

The Navigator

Winter 2025 | January - March

Save
the
Date

Child Care Awareness Gala

Saturday
March 29, 2025
5:30 PM - 8:30 PM
Sky Armory

More information available on our website
<https://childcaresolutionscny.org>

NOMINATE SOMEONE TODAY

We're excited to announce that we plan to celebrate and recognize outstanding child care professionals working in both center-based and home-based programs in Onondaga and Cayuga Counties at our upcoming **Gala** on **March 29th** at the **Sky Armory**! If you know a dedicated individual who meets the following criteria, we encourage you to nominate them:

1. **Longevity and Commitment:** The nominee should have a minimum of five years of experience in child care within Onondaga or Cayuga Counties.
2. **Outstanding Contributions:** We are looking for child care professionals who have made significant and impactful contributions to the field.
3. **Community Involvement:** The ideal nominee should demonstrate a commitment to improving the well-being of families and children beyond their immediate work environment.

To learn more or nominate a provider, please scan the QR code.



Happy New Year!

The end of January marks my first year anniversary at Child Care Solutions. I have enjoyed meeting so many child care professionals in both Onondaga & Cayuga Counties.

Thank you for your commitment to quality child care. My team and I look forward to continuing to support each of you.

Let us know how we can best assist.



Cheers to a Healthy and Prosperous 2025!

Best,

Jean



CDA CLASS

The next 120 hour CDA class will begin
in late March

EIP and CSEA scholarships are available for
participation, limited grant funding opportunities
for those not eligible for full scholarships

Look for updates on our website
<https://childcaresolutionscny.org/>



Don't Miss Out!

Get your personalized workshops scheduled

Contact Jean Fetzko today at (315) 446-1220 ext. 314
to schedule your low cost, on-site training, and
we will come to you!

We can customize your training to meet your staff needs. Specializing in
infant/toddler topics, classroom set-up, engagement techniques,
behavior management, team building, business and administrative
supports, as well as curriculum ideas.

Did you know?

In addition to training, the Professional Development Team
provides specialized supports to all programs in Cayuga and
Onondaga Counties.

Consultation/Technical Assistance for program improvement:

- Business management
- Environment set-up
- Infant/toddler supports
- CDA Observations
- Corrective Action Compliance
- Owner/Director Supports

Contact us to see how we can help!

OCFS Topic Areas

1 Principles of
Childhood
Development

4 Safety & Security
Procedures

7 Statutes & Regulations Pertaining
to Child Day Care

2 Nutrition & Health
Needs of Infants
& Children

5 Business Record
Maintenance &
Management

8 Statutes & Regulations Pertaining
to Child Abuse & Maltreatment

3 Child Day Care
Program
Development

6 Child Abuse &
Maltreatment
Identification &
Prevention

9 Education & Information on
Shaken Baby Syndrome

10 Adverse Childhood Experiences,
Focused on Understanding Trauma

January Workshops

Exploring Feelings with Young Children

Wednesday, January 8

6:30-8:30 PM

Let's explore three important feelings for young children – happy, sad, and mad, and look at strategies and materials that can be used to help children understand and regulate emotions and give them skills they can use for a lifetime. Make materials to use in the classroom to help teach about emotions.

Instructor: Kris Kline

Topic Areas: 1, 3

Fragile Babies/Gentle Touch

Thursday, January 23

6:30-8:30 PM

This training will discuss the physical development of infants and how critical it is to handle them correctly. Participants will learn techniques for keeping babies safe from physical harm during their daycare day and relate the handling of infants to child abuse and shaken baby syndrome.

Instructor: Kris Kline

Topic Areas: 1, 2, 6, 9

Identifying and Accommodating Children with Special Needs

Monday, January 13

6:30-8:30 PM

This workshop will give participants the opportunity to explore how they can make accommodations in their programs for children with special needs. Participants will develop a plan for communicating with families in a positive and beneficial way.

Instructor: Lisa Jillson

Topic Areas: 1, 3, 4

What is Temperament?

Wednesday, January 22

6:30-8:30 PM

What is temperament and how does it fit into child development? This training will look at all things temperament and personality in infants and toddlers, how to support the development of a child's temperament and developmentally appropriate practice and response to temperament related behaviors.

Instructor: Katie Mueller

Topic Areas: 1, 3, 5

Fine and Gross Motor Development in Infants and Toddlers

Wednesday, January 15

6:30-8:30 PM

This training will take an in depth look at fine and gross motor development in infants and toddlers. Participants will discuss physical growth and development through the first three years, developmentally appropriate practice and activities, and how to spot developmental delays.

Instructor: Katie Mueller

Topic Areas: 1, 2, 3

Positive Interactions with children, staff and families

Monday, January 27

6:30-8:30 PM

Participants will discuss the importance of how our intentional interactions with children, colleagues and families affect the relationships we can have with each.

Instructor: Jean Fetzko

Topic Areas: 1, 3, 4

Making a Self-Care Routine

Wednesday, January 29

6:30-8:30 PM

Training will focus on implementing techniques to combat burnout and fatigue while developing an individualized, long-term self-care plan.

Instructor: Lisa Jillson

Topic Areas: 7

“Write it in your heart that every day is the best day in the year.”

Ralph Waldo Emerson

From Little Seeds to Big Trees: Understanding Trauma's Lifelong Impact

Thursday, February 6
6:30-8:30 PM

Gain a deeper understanding of Adverse Childhood Experiences (ACEs) and the long-lasting effects on development. Learn practical strategies to implement in their environment, helping to reduce the impact of ACEs on children.

Instructor: Kris Kline

Topic Areas: 1, 3, 4, 10

Biting

Monday, February 10
6:30-8:30 PM

Biting is a common behavior among infants and toddlers but can be challenging to manage in a group setting. This training will break down biting behavior, why it happens, tools to support your practice and additional considerations surround provider response and ways to support the caregiver/child relationship during these challenges.

Instructor: Katie Mueller

Topic Areas: 1, 2, 4

Professionalism and Parent Communication

Wednesday, February 12
6:30-8:30 PM

In this training, participants will look at the importance of being professional when working with families. Participants will have an opportunity to discuss scenarios common to the early childhood workplace and how professionalism and ethics play an important role in successfully addressing each scenario.

Instructor: Lisa Jillson

Topic Areas: 4

All About Allergies and Other Medical Needs

Tuesday, February 18

5:00-7:00 PM (special time)

The CDC estimates that allergies affect 1 in 13 children. These allergies have the potential to cause a life-threatening reaction called anaphylaxis. When the training is complete you will know exactly what OCFS forms are required for both children with an allergy, and other medical needs.

Instructor: Stacey Percy, RN

Topic Areas: 2, 4, 7

I'm Having a Bad Day

Wednesday, February 19
6:30-8:30 PM

We all have bad days. The children we care for can have bad days. What can we do when children are having an off day? Participants will discuss strategies to encourage positive social and emotional development in children. Participants will also discuss how to communicate "bad day" information to families in a positive and constructive manner.

Instructor: Kris Kline

Topic Areas: 1, 3

Cultural Connections with Infants & Toddlers

Monday, February 24
6:30-8:30 PM

Culture, Race and Religion can all play a huge role in a child development and family practice. In this training, participants will discuss ways to be culturally sensitive to the children and families in their care, and how to widen their caregiving lens to bring culture and diversity into their classroom practice.

Instructor: Katie Mueller

Topic Areas: 1, 3

Teaching Children in a Diverse World

Wednesday, February 26 6:30-8:30 PM

This training will discuss the many different issues that arise around the topics of diversity, culture, abilities, and how to help children grow an understanding and appreciate the differences (and similarities) in people. Focus will also include ideas on helping children develop a healthy sense of self.

Instructor: Lisa Jillson **Topic Areas:** 1, 3

VIRTUAL

Building Resiliency in Young Children

Thursday, February 27

6:30-8:30 PM

Promoting resilience in young children will impact them now and throughout their life. This training covers social emotional health, relationships, self-regulation, initiative and perseverance.

Instructor: Jean Fetzko **Topic Areas: 1, 3**

March Workshops

SUPER SATURDAY!

Two Infant
Toddler
focused
sessions!

Challenging Behaviors in Infants & Toddlers

Saturday, March 1

8:30-10:00 AM

Join us to discuss typical yet challenging behaviors in infants and toddlers.

Participants will learn the "why" behind these behaviors and discuss tips, tricks and tools to support their practice.

Instructor: Katie Mueller

Topic Areas: 1, 3, 4, 7

Infant and Toddler Feeding and Nutrition

Saturday, March 1

10:15-11:45 AM

Participants will discuss nutrition in the earliest years and how it contributes to a child's development. This training will look at the different feeding transitions in the first year, how to support feeding and food preferences, and discuss common concerns.

Instructor: Katie Mueller

Topic Areas: 1, 3

Creating Calm

Monday, March 10

6:30-8:30 PM

Would you like to create calm in your childcare environment? Working with children on self-regulation is an important skill that will help to reduce behavior management concerns.

Come explore methods of mindfulness and relaxation that you can bring into your classroom the very next day.

Activities for children from birth to school age will be included. Everyone can benefit from creating a calm environment and practicing mindfulness techniques, such as emotional health and adverse experiences for children.

Instructor: Lisa Jillson

Topic Areas: 1, 3

10 Books that Support Diversity, Gender & Self-esteem

Wednesday, March 19

6:30-8:30 PM

Ten children's books focusing on diversity, gender, and self-esteem will be reviewed with discussion around how to incorporate these books into everyday learning across various learning domains.

Instructor: Lisa Jillson

Topic Areas: 1, 3

Child Abuse & Maltreatment: Making the Call

Thursday, March 27

6:30-8:30 PM

This training will focus on recognizing signs of abuse and maltreatment, proper documentation, and the procedures of making a report to the child abuse and maltreatment hotline.

Instructor: Jean Fetzko

Topic Areas: 5, 6, 7, 8, 9



Cost: Member: \$20.00 | Non-Member: \$30.00

Business Trainings with Kathleen Gardiner

Select Auburn or Syracuse

January

Reducing Risks and other Legal Considerations

Thursday January 9

6:30-8:30 PM

(Auburn)

OR

Tuesday, January 14th

6:30-8:30 PM

(Syracuse)

Learn how to reduce risks in-home child care providers are exposed to while operating a program.

Participants will review how to identify and prevent risks, how to handle custody disputes, confidentiality considerations and explore the different types of insurances recommended for child care business operators to better protect themselves and their business.

Topic Areas: 3, 4, 5, 7

In-Home CC Business Series: Start up and Business Plans

Thursday, January 23

6:30-8:30 PM

(Auburn)

OR

Tuesday, January 28th

6:30-8:30 PM

(Syracuse)

Using the unparalleled wisdom of family child care business guru, Tom Copeland, and other resources, participants will learn the components of "start up plans" and "business plans".

Trainees will work to create plans for their own in-home child care to help create a strong foundation and set sustainability goals for their small business.

This training is intended for new and not-new providers because it's never too late to make a plan for your business!

Topic Areas: 3, 5, 7

February

SBP Series: Staff Recruitment and Retention

*(Special Price \$30.00/45.00)

Wednesday, February 5

6:00-9:00 PM

(Auburn)

OR

Tuesday, February 11th

6:00-9:00 PM

(Syracuse)

Is your DCC or SACC looking to understand how to minimize staff turnover and build staff retention? Learn to identify methods for staff recruitment & retention, create a system for interviewing & hiring/orientating new staff. Participants will also explore how to construct professional development plans with staff.

Topic Areas: 3, 5, 7

In-Home CC Business Series: Contracts and Policies

Thursday, February 20

6:30-8:30 PM

(Auburn)

OR

Tuesday, February 25th

6:30-8:30 PM

(Syracuse)

Participants will explore the importance of having SOLID contracts & policies in place that clearly represent their individual small business.

Trainees will understand differences between contracts & policies, why effective communication is important to avoid conflicts with families using your small business child care services.

Topic Areas: 3, 4, 5, 7

March

In-Home CC Business Series: Taxes, Time/Space Percentage, Inventory & Depreciation

Wednesday, March 5

6:30-8:30 PM

(Auburn)

OR

Wednesday, February 12th

6:30-8:30 PM

(Syracuse)

Let's dig deep into the business mechanics of operating your in-home child care program! Continuing with building on Tom Copeland's wisdom, participants will delve into preparing for taxes, calculating the program's time/space percentage & why keeping an inventory & tracking depreciation of equipment matters.

Topic Areas: 3, 5

In-Home CC Business Series: Money Management and Retirement

Tuesday, March 18

6:30-8:30 PM

(Auburn)

OR

Wednesday, March 26th

6:30-8:30 PM

(Syracuse)

Loving and caring for the children in your care is easy! Managing money and planning ahead isn't always so easy!

Join to learn about managing your in-home child care income and ways to invest in your future retirement!

Topic Areas: 3, 5

Cost: Member: \$20.00 | Non-Member: \$30.00
unless otherwise noted*

Note: Each training is held in our Auburn and Syracuse offices

MAT Training (Medication Administration Training)

This certification is required for providers wishing to become approved to administer over-the-counter and prescription medications to children in their program.

Cost: \$150.00 (All Participants)

Instructor: Stacey Percy, RN | 8 Credit Hours

Saturday, January 11
9:00 AM-3:00 PM

To Register: Visit www.childcaresolutionscny.org/civCRM-multiday-event/calendar

Adult and Pediatric CPR/First Aid

Participants who successfully complete this course will receive a certificate for the American Red Cross Adult and Pediatric First Aid/CPR (valid for two years).

Cost: Member \$115.00 | Non-Member \$125.00

Instructor: Casey Miner | 7 Credit Hours

Saturday, January 18
8:30 AM - 3:30 PM

Saturday, February 8
8:30 AM - 3:30 PM

Saturday, March 15
8:30 AM - 3:30 PM

To Register: Visit www.childcaresolutionscny.org/civCRM-multiday-event/calendar

Health & Safety Training for New or Group Family

Successful completion of this course is required for all new or group family day care providers in New York, prior to licensure or registration. **Cost: \$250.00**

***Note: Must attend all 3 dates for each series.** | 15 Credit Hours

Instructor: Kris Kline

March 3, 5, 7
March 3, 5: 9:00 AM - 4:00 PM
March 7: 9:00 AM - 2:00 PM

To Register: Visit www.childcaresolutionscny.org/civCRM-multiday-event/calendar.

Food Program

For Children & Adults



Want to boost nutrition and funding for your child care meals? Child & Adult Care Food Program (CACFP) is a federally funded program designed to improve the nutritional quality of meals served to children in child care centers and child care homes.

On CACFP you must keep daily records including your child attendance, your menus, and your meal counts. The amount of reimbursement you receive is based on the location of your home, your income, or the income of the parents you serve. Your own children may be eligible to participate if you meet the income guideline.

All information is kept confidential.

To participate in CACFP or to receive more information, please contact Ashley Gladden CMP, CCNP at (315) 446-1220 x353 or ashleyl@childcaresolutionscny.org.

Infant & Early Childhood Mental Health Consultation

Our IECMH team is available and eager to work with you in person, online using Zoom, over the phone, or through email!

The Infant & Early Childhood Mental Health Consultation Program is a state-wide model of quality mental health consultation that strives to improve children's social and emotional functioning, reduce challenging behaviors, and address the prevalence of suspensions and expulsions of children of color.

What makes this project unique is an intentional focus on caregivers who are caring for children birth-to five years of age. This is not therapy or a direct service to the child, but rather a partnership with adult caregivers to support the mental health and development of the children they serve.

Please contact Nicole Cole at (315) 446-1220 x313 for more information or scan the QR code for our self-referral and we will contact you.



Training Registration Form

Name: _____

Name of Program: _____

Address: _____

State: _____ Zip: _____

Email: _____ Phone: _____

Member Price: \$20.00 & Non-Member Price: \$30.00 *(Unless Otherwise Noted)*

All workshops are held at our Syracuse office located at 6724 Thompson Road, unless otherwise noted. Mail form & payment (check or cash) to **6724 Thompson Road, Syracuse, NY 13021**, scan the **QR Code**, or visit our training center to register: www.childcaresolutionscny.org/civicrm-multiday-event/calendar.



Date	Time	Workshop Title	Cost
		Total	\$

Please contact our Syracuse office at (315) 446-1220 with any questions or concerns.
Please visit childcaresolutionscny.org/policies-procedures for further policies and procedures.

OCFS Requirements

All child care staff, employees, caregivers, and volunteers with regular and substantial contact with children are required to complete a total of 30 hours of training every two years covering the 10 categories. (Key Topic Areas).



Non-Profit Org.
U.S. Postage
PAID
Syracuse, NY
Permit No. 1027

Current Resident:

Call: (315) 446-1220

Email: ccs@childcaresolutionscny.org

Website: www.childcaresolutionscny.org

Hours of Operation:

Syracuse: Mon. - Fri. | 8:30 AM - 4:30 PM

Auburn: Tues. - Fri. | 8:30 AM - 4:00 PM

