



CHILD CARE SOLUTIONS

navigating the way to high quality child care

January 2022

Published by Child Care Solutions

CHILD CARE CONNECTION is Child Care Solutions' monthly newsletter for child care providers and parents in Central New York. Stay informed about upcoming professional development opportunities, news from OCFS, local events, provider tips, fun activities, and much more!



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Dear Provider: Regulations/Elijah's Law

Dear Provider:

The Child Care Regulations have been revised to include the changes made as a result of implementation of Elijah's Law. This information is posted in English and Spanish on the OCFS website. If you have any questions, please reach out to your registrar. [Click here](#) to view regulations.

Estimado(a) proveedor(a):

Se adjuntan las Regulaciones de Cuidado Infantil que se han revisado para incluir los cambios realizados como resultado de la implementación de la Ley de Elijah. Esta información se publica en inglés y español en el sitio web de la OCFS. Si tiene preguntas, comuníquese con su regulador. ¡Gracias!

To learn more about the details about the regulations or if you have questions: [Click here](#) or call 888-364-3065.

We are Growing!

Job Openings:

Infant Toddler Specialist

Health Care Consultant

Receptionist/Clerical Assistant

Apply Now!

Child Care Solutions is a nonprofit organization that has worked since 1975 to help families find child care, educate and empower child care providers, and advocate for children in Onondaga & Cayuga Counties. Our generous employee benefits include:

- Family friendly
- Flexible schedule
- EAP (Employee Assistance Program)
- Earned time off, sick leave & 10 paid holidays
- 'Bring Your Baby to Work' Policy
- Medical, dental & vision insurance
- Life Insurance & 401k Retirement Plan

Upcoming Trainings:

Located at 6724 Thompson Road, Syracuse, NY 13211

Kindergarten Readiness

Tuesday, January 11, 2022

1:00 PM - 3:00 PM

This training discusses what we need to consider when helping prepare children for the world of kindergarten (especially considering today's challenges of COVID-19). What skills play an important role in success in kindergarten, how do these skills vary from child to child, and what can schools, early childhood programs, and families do to ensure a smooth transition for children both socially and academically.

Instructor: Kristi Cusa

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Tablas de Franelas y Matematicas Saturday, January 22, 2022

9:30AM - 11:30AM

Esta formacion presenta conceptos matematicos apropiados para niños pequeños y cómo las tablas de franela se pueden usar de manera efectiva en la introduccion de conceptos matematicos. Los participantes tendrán la oportunidad de construir su propia tabla de franela y los accesorios de matematicas, para utilizarlos en su programa de cuidado.

Instructor: Liza Hernandez

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Ten Books that Support Diversity, Gender, and Self-Esteem

Thursday, January 13, 2022

6:30 PM - 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: Kristi Cusa

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Looking for More Trainings?

Are you missing training hours or do you need OCFS categories? Do you need our training flyer, "The Navigator", and haven't received it by postal mail or email? [Send us a message](#) to make sure you are on our email list or postal mailing list for future trainings and other announcements.

We would also love to hear from you if there are any topics you are interested in learning more about. Contact Kristi Cusa at Kristic@childcaresolutionscny.org or (315) 446-1220 ext.309



Staff Member Highlights:



Hi, I'm Dee Ann!

Position: Parent Services Specialist

From: Fairmount, NY

Likes to do: Yoga and reading

Background: Worked 21 years in customer service and billing, 3 years as a Infant lead teacher in a center.

"I love knowing that I am part of such a caring and passionate group of people dedicated to the welfare and safety of children."



Hello, I'm Catalina!

Position: Registrar

From: City in Colombia called Pereira

Likes to do: make crafts, beaded jewelry, play with my son and video call my family

Background: Worked with children for the past 12 years: as an Au pair and as a teacher; I worked as a Lead teacher for preschoolers and toddlers for about 4 years.

"I'm happy about the work I'm doing at CCS because I'm still working with children and families, although in an indirect way, I can still ensure their well-being and care from the office."



Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



Happy Winter

Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.

It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

Inside Fun: Movement in Winter

Mitten Match – Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the kids move around to complete the task.

Masking Tape Fun – You can use masking tape to make lines (Straight and curved), designs (zigzags, grids) hopscotch/obstacle course, alphabet mazes, and large tic tac toe boards all of over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

Twister – Make your own large twister board. Using colored feet or circles secure them on the ground with clear contact paper.

Winter Stew

- 1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 1/2 pounds cooked stew meat
- 1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

In a large pot, combine all ingredients except beef and apricots and mix well. Bring the pot to a boil for 5 minutes. Cook over low to medium heat for 30 minutes. Stir every 15 minutes. Add beef and apricots to the pot and mix well. Cook over low heat for 10 minutes.

Recipe from USDA Mixing Bowl



CACFP is an indicator of quality child care.

www.cacfp.org

A Great Activity for Kids of All Ages: Tissue Art

Winter Wonderland

Watercolor Sheets, Watercolor paints, paint brushes, cups, tape, White China Marker



[Click Here for More Information](#)



Membership We truly appreciate their support.



Child Care Solutions - Membership & Support Form

Individual or Contact Name _____
Organization _____
Street Address _____
City _____ State _____ Zip _____

New
 Renewing

Professional Membership

(check one):

- \$ 25 an Individual or a Family (Registered) Child Care home
- \$ 40 Group Family (Licensed) Child Care home
- \$ 55 per site / Small child care or early education program (five or fewer staff)
- \$100 per site / Larger child care or early education program or non-profit agency

Community Supporter

(check one/specify amount):

- \$ 25.00 Professional Membership for CDA
- \$ _____ General Donation Fund
- \$ _____ Other

* To pay by Visa or Mastercard call 446-1220.

Please mail this form with check to: Child Care Solutions
6724 Thompson Road
Syracuse, NY 13211