



## Jefferson-Lewis Childcare Project



Community Action Planning Council  
518 Davidson Street, Watertown, NY 13601



Fall 2010

### Super Saturday Training Day - October 16 at CAPC

This year's JLCP fall conference, Super Saturday, will offer six hours of training to childcare providers and is also open to the public so please share this information with parents and others who may be interested. Lunch is up to you, bring it in or eat out. **This event is limited to 50 participants**, so register early! Send payment with the registration form found in this newsletter by Oct. 8th! *(Please refer to the training topic category chart on page 3)*

**8:30-9:00 Welcome!**

**9:00-10:30 Two workshop choices** *(you will choose which workshop to attend on the day of the conference)*

**1. Toddler Art** *Cathy Stenfeldt, JLCP Categories: A E*

Create your own materials to promote creative development in toddlers. Messy? You bet! But your toddlers' reactions will be well worth the time and effort. In this class we will learn the importance of the creative process and discover easy ways to incorporate art and sensory experience into your toddler program. This will be a hands-on, make-and- take experience which is sure to be lots of fun!

**2. Child Abuse and Maltreatment/Shaken Baby** *Lori Booking, JLCP Categories: D F G H I*

**10:30-12:00 Growing Up Wild, Part 1** *Kristy Sullivan Categories: A B E*

Growing Up WILD is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through activities and experiences, it provides an early foundation for developing positive impressions about nature and lifelong social and academic skills.

**12:00-1:00 Lunch break**

**1:00-2:30 Growing Up Wild, Part 2**

Continuation of Part 1. See description above.

**2:30-4:00 Food Art** *Nanette Ramsey and Christen LaFlamme, JLCP Categories: B E*

Fresh ideas for incorporating new and different fruits and vegetables into your program. Participants can share how they would prepare the different foods and learn some different preparation techniques as well. Walk away with recipes, activities and new ideas!

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*Dear Fellow Childcare Colleagues,*

*It is with deep sadness that I am submitting my resignation from Community Action Planning Council effective August 4, 2010. I have been given a wonderful opportunity to serve as Community Outreach Director for Child and Youth Services at Fort Drum. This job will allow me to focus on my two greatest passions: quality child care and serving military families!*

*I am so thankful for having the privilege of serving as the Jefferson/Lewis Childcare Project Director the past 9+ years. This wonderful experience has helped me to grow in so many ways and I take with me so many fond memories of working for an amazing organization and with passionate colleagues.*

*My hope is that the relationship will not end, as I am sure our paths will cross in the coming years.*

*Respectfully,  
Claudia Whitmire*



## News, Notes and Reminders...

### **JLCP Distance Learning Through Email**

Contact: Angie, ext 239

Through a license agreement with Child Care Solutions, JLCP is now offering online distance learning courses. These courses have been approved by the NYS Office of Children and Family Services and the Professional Development Program and offer CEU's. JLCP accepts EIP scholarship awards for these trainings. See course details on page 4.

### **EIP Scholarship Program**

Contact: 1-800-295-9616, [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)

Contact JLCP about EIP: Angie, ext 239

Scholarship funding to participate in trainings may be available through the Educational Incentive Program (EIP). This is a program for child care providers working in Licensed or Registered facilities that are financially eligible.

### **Child Development Associate Credential**

Contact: Lori, ext 237

What can you gain from CDA? Increase your knowledge in early childhood! Meet and learn from others who care for children! Continue to learn and grow as a professional! Get your required training hours! You may be eligible for EIP scholarship funds that could cover part or all of the class cost.

### **College...Who me?**

Contact: Mary, ext 229

Think about where you might want to be in 5 years... Picture yourself in the position of some of the professionals that work with you every day. EVERYONE should be considering their own professional development. A good place to start is to take a look at job announcements that you might see on the CAPC/JLCP website. You might be surprised to learn that college credit is now a requirement for most jobs you might be considering.

To make your college career just a little easier, JLCP has made it possible for you to take these Jefferson Community College classes right here at CAPC, taught by Mary Danser.

*ECD 101: Introduction to Early Childhood Education is offered on Monday evenings from 5:30-8:30pm.*

*ECD 202: Lesson Planning design, Techniques and Re-sourced II (Infant/Toddler) is offered on Tuesday evenings from 5:30-8:30pm.*

She always says "It will never be easier!" to further your education! You might be ready to take the first step. Call Mary at 782-4900, ext 229 to discuss the benefits of enrolling in just one class.

### **CACFP Annual Dinner & Training**

*For providers enrolled in JLCP's Food Program*

Contact: Jamie, ext 306

Jefferson/Lewis County date October 5, 6-8:30

St. Lawrence County date October 19, 6-8:30

Training provided by Wanda Collins, Cornell Cooperative Extension of Jefferson County, CHANCE Program: Kids and activity tend to go hand in hand. We think they will never stop moving. Then there are days when they are "bored" and can't seem to find anything to do and we are fresh out of ideas. Come see our presentation and learn why it is important for you to keep them active and learn a few new games to play with them! Call Jamie, 782-4900 ext 306 to RSVP.

### **Infant/Toddler Specialist Services**

Contact: Cathy, ext 244

In this time of budget crunching and fiscal conservativeness, the Infant Toddler Network wanted to remind you of the services that we offer, all of which are free of charge to centers and providers. Cathy Stenfeldt is now on staff at JLCP as the Infant/Toddler Specialist for Jefferson, Lewis and St. Lawrence counties. Need support for starting an infant/toddler program? Want to improve your existing program? The infant/toddler specialist can help. She can provide technical assistance by phone or on site. Call Cathy at 782-4900 ext 244.

### **UNITED**

Contact: Lori, ext 237

Unique, Nurturing, Individualized Training Experience for Daycares, also known as UNITED, is a training program offered by JLCP through the Educational Incentive Program. We'll come to you and provide 10-30 hours of training to assist with your program's specific needs. The goal is to help you make your childcare program the best it can be. By working together we can address your needs and target the areas you would like help with.

### **Battling Childhood Obesity**

Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity. Let's Move has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation. Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country. For more information visit [www.letsmove.gov](http://www.letsmove.gov).

## JLCP Training Schedule

### **Training Categories:**

- A. Principles of Child Development
- B. Nutrition and Health Needs of Children
- C. Business Record Maintenance & Management
- D. Child Abuse & Maltreatment Identification & Prevention
- E. Child Daycare Program Development
- F. Statutes and Regulations Pertaining to Child Daycare
- G. Safety and Security Procedures
- H. Statutes & Regulations Pertaining to Child Abuse & Maltreatment
- I. Identification and Education of Shaken Baby Syndrome

### **Health and Safety**

This 15 hour course is a requirement for those who are in the process of becoming Licensed or Registered FDC/GFDC providers, however anyone can attend.

Cost: \$235 + \$25 registration fee

Date/Time: To be determined

Categories: B C D F G H I

To Register: Call 782-4900 ext 237 for info

### **Medication Administration Training**

Participants may apply for the MAT Rebate upon successful completion of the class. MAT Independent study course also available. Details can be found at [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu) or call 866-665-5537.

Cost: \$100 + \$10 registration fee

Date/Time: Saturday October 16, 8:30-5:00

Categories: B F G

To Register: Call 782-4900 ext 239

### **First Aid**

Cost: \$35

Date/Time: Tuesday Sept. 14, 6:00-9:00

Categories: G

To Register: form & payment 5 days before

### **Infant, Child and Adult CPR**

Cost: \$35

Date/Time: Tuesday Sept. 21, 6:00-10:00

Categories: G

To Register: form & payment 5 days before

### **First Aid or CPR in Lewis County**

Cost: \$35

Date/Time: Tues. Sept. 28, 6:30-9:30/10:30

Categories: G

To Register: form & payment 5 days before

### ***Super Saturday!***

A full and fun day of training (up to 6 hours) at CAPC! Full details on the front page. See you there!

Cost: \$20/\$25

Date/Time: October 16, 9:00-4:00

Categories: See front page

To Register: Send form and payment; must be received by **October 8!**

### **Building Blocks to Self Esteem**

Children with a high self-esteem are more confident and have a positive attitude. We will talk about the importance of how parents and providers can build children's self-esteem.

Presented by: Katie Gaffney

Cost: \$10/\$13

Date/Time: Monday September 13, 6:00-7:30

Categories: A E

To Register: Send form and payment; must be received five days before training

### **The Ten Most Common Classroom Problems Facing Teachers and Parents of ADHD Children**

This presentation is geared for the classroom teacher, aides, and assistants working with regular and special needs students. Early detection can enhance the educational and behavioral treatment plan. Also offers professional hints for parents of these children and answers to the same problems seen at home.

Presented by: Deborah Cavallario

Cost: \$10/\$13

Date/Time: Monday October 4, 6:00-8:00

Categories: A E

To Register: Send form and payment; must be received five days before training

### **Building a Healthy Brain Through Science & Exploration**

Children's thought processes are stimulated when they have the opportunity to wonder and ask questions. What? Why? How? In this workshop you will learn fun, age appropriate, hands-on science activities that encourage children's creativity and get them asking those questions and thinking about the answers!

Presented by: Shalimar McDaniel

Cost: \$10/\$13

Date/Time: Monday November 15, 6:00-8:00

Categories: A E

To Register: Send form and payment; must be received five days before training

### **SUNY Videoconferences**

Held at CAPC and Lewis County Cooperative Extension.

To Register: 2 weeks before training at

[ecetp.pdp.albany.edu](http://ecetp.pdp.albany.edu) or 888-399-0549

Cost: Free

### **Developing Literacy in an Electronic Age**

Date/Time: Thursday Sept. 16, 6:45-9:15

Categories: A F G

### **Emergency Preparedness**

Date/Time: Thursday October 14, 6:45-9:15

Categories: F G

## **Distance Learning Courses by Email**

1. Register by sending form with payment at least five days before your chosen start date; include email address on form
2. Receive a confirmation email with your start date and instructions for completing the course; read thoroughly!
3. Receive individual course modules attached in email from the instructor on the day the course starts
4. Complete the course by doing all the module assignments and emailing them back to your instructor
5. Receive a score for each assignment completed
6. Successfully complete the course by receiving a minimum score (different depending on the course)
7. Have 10 full days to complete the course (Tuesday through Thursday. See start dates below)
8. Receive a training certificate by mail

\* **Receive Continuing Education Units (CEUs)**

**Fall Start Date Options: 9/14, 10/5, or 11/9**

## **Introduction to Developmentally Appropriate Practice (DAP)**

When it comes to "doing the right thing" with young children in child care, it's not just a matter of everyone doing their own thing. There is actually an understanding of what is best practice when caring for young children. It is called Developmentally Appropriate Practice. In this course, you will learn what that phrase means, how it applies to the work you do with young children and how putting it to work will help you offer a program that is right on target for children. Length: 5 hrs (.5 CEU's)

Cost: \$45/\$50

Categories: A E F (see category list page 3)

## **Say You're Sorry! (A What-Not-To-Do Scenario)**

When we automatically tell children to "say you're sorry," we may think we are teaching them manners or to feel sorry for their actions, but is that what they're really learning? In this course you'll take a close look at this practice and learn others that are more effective. Length: 2 hrs (.2 CEU's)

Cost: \$30/\$35

Categories: A (see category list page 3)

## **Preventing Childhood Obesity: What You Must Know and Can Do**

Learn the causes of childhood obesity and the key "healthy weight behaviors" for young children. The course also covers ideas and strategies for encouraging parents to adopt these healthy habits at home. Length: 3hrs (.3 CEU's)

Cost: \$35/\$40\*\*

Categories: B (see category list page 3)

*\*\*This training meets annual requirement for Family and Group Family providers currently enrolled in the Child and Adult Care Food Program sponsored by JLCP. CACFP will cover the cost of this class for these providers only. Send in registration form at least 5 days prior to chosen start date. If you have questions call 782-4900 ext 239 or 306.*

## **Distance Learning Courses**

Contact: [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)

There are several training organizations that offer distance-learning courses through books or over the internet and are reviewed by OCFS. SUNY PDP has a list of these courses on their website under *Resources/OCFS Reviewed Non-credit Bearing Distance Learning*.

## **Free Online Training Available**

Contact: 1-800-295-9616, [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)

The New York State OCFS and Early Childhood Education and Training program now offers FREE 24/7 online e-learning courses. You can register anytime by visiting [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu) and selecting "Learn" from the menu on the right. Available courses: *Preventing Shaken Baby Syndrome, Preventing Sudden Infant Death Syndrome Promoting Safe Sleeping and Mandated Reporter Training in Child Abuse and Neglect/Maltreatment Identification*.

## **JLCP Training Policies**

**Registration:** To register for training, complete a registration form and submit with payment to CAPC by mail or in person at least **5 days** prior to the training. CAPC is not responsible for money that is left with or handed to any person other than Administration Office Staff. Registration forms can be found at [www.capcj.org](http://www.capcj.org).

**Payment:** Acceptable forms of payment: cash, checks payable to CAPC, money orders, purchase orders and EIP Award Notifications. You are responsible for any difference between the award amount and the cost of the class and payment must be received **5 business days** prior to class. All checks returned to CAPC for insufficient funds subject to current returned-check fee. Post-dated checks not accepted.

**Educational Incentive Program:** Scholarship to participate in training may be available through the Educational Incentive Program (EIP), [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu), email [eip@pdp.albany.edu](mailto:eip@pdp.albany.edu) or 800-295-9616. If you receive EIP funding for a training for which you have already paid, CAPC will issue a reimbursement.

**Cancellations:** Classes may be cancelled due to low enrollment, emergencies, or weather. If a class you have paid for is cancelled you will be notified and issued a training pass to use within the next year. Training pass will be issued only if you notify JLCP *before* the scheduled workshop. If you call after business hours, please dial extension 239 for JLCP voicemail.

**Certificates and Training Records:** Certificates for trainings other than SUNY Videoconferences will be given to participants upon completion of a training and receipt of full payment. You are responsible for maintaining your workshop certificates and training records. There will be a \$5 fee for each duplicate certificate requested. JLCP can give you a copy of your training record that we have on file at no charge.

**SUNY Videoconferences:** Participants must bring photo ID. Register with SUNY at least 2 weeks prior to the Videoconference. In the event that we exceed capacity, walk-ins will be asked to give up their seat for incoming registered participants. If you are registered and can not attend, please call SUNY at 888-399-0549. Participants must arrive by 6:45 pm, stay until 9 pm and receive a passing grade on the multiple-choice test in order to receive a certificate. Certificates are mailed from SUNY, usually within one month of the training.

**Children and Trainings:** JLCP trainings are intended for adults only. Please make other arrangements for child care when you plan to attend a training.

Training schedule and forms available at [www.capcj.org](http://www.capcj.org)

## Quality Improvement Grants Available

Are you a Registered FDC or Licensed GFDC provider? Are you going through renewal and need items or home improvements? Are you taking in an infant and don't have the necessary gear? Does your program need new learning materials? You may be eligible for a Quality Improvement Grant from JLCP. *A limited number of small grants are available.* For more information or to request an application, please call Angie at 782-4900 ext 239.

## Maintaining Quality in Childcare: Information For Parents

There is no absolute guarantee of quality in child care programs. However, several factors help to assure high quality care in regulated programs:

**Parent Involvement** - As a parent, you are a key to quality child care. You have the right to drop in at any time to observe the program or to see your child. You will probably see the provider often and have a good idea of how things are going in the program.

**Adult-Child Ratios** - Regulated programs must limit the number of children each adult cares for based on standards set in the regulations. These standards help to ensure that children are properly supervised and get all the attention they need.

**Training and Experience** - Regulated child care providers must have prior experience caring for children and must receive ongoing training in areas such as safety, nutrition, and child abuse prevention.

**Regulation and Oversight** - Programs regulated by the State Office of Children and Family Services must be licensed or registered. With only a few exceptions, every program that cares for more than two children three hours or more per day must have a license or registration certificate. When you visit a regulated child care facility, ask to see the license or registration certificate.

**Inspections** - Every licensed child care program must be inspected at least once before each license renewal. At least 50% of all registered providers are inspected annually.

**Complaints** - The state Office of Children & Family Services (OCFS) maintains a state-wide, toll-free Child Care Complaint Line at 1-800-732-5207. Anyone can file a complaint of a possible regulatory violation in a day care program by calling this number, the nearest regional OCFS office (Syracuse: 423-1202) or JLCP (782-4900).

## Back To School: Tips from NAEYC

Parents can have just as much, if not more, anxiety than their children about the first day of school. Whether a child is entering a classroom setting for the first time, or returning back to familiar territory, here are a few tips to help families get their children back into a routine.

1. If possible, visit your child's classroom before the first day. Then talk to your child about what she saw and how she feels about it. You might try to schedule a playground date with other families starting in the same class or program.
2. Talk to your child about what to expect and use pretend play to go over how the first morning will go. Visit your local library and check out books such as "The Kissing Hand" by Audrey Penn or "Will I Have Friend?" by Miriam Cohen. Stories like these will help calm any anxieties your child may have.
3. Start school-year bedtime and morning routines a week or two in advance of changes in your schedule. Allow enough time on the first morning! Be early to school if possible to allow your child time to adjust.
4. Lead by example. Be excited and confident! Don't be reluctant to leave your child on the first day back to school. Give them a big hug and kiss goodbye -- don't sneak out!
5. Be clear with the child and teacher on who will be dropping him off and picking him up.

For more details on these tips and how to implement many of them, read *Teaching Young Children*, available [online](#). *Teaching Young Children*, a NAEYC magazine for preschool teachers is distributed to nearly 35,000 readers nationwide.

*Founded in 1926, the National Association for the Education of Young Children has nearly 90,000 members worldwide. The association is the largest and most influential voice for early childhood education professionals and the field of early childhood education in the United States.*

### Internet Resources

**IRS for tax ID number:** [www.irs.gov](http://www.irs.gov)

**Zero to Three:** [www.zerotothree.org](http://www.zerotothree.org)

**Redleaf Press:** [www.redleafpress.org](http://www.redleafpress.org)

**New York State OCFS:** [www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

**Consumer Product Safety Commission:** [www.cpsc.gov](http://www.cpsc.gov)

**Natl. Association/Education of Young Children:** [www.naeyc.org](http://www.naeyc.org)



## Inexpensive and Intriguing Toys for Infants and Toddlers

Toys for infants and toddlers do not have to be expensive or come in fancy packages. In fact, you only need to look around you for a variety of materials that can be made into toys that will open up a world of possibilities for the infants and toddlers in your care. Oatmeal containers, boxes of all sizes and shapes, clear plastic bottles, milk cartons and plastic containers and lids are all you need to get started!

**Milk Carton Blocks**—cut the tops off half-gallon milk cartons (rinse well and dry), push another milk carton over the top of the other and push all the way to the bottom. Cover with contact paper, paint it, add children's photographs, or cut pictures from a magazine to dress up the outside.



**Dump & Pour Can**—cut a slit in the lid of an oatmeal container. Decorate the lids of frozen juice cans with paint, stickers, or pictures from magazines. Let children practice dropping the lids through the slit in the container, dumping it out, and doing it again and again.



**Shaker Bottles**—locate a clear plastic bottle with some water and add glitter, food coloring, dish detergent, rocks, shells, etc. Seal the bottle top with a hot glue gun to avoid leaks and spills. Try a waterless version by filling the bottle with shredded colorful paper, a few marbles, pom poms, etc.

**Boxes, Ramps and Tunnels**—gather any type of box—cereal, shoe, ones with lids, ones without. Be sure to include paper towel tubes. The games are endless with boxes! Hide a ball under or in a box and have the child find which box it is in. Turn a box on its side and it becomes a drum. Build a tower with cereal boxes and have the children crawl through it.



It's the simple materials that infants and toddlers find the most intriguing. In addition to the ideas above, consider hand puppets made from socks or mittens, sorting toys using a cupcake tin, and home-made books made from paper bags. Don't forget the classics that are sure to provide hours of fun—measuring cups and Tupperware containers and lids! Introduce these homemade toys and watch the joy and wonder on the faces of the infants and toddlers in your care.



If you would like more information about developmentally appropriate materials and programming for infants and toddlers, please call Cathy Stenfeldt at 782-4900 ext 244.

*This article brought to you by the Region 3 Infant and Toddler Resource Network, a project of the NYS Office of Children and Family Services. (October 2006)*

**JLCP Monthly evening hours, until 7pm, will continue on the following Tuesdays:  
September 7, October 5, and November 2.**

**To reach us by phone on these dates, please call a specific extension below.**

### Jefferson-Lewis Childcare Project

518 Davidson St. Watertown, NY 13601  
Office Number: (315) 782-4900 Fax: (315) 788-8251  
Referrals: (315) 782-8475 or 1-800-287-8904

#### JLCP Director, Ext. 240

Linda Tremlett	JLCP Admin. Assistant, Ext. 225
Mary Danser	ACCYN CCR&R Outreach Specialist, Ext. 229
Jamie Cohen	ACCYN/Referral Manager, Ext. 253
Lori Booking	Provider Services Specialist, Ext. 237
Angie VanWormer	Provider Services Manager, Ext. 239
Christine Vogt	Registration Specialist, Ext. 279
Nancy Penrose	Registration Coordinator, Ext. 231
Renee Eisel	Registration Manager, Ext. 230
Jamie Phalen	CACFP/Legally Exempt Coordinator, Ext. 306
Nanette Ramsey	CACFP Manager, Ext. 287
Christen LaFlamme	CACFP Manager, Ext. 281
Cathy Stenfeldt	Infant/Toddler Specialist, ext 244
Kaleigh Boulio	DSS Subsidy Manager, 785-5024
Jennifer Roes	Lewis County Manager/Inspector, 376-5562

### Welcome New Providers!

Faith Miller  
Bethany Brown

### Congratulations CDA Recipients!

Natali Boscan (CAPC Head Start)  
Bernice Perkins (Lewis Co. Head Start)  
Judy Kaban (Lewis Co. Head Start)

**CAPC will resume regular business hours, 8:00-5:00 Monday-Friday, on September 7.**

**CAPC will be closed on  
September 6, October 4 and 11,  
and November 11, 25 and 26.**