers the “Warwick Advertiser”, the “Photo News”, and the “Chronicle”. Thanks to our Infant Toddler Specialist, Sally-Ann Raessler for writing the article which is included below. The Council delivered 3000 books to Child Care Providers.

Here at the Child Care Council of Orange County, we work directly with child care providers in many capacities. We often hear the need of materials within classrooms, especially books. Books are provided to children from infants to preschoolers. Even a toddler classroom will have a small library for the children. Providers expressed their need for more quality books. Since the books are used frequently by the children they are torn and worn down over time. Replacing the books with high quality books is often difficult and expensive. We as the council also encourage the use of diverse books that celebrate various languages, cultures and abilities. In this time of banning books, we came together with the goal of collecting books to give back to the child care providers.

During the month of March, we put out collection boxes at various locations including public libraries and our own building. The request was for new or gently used board or picture books for children aged birth through 5 years old. We set up a wish list on Amazon that provided ideas of books that celebrated diversity for individuals that would like idea. In all, we collected over 3,000 books from all over the county. The books have been sorted and are now being distributed to the 180 child care providers in Orange County that service children infants to age five. The books are being handed out as a thank you to our wonderful child care providers for New York State Early Childhood Educator and Child Care Provider Appreciation Week May 8-12. The response to the book drive from the county was generous and heartwarming. Books are meant to be read, reread and used. I can guarantee that the books provided by the community will have special places in the classrooms they go to and more importantly be special to the children who will use them.

Book Drive



Council Staff: Sally Ann Raessler, Rachel Ambroziak, Rita Bertones, Sandy Blanco, Tara Mullen, & Allison Wojciechowski



Sally-Ann Raessler, Infant & Toddler Specialist & Tara Mullen, I & T Mental Health Consultant



Allison Wojciechowski, Business Support Specialist



Ann Pagliaro Council Board President

Preventing Tick Bites

https://www.cdc.gov/ticks/avoid/on_people.html

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Know [which ticks are most common in your area](#).

Before You Go Outdoors

Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.

Use [Environmental Protection Agency \(EPA\)-registered insect repellent](#) containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful [search tool](#) can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.

Avoid Contact with Ticks

Avoid wooded and brushy areas with high grass and leaf litter.

Walk in the center of trails.

After You Come Indoors

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body.

Check these parts of your body and your child's body for ticks:

Under the arms

In and around the ears

Inside belly button

Back of the knees

In and around the hair

Between the legs

Around the waist

Tick Removal A Step-by-Step Guide

<https://www.kidshealth.org/en/parents/tick-removal.html>

First, don't panic. It's true that Lyme disease is the most common tick-borne disease in the United States, but your child's risk of developing Lyme disease after being bitten by a tick is very low. To be safe, though, you'll want to remove the tick as soon as possible because risk of infection increases between 24 to 48 hours after the tick attaches to the skin.

What to Do

Step 1: Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Step 2: Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. If part of the tick stays in the skin, don't worry. It will eventually come out on its own.

Step 3: Release the tick into a jar or zip-locked bag in case you want to have it identified later on.

Step 4: Wash your hands and the site of the bite with soap and water.

Step 5: Swab the bite site with alcohol.

Never use petroleum jelly or a hot match to kill and remove a tick. These methods don't get the tick off the skin, and can cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

Call your doctor after the tick has been removed to find out if your child should be evaluated. In certain cases, a doctor will prescribe antibiotics if a child is at high risk of developing Lyme disease.

Call the doctor right away if your child develops a red-ringed rash or if the skin becomes red and irritated. Also call if your child has flu-like symptoms, joint pain or a swollen joint, or facial paralysis. Although other conditions can cause similar symptoms, you'll want to have your child evaluated early on so that if it is Lyme disease, treatment can begin as soon as possible.



Recipes

<https://mykidslickthebowl.com/allergy-friendly-recipes/?nowprocket=1>

Frozen Fruit Pops

Yield: 8 Pops

1 Watermelon

1 Banana

Slice your watermelon into 1.5-2 cm thick slices

Slice your banana into 1.5-2 cm thick slices

Use a large heart shaped cookie cutter to shape the watermelon slices

Use a small heart shaped cutter to take out the center of each watermelon slice

Use the same small heart shaped cutter to shape the banana slices

Pop the small banana heart into the small hole you have created in the watermelon

Add a stick

Lie on baking paper or a silicon baking sheet

Freeze

The bananas should not go brown if you freeze them soon after making them.

Save the extra cut off fruit for the Watermelon and Banana smoothie below.



Watermelon and Banana Smoothie

Frozen Watermelon

Frozen Bananas

Place the frozen banana, watermelon in a blender.

Slowly add milk to get desired smoothie consistency.

Blend until smooth.

If you want the smoothie to be thicker or creamier add some more banana. If you want it thinner add in more milk.



Fun & Games

Drip, Drip, SPLASH!

<http://www.ultimatecampresource.com/>

You will need a small, soft plastic Dixie size cup and water

Just like the traditional Duck, Duck, Goose, everyone sits in a circle and the person who is “it” walks around the circle saying; "Drip, drip, drip... Splash!" Each time they say “drip” they dip their hand in the cup and drip some water onto person’s head. When splash comes around they yell splash and dump the whole cup of water on the chosen's persons head. Then that person chases the person around the circle and back to their spot. If you get caught you refill the cup, if not then the next person does and the game continues.

Simple Outdoor Games from your Childhood!

<https://www.wired.com>

Red Light, Green Light, one, two, three!”

One person is the traffic light at one end, and the other players are at the other end. The traffic light then turns his or her back and says, “Red light, Green light, one, two, three!” while the group tries to get as close to the traffic light as possible. The traffic light turns around quickly, again saying, “Red light!”, and if anyone is spotted moving, they have to go back to the starting place. The first person to tag the traffic light wins and gets to be the next traffic light.

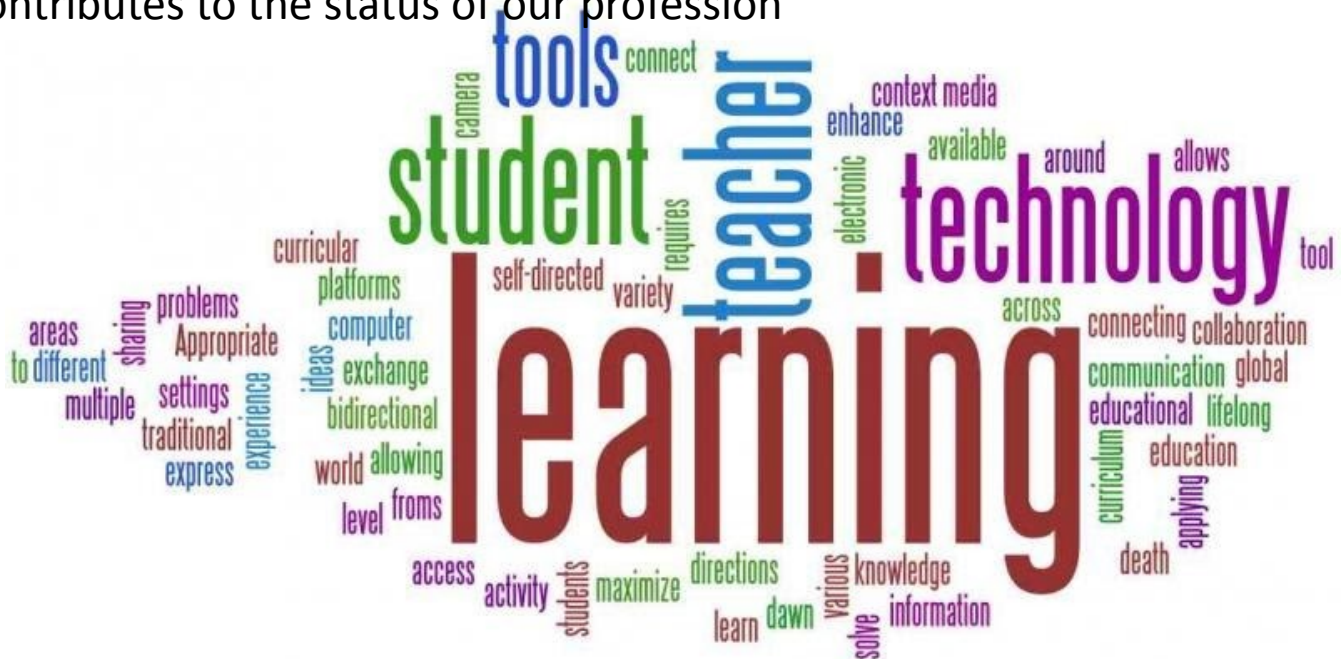
To Celebrate Fathers Day: Father, May I?

<https://www.wired.com>

This game is set up in the same way as Red Light Green Light. One person in the group asks the person in the front, “Father, may I take <insert number> steps forward?” The person at the front then says, “Yes, you may.” or “No, you may not.” You can vary your requests by including options such as taking baby steps, spinning steps, leaps or whatever strikes your fancy. Again, the first person to tag the person in the front wins and is the next person in the front.

Child Development Associate® (CDA) Credential

The Council for Professional Recognition is a leader in the credentialing of early childhood educators worldwide. We ensure that candidates who earn our Child Development Associate® (CDA) credential are well prepared to foster the social, emotional, physical and cognitive growth of young children. Having a CDA® doesn't just help educators bring out the best in children. It also advances their careers and contributes to the status of our profession.



Calling All Providers and Parents!

Are you looking for answers to a specific questions?

Need guidance in your program? For more information contact:

Rosemarie Lawton, Director of Professional Development,

rosemarie@childcarecounciloc.org

Sally-Ann Raessler, Infant & Toddler Specialist

Sally-ann@childcarecounciloc.org

Sandy Blanco, Preschool Resource Specialist

sandy@childcarecounciloc.org

Allison Wojciechowski, Business Support Specialist

allison@childcarecounciloc.org

Tara Mullen, I & T Mental Health Consultant

tara@childcarecounciloc.org

It Takes a Village

A Newsletter for Parents and Caregivers Raising Tiny Humans



Taking care of yourself
doesn't mean me first,
it means me too.
L.R. Knost



What is Infant & Toddler Mental Health Consultation (ITMHC)?

Infant & Toddler Mental Health Consultation (ITMHC) is an early intervention that benefits infants and toddlers, by pairing a mental health professional with an early childhood educator (provider) to improve children's social, emotional and behavioral health. The intended goals of this service are to reduce challenging behaviors, improve social-emotional skills, promote healthy relationships, decrease stress and burnout in early childhood educators (providers), improve the overall quality of the classroom/program... and more!

Questions, Concerns or Just Want to Chat...



Tara M Mullen, MS, CCLS
Infant & Toddler Mental Health Consultant
Child Care Council of Orange County NY
845-294-4012 x238
tara@childcarecounciloc.org

May is Mental Health Awareness Month. Are You Taking Care of You?

As parents and caregivers, we often put ourselves second, third and more often than not; last. It is so important that we take care of ourselves so that we can take care of our little ones. Self-care does not have to be expensive, extravagant or even take up a lot of time.

What are some examples of self-care?

Mental self-care is about cultivating a healthy mindset through mindfulness and curiosity.



Emotional self-care involves taking care of your heart with healthy coping strategies.



Physical self-care involves taking care of your body with exercise, nutrition and proper sleep.



Environmental self-care involves taking care of the spaces and places around you.



Spiritual self-care involves activities or practices that give a sense of meaning to your life.



Recreational self-care involves making time for hobbies, fun activities and new experiences.



Social self-care involves building relationships with regular connection and healthy boundaries.



May Self-Care

B

Watch a
Favorite
TV Show

I

Spend 15
Minutes
Outside

N

Cook Your
Favorite
Dinner

G

Text an
Old Friend

O

Journal

Go for a
Drive

Do Something
Silly with the
Kids

Sleep In

Make Your
Favorite
Breakfast

Take a
Warm Bath or
Shower

Go
Shopping

Feel
the
Sunshine

Try
Yoga

Put on
Your Favorite
Song & Dance

Bake
Something
(& Eat It!)

Make a List of
Your
Accomplishments

Make Art

Have a Social
Media
Zero Day

Dream & Set
Related Goals

Meditate

Play a Game

Have a
Movie Night

Watch the Sunrise
and/or the
Sunset

Take
Yourself
Out

Do Something
that Brings You
Joy

*Taking care of yourself is part of taking care of children.
By valuing ourselves, we are teaching children to also value
who they are and how they are.*

"How you are is as important as what you do" - Jeree Paul

JUNE 2023 Training Newsletter

First Aid/CPR/AED

June 13, 2023 - 5:30-8:00pm

Trainer: Kacie Grieco

Training Fee:

\$90 members

\$125 non-members

Location:

40 Matthews St. Suite 107
Goshen



WORLD MUSIC DAY

**Music and Movement
for Preschoolers**

June 21, 6:30-8:30pm

Trainer: Sandy Blanco

Location:

40 Matthews St. Suite 107, Goshen

**Core Business Training:
Staff Recruitment,
Management and Retention**

Trainer: Allison Wojciechowski

June 8, 6:00-9:00pm

via Zoom

Pyramid Model Tuesdays via Zoom

**NYS Pyramid Model Birth to Age 8 Module
1a: The Development of Social Emotional
Skills in Young Children**

June 13, 6:30-8:30pm

**NYS Pyramid Model Birth to Age 8 Module
1b: The Language of Behavior**

June 20, 6:30-8:30pm

**NYS Pyramid Model Birth to Age 8 Module
1c: Nurturing and Responsive
Relationships**

June 27, 6:30-8:30pm

****Please note:**

**Modules must be completed
in sequential order.**

*Contact Rosemarie
with any questions and to register.*

We Celebrate Juneteenth



**Our office will be closed
Monday, June 19th**

Contact me anytime!

**ROSEMARIE LAWTON
DIRECTOR OF PROFESSIONAL DEVELOPMENT
(845) 294-4012 EXT. 240
ROSEMARIE@CHILDCARECOUNCILOC.ORG**

Medical Independent Study

Call Nurse Jen Warm for more information on dates!

Location: 40 Matthews Street, Goshen, Council Training Room 107

Trainer: Jennifer Warm, Health Care Consultant 914-400-6623 jwarm1980@outlook.com

4 hour course: \$150 members and \$175 non-members send payment of check or MO

8 hour course: \$175 members and \$200 non-members send payment of check or MO

For independent study, the individual must download the information and watch the video, at: <http://www.ecetp.pdp.albany.edu/mat.shtm>.

Registering Medical Adminstrant Training. Step One: Log-in to your ECETP E-Learning account. <https://www.ecetp.pdp.albany.edu/mytraining/Login.aspx?ReturnUrl=%2fmytraining%2fdefault.aspx>. When you have completed all the above information on line. Please fill out Training Registration Form (page 17) and send your check or money order to the Council. Once your training is complete, your certificate of completion will be available for you to print in your ECETP account.

On the day of the class provider is required to bring the independent study participant guide and the MAT participant's handouts. Provider may use all the materials for the written test and the practical test. The review and testing takes approximately 4 - 5 hours as each person has two (2) chances to pass each part of the test written and practical. The time depends on if provider passes the 1st time or not.

The training provides an overview of medication for both over-the counter and prescription medication; the routes, handling, storage and safe disposal of medication; permission and instruction requirements; preparation and administration techniques; asthma; emergency care and special situations. The MAT training certificate is valid for three years from the date you complete the course. After three (3) years, you may be eligible to take a renewal test online to extend your certificate for another three (3) years. Visit <http://www.ecetp.pdp.albany.edu/mat.shtm> or call toll-free (866)665-5537 for more details on MAT and the renewal process.

OCFS Training Topics: Safety and Security Procedures, Nutrition and Health Needs of Children, Statutes and Regulations Pertaining to Child Day Care **CDA: 1, 2**

Providers going through the online renewal for the third time

- ♦ Will need to be tested by the Health Care Consultant
- ♦ Pay the Council prior to that date: **\$120 for members \$150 for nonmembers**
- ♦ Contact Jennifer Warm to set up a date.

Providers & Parents!

CPR/FA Training

Call us for info!

845-294-4012 x227

kacie@childcarecounciloc.org

6pm - 9:30pm, CPR/AED-Training room

\$95 non-members \$125 members

CACFP is a program that provides reimbursement for meals and snacks served in all day care settings. This program promotes the health and well-being of infants, children up to 18, and adults in day care, by ensuring that providers serve wholesome and safely prepared meals and snacks. Call Marybeth Winter for more info x229.

Technical Assistance

We provide support for people and organizations interested in starting Family Day Care programs and School Age Child Care in their communities. **Call Beverly** (845)294-4012 x230 if you have questions about the application. To view the webinar and receive an application go to the OCFS.

[website,http://ocfs.ny.gov/main/childcare/becomeaprovider.asp](http://ocfs.ny.gov/main/childcare/becomeaprovider.asp).

RECALL!

Keep your site safe! Find recalled items at:



United States
**CONSUMER PRODUCT
SAFETY COMMISSION**



<https://www.cpsc.gov/Recalls>.



Council Members!

We appreciate you and thank you for supporting our mission to assist parents, child care programs, employers, and the community with information and resources on choosing quality child care.

**Yenercy Acosta
Ava Benjamin
Donna Conklin
Elizabeth Crespo
Donna Naughton
Catherine Hecht
Janee Holness
Jeanette Honrado
Mandy Ives
Joann Jasiel
Johanny Franco
Kathy Masloski
Laura Konarski**

**Susan Kulmack
Rebecca Lopez
Erin March
Dionne McFarlane
Nicole Biondi
Denise Octave
Joy Pallozolla
RECAP
Elizabeth Santana
Desiree Watson
Anne Marie Wilford-
Graham
Jessica Zeccardi**

Training Registration Form

Please complete this registration form and return it along with a check or money order made out to the Child Care Council of Orange County, Inc. Our address to send is: 40 Matthews St., Suite 103, Goshen, NY 10924. Use only one form per person, feel free to copy additional forms as needed. Submit a copy of the first page of your application if paying with EIP funding.

If submitting payment through the UNION participants must register and pay for the class, upon attending they will be reimbursed the payment. If provider submitting through the UNION fails to attend the class no reimbursement will be given.



Name: _____

Address: _____

Telephone Number: _____

Email: _____

Are you a member of the Child Care Council of Orange Council?

Yes

No

Date	Title	Fee Enclosed

Membership Application

By becoming a member of the Child Care Council of Orange County, Inc. , a nonprofit, you are demonstrating your commitment to promoting quality child care as a priority in Orange County. Your Membership—parents, providers, businesses, community—assists the Council in meeting the goal of promoting affordable, quality child care and to strengthen the early childhood workforce in Orange County.

Membership Benefits:

Family and Group Family

- Reduced rates on Council Trainings & Events
- Eligibility to vote at the Council's Annual Meeting
- Free report on referrals to your program
- Free job postings on Council's website
- New Free Job Bank for employee new hires

Individual, Community/Business

- Support of quality provider/parent/child programming offered by the Council
- Eligibility to vote at the Council's Annual Meeting

New! Child Care Centers & SACC

(Membership includes director and all staff)

- Reduced rates on Council training and events
- Eligibility to vote at Council's annual Meeting
- Free job postings on Council's website
- Free job postings in Highlights
- NEW Free Job Bank for employee new hires

We appreciate your Membership!

Child Care Council of Orange County, Inc. Membership Application

Please return application to:

Child Care Council of Orange County, Inc., 40 Matthews St., Suite 103, Goshen, NY 10924

Please make checks or money orders payable to: Child Care Council of Orange County, Inc.

Name _____

Address _____

Telephone Number _____ Email _____

Child Care or Business Name _____

Membership is effective for 12 months from date of purchase.

____\$50 Individual Membership Business/ Community

____\$50 Family and Group Family providers (add an assistant for an additional \$10)

____\$125 Individual Child care center (includes director & all staff)

____\$125 School Aged programs (includes director & all staff)

I have enclosed an additional tax deductible donation of \$_____ to support the work of the Child Care Council of Orange County, Inc. in promoting affordable, quality child care in Orange County.

Picture Consent for Child Care Council of Orange County Inc.

I _____ am aware and have agreed to the
(parent/ guardians name)
picture taking of my child while attending child care.

I consent to having my child's picture to be used by Child Care Council
of Orange County Inc. for the Newsletter/ Highlights, Calendar,
Website and any Social Media

Print Child's Name

Print Name of Parent/ Guardian

Signature or Parent/ Guardian

Date

Signature of Provider

Date

