



**June 2022**

## **CHILD CARE CONNECTION**

Published by Child Care Solutions

The 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 more!



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## Trauma Response Resources for Families and Providers

### What is Trauma?

Trauma is an emotional upset. It can be physical, emotional and mental stress experiences in ones life. It can also change the way the brain processes things.

### Signs and Symptoms:

- Trouble Relating to Self and Others
- Problems Regulating Emotions
- Anxiety
- Behavioral Changes
- Problems Forming Attachments to Others
- Trouble Sleeping
- Recurring Nightmares
- Changes in Appetite
- Body Aches
- Trouble Focusing
- School-related Problems
- Hyperactivity
- Tiredness
- Difficulty Focusing

### What are ACEs and How do they Relate to Toxic Stress?

ACEs stands for Adverse Childhood Experiences. This can include physical and emotional abuse, neglect, caregiver mental illness, violence and crime, racial inequities and death. Children who experience one or more of these without supportive adults can cause toxic stress and can develop into long term problems. Learn more about ACEs by [clicking here](#) or [sign up](#) for our upcoming ACEs training opportunity. Check back on the [training calendar](#) for more ACEs trainings in the future (We offer this training about once a month).

### Here is More Resources to Help:

- Strengthening Families is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs and communities in building five key protective factors. [Click here](#) to learn more about the key factors and to strengthen your family. For Spanish: [Click here](#).
- Children who are exposed to traumatic life events are at risk of developing serious and long term problems. [Click here](#) to learn more about this and how to prevent long term effects.
- Traumatic experiences are hard enough, but talking about them is even more challenging. [Click here](#) to learn more about preparing for these challenging conversations. For Spanish: [click here](#).
- What is trauma and how it impacts a family? [Click here](#) to learn more about the effects it has on your family and others. For Spanish: [Click here](#) and [Click here](#).
- Get the trauma and resiliency toolkit: [Click here](#).
- For strategies on how you can speak with your children about trauma: [Click here](#).
- This book focuses on events that are in the news and how as a parent or provider you can do to guide your children to understanding of current events. [Click here](#).

## 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](mailto:Kristic@childcaresolutionscny.org) or (315) 446-1220 ext.309

### Upcoming Trainings:

#### In-Person Workshops:

#### Como Construir Juguetes para Infantes

Saturday, June 11, 2022

9:30 AM - 11:30 AM

Esta capacitación analizará los juguetes apropiados para el desarrollo de bebés y niños pequeños, y la simplicidad de poder crearlos e implementarlos en nuestros programas.

Instructor: Liza Hernandez

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#### Marketing Your Daycare Business

Tuesday, June 28, 2022

6:30 PM - 8:30 PM

This training will guide participants as they review and discuss the many aspects of building and marketing their child care business, including reviewing components of a business plan and assessing community needs/ attributes of their own program. In addition, participants will address the internal marketing aspects of a successful early childhood program such as Parent Handbook development, initial contact with families and intake procedures including required OCFS forms needed for enrollment into the program.

Instructor: Kristi Cusa

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#### Auburn Workshops:

#### What Can We Do About Adverse Childhood Experiences?

Thursday, June 16, 2022

6:30PM - 8:30PM

This training will give childcare providers a better understanding of Adverse Childhood Experiences (ACEs) and strategies that can be used in our programs to reduce the impact of ACEs.

Instructor: Casey Miner

3 10 9 (SACC)



## Dear Provider: Outdoor Home Playground Safety

Do you have an outdoor playground? Do you think it is safe for your children?

### It might not be.

Every year there are more than 50,000 children that end up at the hospital because of injuries due to home playground equipment. It is not just from falling or scraps and bruises. Making sure everything is safe is very important before your children play on the equipment. To view the outdoor playground safety handbook, [click here](#).



## Do You Want to Expand Your Child Care Business?

Child Care is in high demand and now is the time to expand your business.

The New York State Office of Children and Family Services Announces \$100 Million in Federal Funds to Address Child Care Deserts

Funding will support new child care programs and programs that want to expand their business:

The New York State Office of Children and Family Services (OCFS) announced that \$30 million in grant funding is available to existing licensed, registered or permitted child care programs in areas of the state with the least supply, known as child care deserts.

Second Round RFA #2- Expanding Child Care Businesses:

This grant is for existing child care providers looking to expand their business under their current license. Beginning June 30th, 2022, you may apply for the Child Care Deserts Grant. The application must be submitted by August 4th, 2022. Existing providers are providers who were licensed/registered/permitted BEFORE January 28th, 2022.

To learn more or to see if you are eligible and the requirements to apply: [Click here](#).

## Looking for Safe Ways to Have Water Fun Activities on Hot Summer Days?

Water sprinklers, water sprayers, water squirters, and splash pads that don't have a container that deposits/holds water may be used ONLY with direct supervision with children in your program. You might use a "pool noodle" with a hose attached to one end to squirt/spray the water if you don't want to buy something more elaborate.

"Slip and slides" are not recommended due to increased injuries, and generally they include an area where water deposits.

Some other options include:

- An elevated water table, or use of low plastic containers elevated on a table, with a recommend depth of less than 4-6 inches of water may be used with children. Use of saturated washcloths (for infants/toddlers), or sponges saturated with water (children over 3 years), pitchers, pouring and measuring tools, etc may be used separately, or in a water table or elevated low containers with a few inches of water.
- Poke tiny holes in a small plastic bottle with a tight lid and fill them with water. When children squeeze or roll the bottle, the water will come out.
- Cut pool noodles in half lengthwise to make a "tunnel" for pouring water from one direction to another.
- Use pvc pipe with elbow joints to make a water fountain or water tunnel.
- Some self-contained water filled mats may be appropriate for some ages and areas outside.
- Place paper on a fence, sidewalk, or mat and use colored water in spray or squirt bottles to "paint" a mural or art work.
- Check/test to be sure the paint is washable and not permanent – safe for clothing etc. Use fingerpaint outside on a tacked down plastic tablecloth or shower curtain (make sure the paint is not permanent – test before using). Let the children spray or pour water to change the direction or blend colors of the paint. Spray or pour with water or to wipe clean. Check the internet for safe, make at home fingerpaint and squirt bottles with natural non-permanent coloring (beet water, carrot water, or spinach water for example).

**All should be used ONLY when the water activity is directly supervised by a caregiver and the water is emptied immediately after use. Children should not be able to crawl into the water table or container to swim or it would be considered a "fill and drain/dump" pool.**

**Check with Licensing and Registrar staff if you are unsure if a water activity is in compliance with regulations and safe for children in your program.**

Have a safe and fun summer!



## Staff Member Highlights:



Hi, I'm Alexis!

**Position:** Parent Services Coordinator

**From:** Syracuse, NY

**Likes to do:** Crafting, Spending time outdoors with family camping or relaxing by the water reading a book, cooking/ baking

**Background:** Worked in the child care field for 20 years starting in high school at a daycare center. This led to going to school for teaching.

“Working with and helping families and children, in any capacity, is what makes my heart happy!”



Hi, I'm Liza!

**Position:** Professional Development Specialist

**From:** Puerto Rico

**Likes to do:** Outdoors, watching movies and spending time with family

**Background:** Worked as a teacher for many years before moving to Florida to work as a lead teacher in a day care center. In 2007 she moved to Syracuse and worked as a teacher in a private school before coming to CCS.

“Working for this agency has given me the best of all; the everyday opportunity to help children grow in a safe and healthy environment and helping caregivers provide that environment with a 100% excellence in care.”

## CACFP (Child and Adult Care Food Program)

### What is CACFP?

CACFP is a federal program that reimburses registered, licensed, and legally exempt child care providers for serving meals and snack. Many providers don't realize the financial benefits of joining and staying on CACFP (Child and Adult Care Food Program). If you are still unsure if it's worthwhile to [join CACFP](#), give us a call (315) 446-1220 ext. 318. Our Provider Services team is here to help explain how the program works and answer any questions you might have.

**Make sure to shop small and local and visit your community farmers markets!**



## Healthy Snack:



### Recipe:

- 2 green onions
  - 1 1/2 cups of refried beans
  - 1/4 cup of salsa
  - 2 tbsp olive oil
  - 14, 6-inch flour or corn tortillas
  - 3/4 cup shredded cheddar or mexican blend cheese
- Click here for the full recipe: <https://bit.ly/3sp4STr>



**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 315-446-1220.

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