



Pineview's Playground Makeover

by Kirsten Weilt, Pineview Preschool

Last summer, we had our playgrounds inspected by Certified Playground Safety Inspector, Heather Sweet. We had just celebrated our 40th anniversary and realized our playgrounds have been around for a while! Safety regulations have changed quite a bit over the years. So we called Heather and she measured and checked each area and piece of equipment.

Afterwards, we reviewed the report and Heather provided us with the safety requirements according to the Public Playground Safety Handbook. We discussed the height of equipment, fall zones and protective surfacing, as well as many other safety considerations. Not only did I learn more to share with staff about playground safety but, we were able to use this information to begin renovations on our outdoor play space.

We started with our toddler playground. All of the equipment was removed and the ground was leveled. The old wood chips were replaced with beautiful rubber playground tiles! Much better for toddlers to run and play on. Even the infants can use the playground now. We installed new, higher

It is comforting knowing that our outdoor play space is safe for our infants & toddlers

fencing (that won't splinter) and divided the area into two separate play spaces, allowing two classes to be outside at once.

Most of the equipment was returned with the proper spacing in between each item and we were able to set the swings at just the right height. We are thrilled with the outcome! It is especially comforting knowing that our outdoor play space is safe for our infants and toddlers.

What's Happening

Infant Toddler Certificate Information Session

Monday, June 15, 3:30 - 4:30 pm

Gateway Building
Schenectady County Community College

Farm to Preschool

Mondays, 2:30 - 5:30 pm

Cohoes Community Center
22-40 Remsen Street, Cohoes

Tuesdays, 2:30 - 5:30 pm

YWCA, 44 Washington Ave, Schenectady

Wednesdays, 2:00 - 5:00 pm

CEO, Lansingburgh Family Resource Center
754 Fifth Ave, Lansingburgh

Thursdays, 2:00 - 5:00 pm

Parsons Child and Family Center
125 Bigelow Ave, Schenectady

2nd Annual Monster Mile and 5K

Saturday, September 26, 9 am

Ganser Smith Memorial Park
53 Menand Rd, Menands

Annual Conference

Monday, October 12, 8:00 am

The Desmond Hotel
660 Albany Shaker Rd, Albany

SAC Credential Begins

Wednesday, September 23

6:30 - 9:30 pm

Child Care Council, 91 Broadway, Menands

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From the Desk of
Abbe Kovacik, Executive Director

Dear Friends,

I've been thinking...

Thinking is pretty much invisible. I wish that I could read the thoughts of others, but mostly without engaging in conversation with them; I'm clueless. Certainly I attempt to decode non-verbal messages and often I guess correctly; sometimes not. However, since thinking happens out of public view, gaging an individual's understanding of a particular topic is difficult. This same problem leaves educators and child care providers guessing about learning; what does the child understand?

Since children can't actually see their own thinking and may be unaware of their own thinking strategies, higher level problem solving takes time to develop. Teaching practices based in metacognition, the thinking about one's own thinking, can support understanding of learning. Researchers at Harvard University call this practice "visible thinking." Visible thinking can deepen a child's understanding of content subjects as well as cultivate thinking habits.

Practices that support a "thinking culture" such as group meetings where individual thinking is valued, visible, and actively encouraged daily is an easy way to make thinking visible. This means that teachers and caregivers provide time, language, environments, routines, and expectations for thinking. Talking with children about their thinking, documenting thoughts, and supporting thoughtful child to child discussions sets the stage for furthering sophisticated thinking strategies.

For example, in a preschool classroom located in Reggio Emilia, Italy, the children play "Ring-Around-The-Rosie," talk to each other about "Ring-Around-The-Rosie," predict the way in which they can represent "Ring-Around-The-Rosie" graphically, and then draw pictures of "Ring-Around-The-Rosie." In this classroom children engage in discussion of their drawings.

It is through the discussion of drawings that children begin to understand their own interpretation of "Ring-Around-The-Rosie" and the difficulty encountered when representing the three dimensional movement of "Ring-Around-The-Rosie" on paper. They also notice problems with their own thinking strategies and challenge the thinking of others. As children adjust their drawings they use thinking strategies learned by others during the discussion; expanding, extending, and revising their own perspective.

In a way, I imagine that You Tube and Pinterest are a way of visibly representing thought. At the Council we have discovered that video or photographic representation of our ideas, and the ideas of educators and caregivers have inspired dialogue, thoughtful reflection, and purposeful adjustment of strategies. It seems that thinking is invisible; but graphic representation of thought and resulting discussion is not.

Abbe

After-School Program Accreditation

The AfterSchool Works! NY accreditation process involves a program striving for excellence, creating a program improvement plan, coaching and mentoring, a self-study process involving all staff members, and an endorsement visit. This past year, several Capital Region programs have gone through the process. We recently sat down with the Guilderland YMCA Y-Time at the Guilderland YMCA Site Director, Lucas Rosen, to find out what accreditation means to their program.

Why did you choose to go through the accreditation process?

I thought it would be a great opportunity to take my after school program from good to great. The stringent requirements needed to get accredited forced us to make the smart, focused changes necessary to make my after-school program as excellent as possible.

What are some things you learned during the self-study process?

That there were some areas in need of serious change, thought, and improvement. Areas I thought were strong weren't. It gave us, as a staff, a more realistic idea on what we needed to improve and how.

What was the most difficult about implementing your plan for improvement?

Since I went to a YMCA after school program as a kid, there were certain ideas and aspects of that I wanted to have in my current program. However, the tool showed me that focusing on the best way for the kids to learn and feel in control of their after school experience was more important and that's what we've done.

What are some of the struggles you had during the process and how did you overcome them?

Some of our initial struggles were trying to incorporate the kids' planning into our schedule and then actually getting them to schedule. As time went on, some staff struggled to find open-ended ideas that allowed the kids to produce unique results instead of everyone having similar products at the end. However, once the kids started planning and the staff fell into a rhythm, everything came together.

continued on page 6

Cooking with Kids – Summer Edition

by Jenna Depew, RD, Eat Well Play Hard Coordinator

Cooking and eating outdoors are a great way to enjoy the summer. Grilling, campfire cooking and picnics are a great way to get children active and including children in the activity is an easy way to encourage children to try new foods. Keeping activities and meals simple ensures that all will have fun time.



Picnic tips:

- ✧ Cut vegetables are a great way to add fresh foods. Children can help by washing the vegetables, snapping beans and peas and placing them in bags.
- ✧ Trail mix, fruit salad and peeled hard-boiled eggs are also easy, portable snacks to bring.
- ✧ Sandwich kabobs are simple for traveling- string chunks of sandwich meat, cheese, whole wheat bread, lettuce and cherry tomatoes on coffee stirrers for a fun lunch.
- ✧ Meals and snacks served at your picnics may also be CACFP creditable with the correct components!

Campfire cooking:

Another fun way to cook in the summer is over a campfire. Safety measures should also be followed including: Not allowing children to play near the campfire and always using caution to keep all body parts a safe distance away. Adults should always use long handled utensils and pot holders. Always make sure the campfire is completely out when finished and check local burn bans for safe times of the year to have a fire.

CACFP Week in Review

by Jessica Lynch, CACFP Coordinator

This spring, CACFP and Let's Move asked you to make the Food Program one of your #gimmefive!!

March 15 - 21 was National CACFP week. During that week, we encouraged child care providers, parents, and children to participate in the First Lady's #gimmefive challenge. This challenge invited everyone to incorporate 5 healthy changes into their daily lives. Similar to the ice bucket challenge, once you've committed to your 5 healthy changes you could nominate someone to make 5 healthy changes of their own.



See our CACFP Week and #GimmeFive videos on Facebook!



At the Council, we shared our own health programs and nominated all child care providers who are not yet participating in the Food Program to make joining one of their 5 healthy changes.

CACFP is a federally funded reimbursement program available to all registered, licensed, or legally exempt family child care providers who are supplying healthy meals and snacks to children in their care. If you are interested in learning more about this voluntary, helpful reimbursement program please call Jessica Lynch 426-7181, ext. 312 or email jlynch@cdcccc.org. For providers who do decide to join and make one of their 5 healthy changes joining the food program we would like to acknowledge your program on our social media outlets as a child care program that promotes healthy eating.

Lifting Kids Up, One Smile at a Time

Kelly's Angels Incorporated, was conceived by WNYT-TV reporter, Mark Mulholland, in memory of his late wife, Kelly, who lost her battle with cancer in 2007 at the age of 37. The mission of Kelly's Angels is to provide and promote donations and gifts to children under the age of 18 who have lost a parent or principal caregiver to cancer.

The donations, being called "fun grants," will allow children to do a fun activity of their choosing, e.g., a trip to a Major League Baseball game, a backyard bouncy house party, or a visit to an amusement park. Kelly's Angels has been raising funds and providing fun grants to children in six Capital Region counties.



for more information
visit kellysangelsinc.org

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Have a Tick Free Summer

By Hilary Blair, RN, Child
Care Health Consultant

New York averages more than 5,000 new Lyme disease cases each year. Lyme disease is caused by the bite of an infected deer tick. Ticks are active from April through November. Deer ticks can be as small as a poppy seed. In tick infested areas, any contact with vegetation, even playing in a well-manicured yard, can result in exposure to ticks.

Some tips to remember:

- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of a trail.
- Wear long sleeved light colored tops and long pants tucked into socks when walking in those areas listed above.
- Always read and carefully follow the instructions on insect repellent product labels. Do not apply repellents directly to children. Apply to your own hands and then put it on the child.
- Bathe or shower after coming in from the outdoors to locate and rinse away ticks that might be crawling on you.
- Do a full-body tick check using a hand held mirror to view all parts of your body. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and in hair.
- Tumble dry clothes in a dryer on high heat for an hour to kill any possible ticks.

Create a Tick-Safe Zone to reduce ticks in the yard

- Remove leaf litter.
- Cut tall grasses and brush around homes and at edge of lawns.
- Place a 3ft wide gravel or woodchip barrier between lawn and wooded area.
- Mow frequently.
- Place playground equipment away from yard edges and trees.
- Remove anything (old furniture, trash) from yard that might give ticks a place to hide.
- Discourage deer, stray dogs and raccoons from entering the yard by putting up a fence, if possible.

For more information on tick safety and insect repellents, call the nurses!
518 426-7181, ext 354 for Jean,
353 for Barbara, or 311 for Hilary.

Planning for the Exterior Classroom

by Sheri Dushane, NYS Credentialed Trainer

Birds chirping on a crisp sunny morning, the grass still damp with dew...What is an early childhood teacher to do? Take advantage of this beautiful backdrop and extend the classroom to the great outdoors. With a little thought and planning indoor activities can easily be tweaked to be taken outside. When planning experiences for children's social emotional, physical and cognitive development there is not a better landscape than the playground; your exterior classroom!

Exploring art outside is a wonderful sensory experience. Talk to the children about painting nature. The sky is rich with inspiration. Every day presents an opportunity for children to observe the sky overhead and put paint to canvas or any other media such as pastels or watercolors. This kind of art encourages individual expression and can easily extend into classroom murals over several days. Invite children to share stories about their artwork and capture this in writing. Simply attach the dictated notes from the child to the painting after the painting dries. Wondering how this outdoor art experience links to curriculum? Encouraging children to talk and share ideas about their paintings promotes expressive language. When a teacher responds to their ideas, asks questions and introduces rich vocabulary cognitive and language development are supported.

Exploring blocks outside is a budding architects dream! This is where construction really happens. Designate a space out of high traffic area dedicated to building with blocks. Be sure to include all the accessories (cars, trucks, people and road signs). Collect pictures of architecture in your area and laminate the photos to bring along outside. Block play outdoors supports a vast array of cognitive skills such as problem solving, comparing and contrasting. Be sure to capture children's block structures with photographs to document this experience.

Most of us can probably recall a teacher that brought an indoor activity outside. I can still remember a teacher in first grade taking us outside to do journal writing. Do something unexpected this spring and summer... consider ways to extend math, science and other classroom experiences to your exterior classroom. It may take a little extra thought and planning however the tradeoff will be well worth it!



When it comes to Outdoor Space, Less (equipment) is More (Play)

by *Carrie Mitchell, M.S. Ed., NYS Credentialed Trainer*

I recently observed a preschool classroom move through its typical days' routine. After playing indoors for a while and reading a story, it was time to go outside. After zipping coats and counting off, the teacher led the children outdoors. Instead of stopping where the play equipment was, the teacher proceeded to a hillside, just a bit further along the path. The children followed her dutifully. Before the children disbanded, the teacher urged "I want you to use your imaginations today!"

With absolutely no equipment, the children played for 40 minutes. They first exhausted the slope of the hillside, running from the top fence to the bottom fence repeatedly, chasing one another, racing and running in lines holding hands. From there ideas spawned and pockets of children dispersed to explore. A few children laid head-to-feet and rolled down the hill. Others found sticks with which they dug a small ditch in the dirt, while a girl brought leaves to put in it. Other children found a small passageway behind the shrubbery and sat together amongst the branches.

Rarely do we find a child care setting in which there is natural space dedicated solely to open, vigorous, big body play. Our gross motor spaces have become inundated with bulky, plastic and padded equipment intended to promote children's physical development. But according to Frances M. Carlson, author of *Big Body Play: Why Boisterous, Vigorous and Very Physical Play is Essential to Children's Development and Learning*, "playground space that is less structured and has fewer permanently installed large pieces of equipment supports children's body play." Additionally, the more open square footage place you can provide, the less aggressive children behave towards one another. New York State OCFS child day care center regulations requires each classroom space to provide 35 square feet of room per child.

So if you are replacing your outdoor equipment this summer, consider some alternatives to conventional playground equipment:

- Large tree stumps or logs of varying size
- A conventional playground slide embedded into a hillside
- Tires
- Outdoor blocks



Not only are these outdoor materials inexpensive, they offer endless arrangement possibilities as they are portable. This feature may come in handy to family childcare providers whose backyard space may serve a dual purpose. Be sure to check equipment regularly for safety hazards, removing damaged pieces as needed. And as always, there is no substitution for proper supervision.

Author & Former Child Care Licenser, Sharon Woodward to Speak at Conference



SAVE THE DATE

The Annual Conference is on
Monday, October 12, 2015

Sharon Woodward, author of the [Home Visitor's Manual](#) (Redleaf Press.), [FCC – Guide to Visits, Inspections, and Interviews](#), (Redleaf Press) and the [Family Child Care Curriculum, The Developmental Assessment Guide, and The Family Companion](#), (Redleaf Press.) will present two workshops at the Annual Conference on October 12. Sharon was a family child care Licenser in Massachusetts for twenty years. She also owned and operated a large child care facility in Vermont. She has provided technical assistance and training for providers and parents, and conducted community and legislative training. She has also traveled throughout the United States providing training for child care professionals.

Sharon's workshop, "What Every Provider Should Know," will delve into the rules that govern family child care business and how to take ownership of your investments. Her second workshop, "How to Implement Curriculum that Fits," will cover curriculum that accommodates both participating children and the adults who care for them. This workshop provides practical strategies for developing curriculum that won't end up on the back of the shelf.

You are invited...

The Council turns 35 years old in 2015 and we'll be celebrating our birthday at the Annual Conference in October. Be sure to join us for this special celebration!

How did your staff members benefit from the process?

By instituting a number of changes, including a clothespin board where kids are responsible for updating what area they're in, to self-serve snack, and kids planning activities; the staff have gotten a chance to be less stressed in terms of not knowing how many kids are where, having to plan so many activities (since they partner with kids to help the kids run their activities) and feeling more on top of our program. Best of all, it gives us a real sense of pride in seeing the kids succeed and how much they, and our program, have improved.

How did your families benefit?

By making the children more responsible and feel more in control of what happens, the parents get to see their children grow socially and emotionally. The parents get to see their children plan and implement activities and it gives the children a sense of pride and accomplishment.

How did the children benefit?

In the past, the children had little control in what we did. We followed our schedule and served them snack when they asked. Now, though, the entirety of our program is at their fingertips. They plan and implement activities, are in charge of updating their whereabouts within the program space, and have a large input into what we plan.

What other positive outcomes have you observed as a result of the accreditation process?

My staff and kids seem to have a renewed sense of pride and responsibility in our program. There's an excitement about the activities we haven't seen in the past and the kids want to program and show off what they can do. The staff do an excellent job helping the kids and with the responsibility they have accepted, our site is running smoother than ever.

Program accreditation is the ultimate indication of program quality. It provides afterschool professionals with performance indicators to guide program planning, implementation and evaluation. The accreditation process also supports a team approach to program improvement and fosters a competent, caring and qualified staff. Call Erin Broderick at 426-7181 Ext 320 for more information.

Calling All Family Adventure Seekers... Welcome to Letterboxing!

Want to go on an adventure with your children this summer? Letterboxing may be the perfect way to let children practice following directions, learn mathematics and enhance geography skills while having a terrific adventure outdoors! It's also a fabulous way to get exercise, spend time in nature, and have some good, free fun; all while going on a treasure hunt.

Letterboxing is a modern form of treasure hunting that has been gaining popularity in the United States over the past 10 years. People hide letterboxes in public places like parks, trails, and even stores! Then they post clues online to help you find the box. The goal is to use those online clues to find a letterbox (a small weatherproof box that is hidden by other people in remote but usually picturesque places). The clues are usually simple, like counting steps to a tree, or looking for a fallen log. It is a great family fun activity that anyone, any age, can do.



To find out where letterboxes are hidden, all you have to do is head over to either Letterboxing.org or AtlasQuest.com, type in your location and pick a destination of your choice and you'll find clues that will send you on your way! Once you find the letterbox, simply stamp the rubber stamp found in the letterbox into your notebook, sign and use your personal rubber stamp to document your visit in the letterbox logbook. Once this is done, congratulations! Your adventure is done and you are officially a letterboxer!

Here are some tools to bring on your adventure:

- ✧ A notebook to record your adventures.
- ✧ A rubber stamp that represents either your whole family or individual members. Many enjoy making their own stamp, or you can buy one at a craft store.
- ✧ An ink pad and a pen.
- ✧ The clues!



No way to get out and about in the community? No problem! Why not use the concepts of Letterboxing and organize your own treasure hunt in your yard or neighborhood? You can make it as elaborate or simple as you want. What fun it would be to make up your own clues and go on the adventure with your children in your own backyard!

Tips for making clues for kids:

- Use pictures.
- Keep the directions simple.
- Add in some sensory fun.

For example, directions can say

"take 10 frog hops over to the maple tree" (with pictures of a frog hop and a maple tree) or "tiptoe to where you see 3 rocks together."

Caution:

Many of the clues take you on adventures along streams, through woods and to parks. Please remember to take appropriate weather and environment precautions, for example, sunscreen, bug repellent, snacks, water, etc. Once you find the letterbox, there will NOT be directions on how to get back to your vehicle so pay close attention to how you got to the letterbox so you can retrace your steps back!



Children's Health & Safety

Emergency Medication Administration (EMA)

OCFS regulations allow all programs to administer EpiPens, asthma inhalers, and nebulizer treatments to accommodate children that fall under the ADA guidelines. Learn how to identify the signs and symptoms of anaphylaxis and asthma and practice administering these emergency medications using best practice techniques. Review the permission requirements needed to give these medications and develop a child's individual special needs care plan. You will leave feeling more confident about administering emergency medications. Participants must be 18 years old to attend and to administer emergency medications in child care. Presented by: Child Care Health Consultants, NYS Verified Trainers.

July 14, 6:30 - 8:30 pm; ID# 5872

Child Care Council, 91 Broadway, Menands

Training hours: 2, CEU: 0.2

OCFS Area: 2, 4, 7

ELG Domain: D1, CDA Context

area: 1, SAC area: 4

Cost: \$12 (\$17 non-member)

Audience: Center, Family/Group, School-age

Infant and Child CPR and First Aid COMBO Class

Learn rescue skills for infants, children, and adults including cardiopulmonary resuscitation. Participants will have hands-on experience practicing bandaging, learning first aid for burns, and discussing sudden illness. Participants will earn the American Red Cross Certification which is valid for two years. Wear comfortable clothing and bring a mat or something to kneel on for floor demonstrations. Presented by: Arlene Schmidt, NYS Credentialed Trainer and Heather Sweet, NYS Credentialed Trainer.

August 7, 8:45 am - 4:30 pm; ID# 5880

Child Care Council, 91 Broadway, Menands

Training hours: 8, CEU: 0.8

OCFS Area: 4, CBK Area: 5

CDA Context area: 1, SAC Area: 4

Cost: \$80 **materials fee only**

Audience: Center, Family/Group, School-age, Parents

Medication Administration Training (MAT)

Becoming a MAT certified program provides you with an edge on the competition. Learn best practice techniques when administering medications to children. Receive eight hours of training and a certification that is good for three years. A rebate of \$100 is available upon successful completion of MAT. **Due to the nature of the class we will be unable to accommodate late arrivals.** Presented by: Child Care Health Consultants, NYS Verified Trainers.

→ *MAT is offered three times*

July 21, 7:45 am - 6:00 pm and

July 22, 8:00 am - 1:00 pm; ID# 5866

Child Care Council, 91 Broadway, Menands

Training hours: 8, CEU: 0.8

OCFS Area: 2, 4, 7; Cost: \$150

Audience: Center, Family/Group, School-age

August 11, 7:45 am - 6:00 pm and

August 12, 8:00 am - 1:00 pm; ID# 5867

Cornell Cooperative Extension

50 West High St., Ballston Spa

Training hours: 8, CEU: 0.8

OCFS Area: 2, 4, 7

Cost: \$150

Audience: Center, Family/Group, School-age

August 17, 7:45 am - 6 pm and

August 18, 8:00 am - 1:00 pm; ID# 5874

Johnstown Area Community Center

2 Prindle Ct., Johnstown

Training hours: 8, CEU: 0.8

OCFS Area: 2, 4, 7

Cost: \$150

Audience: Center, Family/Group, School-age

MAT Renewal

Many Medication Administrators are approaching their third renewal period. To ensure that those providers administering medications in child care continue to follow proper administration techniques, a Skills Competency Component has been added to the renewal process after completing the online renewal test. A rebate of \$70 is available. Presented by: Child Care Health Consultants, NYS Verified Trainers.

Child Care Council, 91 Broadway, Menands

Cost: \$70

Audience: Center, Family/Group, School-age

→ *MAT renewal is offered at various times*

August 4, (Time and ID# below)

10 am - 12 pm ID# 5868

1 - 3 pm ID# 5869

3 - 5 pm ID# 5870

5 - 7 pm ID# 5871

Health and Safety including Business Development 101

Health and Safety is required by the NYS Office of Children and Family Services (OCFS) in order to open a Family or Group Family Child Care Business. When you enroll in Health and Safety, you are automatically registered for Business Development 101* which may be taken separately, see page ____ for details. **Due to the nature of the class we will be unable to accommodate late arrivals.** Presented by: SUNY Health and Safety Certified Trainer.

→ *Health and Safety is offered twice*

Zion Lutheran Church

153 Nott Terrace, Schenectady

July 8, 9, 13, and 14

9:00 am - 4:30 pm each day

ID# 5878-79

Training hours: 21.5, CEU: 2.15

OCFS Area: 2, 4, 5, 6, 7, 8, 9, CBK Area: 6, 7

ELG Domain: D1, CDA Context area: 1, 5, 6

Cost: \$285; Audience: Family/Group

Child Care Council, 91 Broadway, Menands

August 24, 26, 27, and 28

9:00 am - 4:30 pm each day

ID# 5882-83

Training hours: 21.5, CEU: 2.15

OCFS Area: 2, 4, 5, 6, 7, 8, 9, CBK Area: 6, 7

ELG Domain: D1, CDA Context area: 1, 5, 6

Cost: \$285; Audience: Family/Group

→ *A special note about Health and Safety*

Health and Safety is taught in English. There are five written tests that must be passed (with an 80% or better) to be eligible to provide registered or licensed child care in New York State. If you are concerned that you might not be able to understand the course or the written tests, please contact Education Director, Lynn M. Siebert at 518-426-7181 x322. We will explore ways to help you with translation services. Health and Safety is also available in Spanish. Call 518-426-7181 for dates and registration information.

**Independent
MAT is available
—
Call the Nurses with your
questions about common
illnesses 426-7181**



To Register → go to www.cdcccc.org, click the "Education" tab, click on "Register for Workshops" or use the registration form on page 11. Call 518.426.7181 with questions.

Business & Administration

Business Development 101

Learn how to run a business in your home. Review marketing strategy, "Doing Business As," policies, the benefits of participating in the Food Program, and organizing tax records. Presented by: NYS Credentialed/Verified Trainer.

→ *Business Development 101 is offered twice*

July 14, 9:00 am - 4:00 pm; ID# 5879

Zion Lutheran Church

153 Nott Terrace, Schenectady

Training hours: 6.5, CEU: 0.65

OCFS Area: 5; CBK Area: 6, 7

CDA Context area: 6, 7

Cost: \$25 (\$35 non-member)

Audience: Family/Group

August 28, 9:00 am - 4:00 pm; ID# 5883

Child Care Council, 91 Broadway, Menands

Training hours: 6.5, CEU: 0.65

OCFS Area: 5; CBK Area: 6, 7

CDA Context area: 6, 7

Cost: \$25 (\$35 non-member)

Audience: Family/Group

Communication Skills: Talking Effectively with Parents, Colleagues, and Children

Effectively navigate the communication web! Analyze your current communication structure and discover strategies for talking with co-workers, families, and children. Learn when to communicate with parents about the NYS Regulations and how to follow the NAEYC's Code of Ethics when delivering your message. Presented by: Arlene Schmidt, NYS Credentialed Trainer.

August 12, 6:45 - 8:45 pm; ID# 5881

Child Care Council, 91 Broadway, Menands

Training hours: 2, CEU: 0.2

OCFS Area: 4, 5, 7, CBK Area: 2, 6, 7

Cost: \$12 (\$17 non-member)

Audience: Center, Family/Group, School-age

Staff Binoculars: Supervising and Appraising Teaching Staff

Appraising teaching staff is not always easy but is always important and useful. Use the Program Administration Scale (PAS) to learn how to observe, give feedback and support teaching. Explore how to use the NYS Core Body of Knowledge to help guide staff observation. Leave the workshop with observation tools and guidelines. Presented by: Sarah Gould-Houde, M.S. Ed., NYS Credentialed Trainer.

August 19, 1:00 - 3:00 pm; ID# 5894

Child Care Council, 91 Broadway, Menands

Training hours: 2, CEU: 0.2

OCFS Area: 3, 5; CBK Area: 7

ELG Domain: D3; CDA Context area: 5

Cost: \$12 (\$17 non-member)

Audience: Administrators

Child & Program Development

Documentation in the Classroom

Come to this workshop to learn how to capture the 'Aha!' moments children are having in the classroom. Through documentation, we can tell a story of each child's learning, inquiry and discovery. We will discuss and strategize ways to photograph, collect evidence of, write down and celebrate children's learning throughout the year. Presented by: Carrie Mitchell, M.S. Ed., NYS Credentialed Trainer.

July 14, 6:00 - 7:30 pm; ID# 5890

Guilderland YMCA

250 Winding Brook Dr., Guilderland

Training hours: 1.5, CEU: 0.15

OCFS Area: 1; CBK Area: 2

ELG Domain: D5; CDA Context area: 4

Cost: \$10 (\$15 non-member)

Audience: Center, Family/Group

Beginner Guitar for Early Childhood

The beauty of music in early childhood is that you can make mistakes, take risks, make up words and no one knows the difference! In fact, spontaneity, storytelling, singing off-key and learning an instrument are trademarks of early childhood education! Bring your acoustic guitar for this mini-jam session where we will strum, pluck and hum our way through some basic chords and a few songs you can practice during music time in your program. You must supply your own guitar! Register early - seating is limited! Presented by: Carrie Mitchell, M.S. Ed., NYS Credentialed Trainer.

July 20, 6:00 - 8:00 pm; ID# 5912

Child Care Council, 91 Broadway, Menands

Training hours: 2; CEU: 0.2

OCFS Area: 1; CBK Area: 4

ELG Domain: D5; CDA Context area: 2, 8

Cost: \$12 (\$17 non-member)

Audience: Center, Family/Group, School-age

Summer Literacy

Enhancing children's literacy skills should continue throughout the summer! It is important to continually reinforce the skills children will need when they go back to school. Join us to explore the 5 BIG Ideas in Reading Instruction developed by the National Reading Panel (NRP). You will make and take fun literacy activities that can be used in your classroom to engage children and strengthen those 5 BIG skills! Presented by: Tina Rose-Turrioglio, M.S. Ed., NYS Credentialed Trainer.

July 22, 6:00 - 8:00 pm; ID# 5898

Child Care Council, 91 Broadway, Menands

Training hours: 2; CEU: 0.2

OCFS Area: 1, 3; CBK Area: 1, 4

ELG Domain: D5; CDA Context area: 2, 8

Cost: \$17 (\$22 non-member)

*cost includes materials fee

Audience: Center, Family/Group, Parent

Literacy for Infants and Toddlers

Reading to an infant or toddler is such an enjoyable activity and it benefits the child by helping to build the necessary foundation for future reading skills. Join us to discover why early literacy is so important to infants and toddlers and learn how to create an environment that promotes reading for our youngest learners. Presented by: Rebecca Stahl, M.A., NYS Credentialed Trainer.

July 29, 6:30 - 8:30 pm; ID# 5891

Rotterdam Senior Citizen's Center

2639 Hamburg St., Schenectady

Training hours: 2; CEU: 0.2

OCFS Area: 1, 3; CBK Area: 1, 4

ELG Domain: D5; CDA Context area: 2, 8

Cost: \$12 (\$17 non-member)

Audience: Center, Family/Group, Parent

Summertime FUN!

Take it ALL outside! Get creative with outside activities that provide children with opportunities and ideas to explore science, art, math and more! The learning opportunities provided by nature are endless. Explore ideas and start developing your "fresh air" curriculum with us! Bring your ideas to share! Outdoor safety will also be discussed. Presented by: Arlene Schmidt, NYS Credentialed Trainer and Alicia Salamone-Powers, M.S. Ed., NYS Credentialed Trainer.

July 29, 6:45 - 8:45 pm; ID# 5889

Cornell Cooperative Extension

50 West High St., Ballston Spa

Training hours: 2, CEU: 0.2

OCFS Area: 1, 3, 7; CBK Area: 1, 4, 5

ELG Domain: D1, D2, D3, D4, D5

CDA Context Area: 1, 2, 8

SAC Skill area: 3, 8, 9

Cost: \$17 (\$22 non-member)

*includes \$5 material fee

Audience: Center, Family/Group, School-age, Parent

Child Care Health Consultant Services

Health consultant services include a free warm line to answer questions about common child care health issues. The Child Care Health Consultants also visit programs to develop, review, and sign-off on health care plans.

Call the Nurses! 518 426-7181 Jean Wiseman, RN x354, Barbara Vickery, RN x353

On-Site Training

Call to learn about our new and improved on-site pricing and scheduling. **Call 518 426-7181.**

School-Age programs call Erin Broderick-Roberts at x320.

All others call Tina Rose-Turiglio x355.

Communicating with Hands: Basic ASL for Early Childhood Educators

Signing is a useful tool when children lack the ability to verbally communicate. This interactive workshop will demonstrate basic signs, songs and ways to incorporate it into the classroom to reduce child and adult frustration. Participants will leave with resources and have learned simple signs they can use in their classroom the next day. Presented by: Heather Sweet, NYS Credentialed Trainer.

July 30, 6:30 - 8:00 pm; ID# 5892

YMCA Early Childhood Center of Hagaman
58 North Pawling St., Hagaman

Training hours: 1.5, CEU: 0.15

OCFS Area: 1, 3; CBK Area: 1

ELG Domain: D5; CDA Context area: 2, 3

Cost: \$10 (\$15 non-member)

Audience: Center, Family/Group, Parent

Make Way for Math

Enhancing children's math skills should continue throughout the summer! It is important to continually reinforce the skills children will need when they go back to school. Join us to explore the fundamental math skills preschoolers need according to the Prekindergarten Foundation for the Common Core. Participants will make and take activities that can be used in their classroom to engage children in active learning and strengthen those math skills! Presented by: Tina Rose-Turriglio, M.S. Ed., NYS Credentialed Trainer.

August 5, 6:00 - 8:00 pm; ID# 5895

Child Care Council, 91 Broadway, Menands

Training hours: 2, CEU: 0.2

OCFS Area: 1, 3; CBK Area: 1, 4

ELG Domain: D5; CDA Context Area: 2, 8

Cost: \$17 (\$22 non-member)

*includes \$5 material fee

Audience: Center, Family/Group, Parent

Positive Guidance and Discipline

Guiding young children's behavior is a large part of education in an early childhood setting. It is the job of the early care educator to set the tone of the classroom environment to facilitate self-regulation and create a community of caring learners. Learn some effective positive guidance strategies to add to your classroom to continue to support the children in their developing social and emotional needs. Presented by: Heather Sweet, NYS Credentialed Trainer.

August 12, 6:30 - 8:00 pm; ID# 5896

Cornell Cooperative Extension
50 West High St., Ballston Spa

Training hours: 1.5, CEU: 0.15

OCFS Area: 1, 3, 7; CBK Area: 1, 3, 5

ELG Domain: D2; CDA Context Area: 3, 7

Cost: \$10 (\$15 non-member) Audience:

Center, Family/Group, Parent

Kitchen Science

Come to this hands-on workshop to discover the ways we can explore properties of matter, chemical reactions and physics with young children! Using household materials found at the grocery store, we will do simple experiments that can easily be replicated. We will also learn about the process of inquiry and how to lead children down the path to scientific discovery. Presented by: Carrie Mitchell, M.S. Ed., NYS Credentialed Trainer

August 17, 6:30 - 8:00 pm; ID# 5897

Child Care Council, 91 Broadway, Menands

Training hours: 1.5, CEU: 0.15

OCFS Area: 1; CBK Area: 4

ELG Domain: D3, D4

CDA Context area: 1, 2, 8

Cost: \$15 (\$20 non-member)

*includes \$5 material fee

Audience: Center, Family/Group, School-age, Parent

Hand Washing 101

Research has shown that the most effective way to reduce the spread of germs in child care programs is proper hand washing. Learn how to make hand washing a regular part of the routine for children and families in your program. This workshop will focus on proper techniques and curriculum ideas to encourage everyone to be germ busters! Presented by: Sheri Dushane, NYS Credentialed Trainer.

→ *Handwashing 101 is offered twice*

August 11, 6:00 - 7:30 pm; ID# 5906

Johnstown YMCA

213 Harrison St., Johnstown

Training hours: 1.5, CEU: 0.15

OCFS Area: 2; CBK Area: 4, 5

ELG Domain: D1; CDA Context area: 1

SAC Skill area: 4

Cost: \$10 (\$15 non-member)

Audience: Center, Family/Group, School-age, Parent

August 19, 6:00 - 7:30 pm; ID# 5893

Margaret Krause Center, Burdett Ave., Troy

Training hours: 1.5, CEU: 0.15

OCFS Area: 2; CBK Area: 4, 5

ELG Domain: D1; CDA Context area: 1

SAC Skill area: 4

Cost: \$10 (\$15 non-member)

Audience: Center, Family/Group, School-age, Parent

Organized Play for Infants and Toddlers

Play is fun! Examine ways to organize play environments to help them become spaces that can help children learn naturally. Analyze philosophical work methods and explore and make homemade materials for infants and toddlers. Presented by: Sarah Gould-Houde, M.S. Ed., NYS Credentialed Trainer.

August 18, 6:30 - 8:30 pm; ID# 5905

Rotterdam Senior Citizen's Center
2639 Hamburg St., Schenectady

Training hours: 2, CEU: 0.2

OCFS Area: 1, 3; CBK Area: 2

ELG Domain: D3, D4; CDA Context Area: 1, 2, 8

Cost: \$13 (\$18 non-member)

*includes \$1 material fee

Audience: Center, Family/Group

Responsive Caregiving for Infants and Toddlers

Examine attachment and responsive caregiving and the types of attachments. Participants will examine their own responsive caregiving practices and how to become more responsive in every day practice. Presented by: Rebecca Stahl, M.A., NYS Credentialed Trainer.

August 18, 6:30 - 8:30 pm; ID# 5904

CEO, 2328 5th Ave, Troy

Training hours: 2, CEU: 0.2

OCFS Area: 1; CBK Area: 1

ELG Domain: D2, D3; CDA Context Area: 1

Cost: \$12 (\$17 non-member)

Audience: Center, Family/Group, Parent





Distance Learning

1. Why We Hold a Crying Baby

Attachment is the emotional glue that bonds children to the important people in their lives. These relationships bring safety, comfort, and pleasure to the child's world and set the stage for relationships with others throughout life. Discover the different types of attachments, why they are important, and how they affect learning.

Date and time is up to you! ID# 5861

Training hours: 3, CEU: 0.3

OCFS Area: 1, 3, 4, 7; CBK Area: 1, 2, 3, 4

ELG Domain: D1, D2, D3, D4, D5,

CDA Context area: 1, 2, 3, 4, 7, 8

Cost: \$55 (includes book that will be used throughout the series)

Audience: Center, Group/Family, Parent

2. Why We Talk About How the Bunny Feels

Explore friendships and pro-social behavior among young children. Learn about peer relationships, socialization, and the caregiver's role in supporting and promoting relationships among children. The sociocultural developmental theory of Lev Vygotsky is outlined.

Date and time is up to you! ID# 5862

Training hours: 3, CEU: 0.3

OCFS Area: 1, 3, 4, 7; CBK Area: 1, 4

ELG Domain: D2, D5, CDA Context area: 3, 8

Cost: \$36 (\$46 non-member)

Audience: Center, Group/Family, Parent

Basics of Developmentally Appropriate Practice

Learn the basics of developmentally appropriate practice using the book, Basics of Developmentally Appropriate Practice: An Introduction for Teachers of Children 3 - 6, by Carol Copple and Sue Bredekamp. Gain an understanding of DAP and how to apply it to your curriculum. Presented by: Arlene Schmidt, NYS Credentialed Trainer

Date and time is up to you! ID# 5865

Training hours: 8, CEU: 0.8

OCFS Area: 1, 3, 4, 7; CBK Area: 1, 2, 3, 4

ELG Domain: D1, D2, D3, D4, D5,

CDA Context area: 1, 2, 3, 4, 7, 8

SAC area: 2, 6, 12, 13

Cost: \$121 (\$161 non-member)

Audience: Center, Group/Family, School-age, Parent

3. Why We Play Simon Says

"Simon Says" and "Red Light-Green Light" are common activities in an early childhood setting. Discover ways to help children practice their self regulation skills. Learn what self regulation really means and why it is important. Course topics include impulse control, cognitive and emotional self-regulation, and the caregiver's role in supporting children's development.

Date and time is up to you! ID# 5863

Training hours: 3, CEU: 0.3

OCFS Area: 1, 3, 4, 7; CBK Area: 1, 4

ELG Domain: D2, D4, CDA Context area: 2, 3

Cost: \$36 (\$46 non-member)

Audience: Center, Group/Family, Parent

4. Why We Keep a Pot of Coffee

Learn about building relationships with families and creating a family-friendly classroom. Topics include overcoming barriers to family-centered practice, fathers' involvement, and fostering better communication between parents and providers.

Date and time is up to you! ID# 5864

Training hours: 3, CEU: 0.3

OCFS Area: 1, 3, 4, 6, 7, 8; CBK Area: 1, 2

ELG Domain: D2, D3, CDA Context area: 4

Cost: \$36 (\$46 non-member)

Audience: Center, Group/Family, Parent

Training Topic Index:

NYSOCFS Regulation areas (OCFS Area):

1. Principles of childhood development
2. Nutrition and health needs of children
3. Child day care program development
4. Safety and security procedures, including communication between parents and staff
5. Business record maintenance and management
6. Child abuse and maltreatment identification and prevention
7. Statutes and regulations pertaining to child day care
8. Statutes and regulations pertaining to child abuse and maltreatment
9. Shaken baby syndrome.

Core Body of Knowledge Core Competency Areas (CBK Area):

1. Child growth and development
2. Family and community relationships
3. Observation and assessment
4. Environment and curriculum
5. Health, safety and nutrition
6. Professionalism and leadership
7. Administration and management

NYS Early Learning Guidelines (ELG Domain):

- Domain 1 (D1): Physical well-being, health, and motor development
Domain 2 (D2): Social and emotional development
Domain 3 (D3): Approaches to learning
Domain 4 (D4): Cognition and general knowledge
Domain 5 (D5): Language, communication and literacy

CDA Context Areas:

1. Planning a safe, healthy, learning environment
2. Steps to advance children's physical and intellectual development
3. Positive ways to support children's social and emotional development
4. Strategies to establish productive relationships with families
5. Strategies to manage an effective program operation
6. Maintaining a commitment to professionalism
7. Observing and recording children's behavior
8. Principles of child growth and development

SAC Credential Skill Areas:

1. Professionalism
2. Child development
3. Safety
4. Health
5. Self
6. Guidance
7. Out of school environment
8. Creative
9. Physical
10. Cognitive
11. Communication
12. Social (Positive classroom community)
13. Families
14. Operational program management



the Compass WORKSHOP REGISTRATION FORM ❖ JULY - AUGUST 2015

To Register → go to www.cdcccc.org, click the "Education" tab, click on "Register for Workshops" or use the registration form below. Call 518.426.7181 with questions.

Program name	Program phone
First & last name	Fax
Program address	Email
	<input type="checkbox"/> Yes, send me newsletters!
City	Are you a member of the Child Care Council? (check one)
Zip	<input type="checkbox"/> Yes, member #: _____ <input type="checkbox"/> No
County	Workplace type (check one)
Best phone number to reach you in the event of a class cancellation:	<input type="checkbox"/> Family Child Care <input type="checkbox"/> Legally Exempt
	<input type="checkbox"/> Group Family Child Care <input type="checkbox"/> Nursery School
	<input type="checkbox"/> Child Care Center <input type="checkbox"/> Camp
	<input type="checkbox"/> School-Age Child Care <input type="checkbox"/> Integrated Classroom
	<input type="checkbox"/> NYS UPK <input type="checkbox"/> Other (please specify):
	<input type="checkbox"/> Head Start

Date & Time	Title & Workshop ID# (ID# is found next to the date in the workshop details)	Cost

Payment Options:

- ☐ **Check/Money Order** payable to Capital District Child Care Council
- ☐ **Signed EIP Award Notification**
When selecting this option, your valid, signed EIP must be enclosed with registration!
- ☐ **Visa/MasterCard**
Registrations using credit card payment may be faxed to 518 426-9649. When selecting this option, please complete information below.

Subtotal

***Membership**

Total payment enclosed

***MEMBERSHIP - Record membership amount in box above. INTRODUCING NEW MEMBERSHIP BENEFITS! Visit cdcccc.org to see the new list of Membership Benefits!**

Membership levels (to right). Select and add amount to your registration subtotal.

- \$100: child care centers or school-age programs licensed for 50 or more children (each site)
- \$75: child care centers or school-age programs licensed for fewer than 50 children (each site)
- \$45: family and group family child care homes
- \$25: college, CDA, SAC students
- \$25: legally exempt child care

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Order

EIP

Credit

REVISED Registration Policies Pre-Registration & Payment

All registrations must be paid in advance. Payment by Visa, MasterCard, check, purchase order, cash, money order or signed Educational Incentive Program (EIP) awards are accepted. Pre-registration is recommended. Registration at the door will be accepted only if seating is available and all fees must be paid at that time. Please call in advance to check on available seating.

Membership Rates

Payment at the member rate is only available when your current membership number is noted or when membership payment is made along with the registration fee.

Refunds & Cancellations

Refunds will only be given if the Council is notified 1 week prior to the workshop date. Please send a substitute in your place if you cannot attend. The Council reserves the right to cancel any workshop with no enrollment. Workshops with no enrollment will be cancelled 24 hours in advance. If you wish to attend a workshop without pre-registering, please call the Council to confirm the class has not been cancelled or rescheduled. Workshops may also be cancelled due to inclement weather. For workshop cancellations, call 426-7181, log on to www.cdcccc.org, listen to Radio 810 WGY, or watch WNYT 13, WTEN 10, CBS 6, Capital News 9, or WXXA Fox 23. Refunds or credit to attend a future workshop will be issued.

Educational Incentive Program (EIP)

Scholarship funding to participate in this training may be available through the Educational Incentive Program (EIP). For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu. You may also contact EIP at eip@albany.edu or 800-295-9616. If you have received an EIP, please sign it and mail it to the Council along with your registration. If you have applied for, but have not received the EIP, please remit payment. When the Council receives your signed EIP, you will be reimbursed in the original form of payment in 2 to 4 weeks.

Confirmations

Confirmation of registration is sent by email to the email address provided on the registration form.

Children

We are unable to accommodate children during workshops and conferences.

Photos

Photos of workshops may be taken for use in Council marketing and on the internet. Please alert your presenter if you do not wish to be photographed.



**Capital District Child Care
Coordinating Council, Inc**

91 Broadway, Menands, NY 12204

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*“We know that if we
can engage families
on the essentials
of family literacy,
we can turn it all
around”*

NYS Assembly Member Patricia Fahey



Our Family Reads:

How One Child Care Program is Encouraging Family Literacy

Engage children in reading early....the earlier the better, it makes a difference. The message was loud and clear at the Club Fed Child Care Center's launch of their "Our Family Reads" campaign. The campaign aims to place orange bookshelves throughout the community loaded with gently used children's books. The very first bookshelf, placed right outside the entrance to Club Fed, holds books that children can choose and take home for free to read with their parents. "We envision a community where children are ready for school. That starts with early literacy skills" said Victory Riedy, the Center Director.

The event drew community leaders from the NYS assembly and Albany Police Force, including Assembly Members John McDonald and Patricia Fahey and Albany County Sheriff Craig Apple. Each spoke strongly on the critical importance of family literacy and the positive impact it can have on the community as a whole. "We know that if we can engage families on the essentials of family literacy, we can turn it all around," said Assemblywoman Patricia Fahey. The center is seeking donations of gently used books, bookshelves and locations for bookshelf placement. Contact Club Fed at 431-4338 for more information.