

# The Navigator

Spring 2024

April- June



**CHILD CARE SOLUTIONS**

*navigating the way to high quality child care*

Call: (315) 446-1220

Toll Free: (888) 729-7290

E-mail: [ccs@childcaresolutionscny.org](mailto:ccs@childcaresolutionscny.org)

Visit: [www.childcaresolutionscny.org](http://www.childcaresolutionscny.org)

**Hours of Operation:**

Syracuse: Mon-Fri 8:30am - 4:30pm

Auburn: Tues-Fri 8:30am-4:00pm

**Follow Us On:**



## We Are Hiring! Join Our Team



“Child Care Solutions’ bring your baby to work policy has been a very fundamental part in my journey in parenthood. Being able to bring my little one to work has helped me find the balance between work and parenthood. Also having my little one at our office has helped socialize my baby in this family friendly environment, here at Child Care Solutions”

- Patrick Schmedicke

### CAREER BENEFITS

- Earned Time Off
- Paid Sick Time
- 11 Paid Holidays
- 1 Floating Holiday
- Health Insurance
- Health Savings Account
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- Additional Insurances
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- Retirement Benefits

**APPLY NOW:** [childcaresolutionscny.org/career-opportunities](https://childcaresolutionscny.org/career-opportunities)



April 6-12, 2024

## WEEK OF THE YOUNG CHILD

How does your program honor children during The Week of The Young Child?

For more details visit: <https://www.naeyc.org/events/woyc>

## Child Care Provider APPRECIATION DAY!

May 10, 2024



*Thank-you!*  
to our **Child Care Providers** for all you do!

Join in the virtual celebration by using the social media #ThankYouChildCare in the days leading up.

## Instructors Contact Information:

**Jean Fetzko**  
315-446-1220 x314  
jeanf@childcaresolutionscny.org

**Kris Kline**  
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krisk@childcaresolutionscny.org

**Katie Mueller**  
315-446-1220 x352  
katiem@childcaresolutionscny.org

**Kristi Cusa**  
315-446-1220 x309  
kristic@childcaresolutionscny.org

**Stacey Percy**  
315-446-1220 x350  
staceyp@childcaresolutionscny.org



### Did you know?

Our training team can provide the following services to Onondaga/ Cayuga County programs:

- Onsite consultations for Directors and Staff
- Hands-on coaching
- Onsite training on topics to meet your program's specific needs (for large and small groups)
- Infant/Toddler specific support
- Health Care Consultations
- CDA Observations

Contact the team to find out how we can support you!

**I spent my whole childhood wishing I were older and now I'm spending my adulthood wishing I were younger.**

**- Ricky Schroder**

### 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 below.

### Key to OCFS Topic Areas

- 1 Principles of childhood development**
- 2 Nutrition and health needs of infants and children**
- 3 Child day care program development**
- 4 Safety and security procedures**
- 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 Education and information on the identification, diagnosis and prevention of shaken baby syndrome**
- 10 Adverse childhood experiences, focused on understanding trauma and on nurturing resiliency (For SACC programs this is category 9)**

#### IMPORTANT:

- All trainings are 2 hours (unless otherwise noted)
- All trainings are \$30 for non-members and \$20 for members (unless otherwise noted)
- In-Person trainings are held at 6724 Thompson Rd, Syracuse, NY 13211 (unless otherwise noted)
- Auburn In-Person trainings are held at 100 North St, Auburn NY 13021
- Visit <https://childcaresolutionscny.org/professional-development> for information on policies pertaining to our training program



## April Workshops

### Arrival and Departures in an Infant Room

Wednesday, April 10, 2024

6:30 PM - 8:30 PM

One of the most important times in an infant room occurs during arrivals and departures times during the day. During these times it is important to look at not only the required OCFS Regulations, but the connections with children, parents, and caregivers, as well as the health and safety of children.

Instructor: Katie Mueller

1 3 4 5 7

### Everyday Math

Tuesday, April 16, 2024

6:30 PM - 8:30 PM

This interactive workshop will present ideas for participants on activities they can do with children to give them the "school readiness" skills they need, as well as cover the different ways providers need to use math in their day-to-day operations of their programs.

Instructor: Jean Fetzko

3

### Challenging Behaviors for Infants and Toddlers

Monday, April 22, 2024

6:30 PM - 8:30 PM

This training will focus on some of the challenging behaviors we regularly see in childcare programs with infants and toddlers. We will look at the causes of these behaviors, as well as appropriate responses and how we can assist in prevention.

Instructor: Katie Mueller

1 3 4 7

### Digital Media: Finding the Right Balance

Wednesday, April 24, 2024

6:30 PM - 8:30 PM

Working with children, there are times we find ourselves faced with challenges on how to use digital media in our programs. In this workshop participants will have the opportunity to examine the OCFS Regulations pertaining to digital media and how to use developmentally appropriate media in our curriculum.

Instructor: Jean Fetzko

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### The Homespun Library - Going Beyond the Book

Thursday, April 25, 2024

6:30 PM - 8:30 PM

This training will discuss ways to enhance the literacy area of Preschool classrooms through the introduction of various "tools" that can be easily created and added to literacy/language learning areas, such as flannel boards, big books, books created in various formats (accordion books, scroll stories, texture books, story-stones, story cubes, file folder flannel boards)

Instructor: Kris Kline

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### I/T ACEs

Monday, April 29, 2024

6:30 PM - 8:30 PM

What are adverse childhood experiences and how do ACEs influence infants and toddlers? The answers may surprise you! As a caregiver, you have the ability to help shield children from the detrimental effects of ACEs. Learn about how you can play a key role in prevention.

Instructor: Kris Kline

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### Positive Behavior Guidance

Wednesday, May 1, 2024

6:30 PM - 8:30 PM

In this training, participants will gain positive strategies for reducing the likelihood of challenging behaviors in preschool children. Such as creating a nurturing relationship with children and providing a predictable routine. Participants will also discuss strategies to manage challenging behaviors once they have occurred as well as reviewing the OCFS Regulations section on behavior management.

Instructor: Jean Fetzko

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### Actions Speak Louder

Wednesday, May 8, 2024

6:30 PM - 8:30 PM

Participants will gain strategies to improve nonverbal communication skills. We will discuss what communication looks like in classrooms, child development considerations in communication and explore strategies to improve nonverbal communication skills for young children and their families.

Instructor: Kris Kline

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### Basic Baby Sign Language

Thursday, May 9, 2024

6:30 PM - 8:30 PM

Basic baby sign language will allow you to bring back simple sign language to use with infants. This is an opportunity to be able to communicate in a more efficient way to nonverbal infants as they are learning and growing.

Instructor: Katie Mueller

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**Remember our Conference in April!**  
See the flyer in this Navigator for more information.

## Creating a Safe and Healthy Environment

Tuesday, May 14, 2024

6:30 PM - 8:30 PM

This training will reinforce the need for providers to be proactive with the paperwork they are required to use to document injuries, classroom and program policies and procedures addressing health and safety and daily practices that promote a safe and healthy early childhood learning environment.

*Instructor: Kris Kline*

2 4

## Challenges and Successes in Toilet Learning

Wednesday, May 15, 2024

6:30 PM - 8:30 PM

This informative training will discuss the challenges/successes related to toilet training focusing on readiness, parent and caregiver communication, toilet training equipment and clothing, regression and policies and procedures.

*Instructor: Kristi Cusa*

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## Don't Box Me In: Creative Ways to Use Cardboard Boxes

Thursday, May 16, 2024

6:30 PM - 8:30 PM

Kids love playing with cardboard boxes, sometimes more than the fancy toys that come in the box. In this session participants will learn about the educational opportunities when they bring cardboard boxes into the classroom. Ideas will be presented on ways that cardboard boxes can be used in the classroom as well as the value of letting children use their imagination and creativity to decide how they want to use the materials.

*Instructor: Jean Fetzko*

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## Culturally Sensitive Infant Care

Monday, May 20, 2024

6:30 PM - 8:30 PM

What is culturally sensitive infant care? This training will dive into what it looks like to go beyond the surface factors of culture and diversity and how caregivers can implement these strategies into their childcare programs.

*Instructor: Katie Mueller*

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## Ethics in Early Childcare

Wednesday, May 22, 2024

6:30 PM - 8:30 PM

Working in early childcare there are times we find ourselves facing ethical situations. In this workshop participants will have the opportunity to examine the NAEYC Code of Ethical Conduct and its uses in processing those ethical dilemmas. Come prepared with a sample dilemma for us to discuss.

*Instructor: Jean Fetzko*

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## Supporting Parent and Infant Relationships

Tuesday, May 28, 2024

6:30 PM - 8:30 PM

This training will focus on how the early childhood professional can support infants and their families through respectful partnering with the parent/guardian and empowering the family to be involved in their child's care experience.

*Instructor: Katie Mueller*

1 3 4

## Puppet Power!

Wednesday, May 29, 2024

6:30 PM - 8:30 PM

This hands-on training will give providers opportunities to not only create handmade puppets but will offer an insight into the many ways puppets can be used in early learning. A variety of different types of puppets will be displayed, as well as puppet stages.

*Instructor: Kris Kline*

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## Darkness 2 Light: Stewards of Children

Thursday, May 30, 2024

6:30 PM - 8:30 PM

This training focuses on the complex problem of child sexual abuse. The training gives participants proactive steps they can use to protect children from sexual abuse. Darkness to Light is a national non-profit organization that seeks to empower adults to prevent child sexual abuse. The program raises awareness and educate adults on how to prevent, recognize, and deal responsibly to child sexual abuse.

*Instructor: Kristi Cusa*

4 6

Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.

- Fred Rogers



# June Workshops

## Building Resiliency

Monday, June 3, 2024

6:30 PM - 8:30 PM

This training focuses on building resiliency in adults. Even though we may not feel like it sometimes, we all possess the power within ourselves to harness our protective factors to aid us in bouncing back! This thought-provoking training consists of a personal assessment for you to complete as well as a guide through the assessment drawing out your strengths. Not only will you walk away feeling like you can conquer the world, you will have fun while doing it!

Instructor: Jean Fetzko

7

## Early Experiences with Language

Tuesday, June 4, 2024

6:30 PM - 8:30 PM

The first three years of life are monumental for many things, and language is one of them. It is important for our infants and toddlers that we care for to have many experiences with language. In this training we will look at ways to implement early language experiences in our childcare programs in a developmentally appropriate way.

Instructor: Katie Mueller

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## Combating Compassion Fatigue

Thursday, June 6, 2024

6:30 PM - 8:30 PM

Participants will learn the signs of compassion fatigue which can arise from caring for others. These signs could include physical, emotional, and spiritual distress. Having knowledge of compassion fatigue, the signs to look for, and methods to combat these symptoms will guide participants to a healthier more balanced lifestyle.

Instructor: Kris Kline

7

## More Than Just Routines with Infants and Toddlers

Tuesday, June 11, 2024

6:30 PM - 8:30 PM

When caring for infants and toddlers, daily caregiving routines are essential to providing opportunities for them to be successful and have the opportunity to learn and actively participate throughout the day. Routines also provide opportunities for caregiver-child interactions and building close relationships and bonds.

Instructor: Katie Mueller

1 2 3 4

## Caring Spaces

Wednesday, June 12, 2024

6:30 PM - 8:30 PM

Training will focus on allowing freedom of movement for exploration of environment as well as development of self-help skills. Appropriate responsive caregiver interactions will be addressed, and we'll look at a variety of high-quality materials that support learning and development.

Instructor: Kris Kline

1 3 7

## The Link Between Drawing and Writing

Wednesday, June 19, 2024

6:30 PM - 8:30 PM

In this training, we'll take a walk through the process of developing writings skills for young children by taking a close look at the link between their early scribbles and drawings and emergent writing skills.

Instructor: Jean Fetzko

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## Meeting the Needs of Breastfeeding Mothers In Your Child Care Program

Monday, June 24, 2024

6:30 PM - 8:30 PM

This training discusses how child care providers can meet the needs of breastfeeding mothers in their programs. We will look at the NYS OCFS Regulations, environment, policies, communication with families and children, as well as the many resources that there are for breastfeeding mothers.

Instructor: Katie Mueller

1 2 5 7

## Making the Call

Tuesday, June 25, 2024

6:30 PM - 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: Kris Kline

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## We Before Me

Wednesday, June 26, 2024

6:30 PM - 8:30 PM

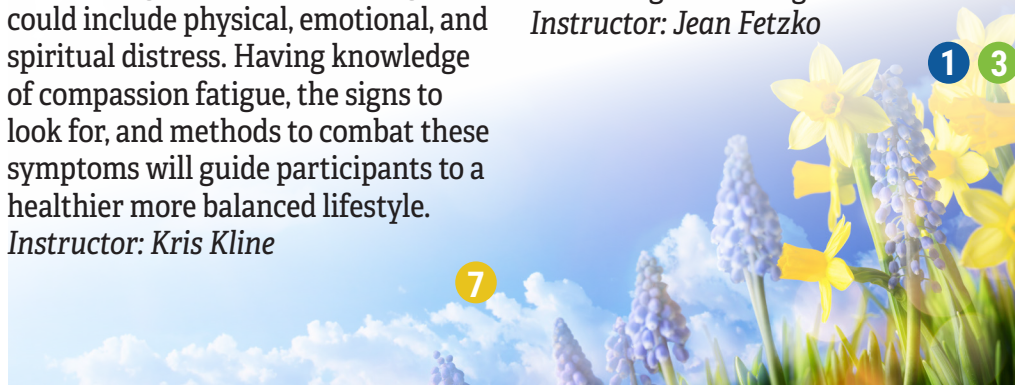
Identify your strengths and weaknesses with the goal of learning how to become a better team player.

Instructor: Jean Fetzko

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Childhood is measured out by sounds and smells and sights, before the dark hour of reason grows.

-John Betjeman



# SUPER SATURDAY!!

(Classes to be held at 100 N. Street, Auburn)

## Dissecting a Temper Tantrum

Saturday, June 22, 2024

9:00 AM - 11:00 AM

This round table training focuses on the unique world of infants and toddlers and the challenges of responding to tantrums. We will discuss behaviors associated with tantrums, how we feel about tantrums, factors that influence them, and effective responses to tantrums that support the child.

Instructor: Kristi Cusa



## Pizza Pizza

Saturday, June 22, 2024

12:15 PM - 2:15 PM

This fun, hands-on training will introduce pizza as a learning tool! We will look at concepts that can be linked to the common pizza such as parts-to-whole, shapes, the five senses, and growing a pizza garden with children! Participants will leave with ideas they can implement in their classrooms.

Instructor: Kristi Cusa



## Child and Adult Care Food Program

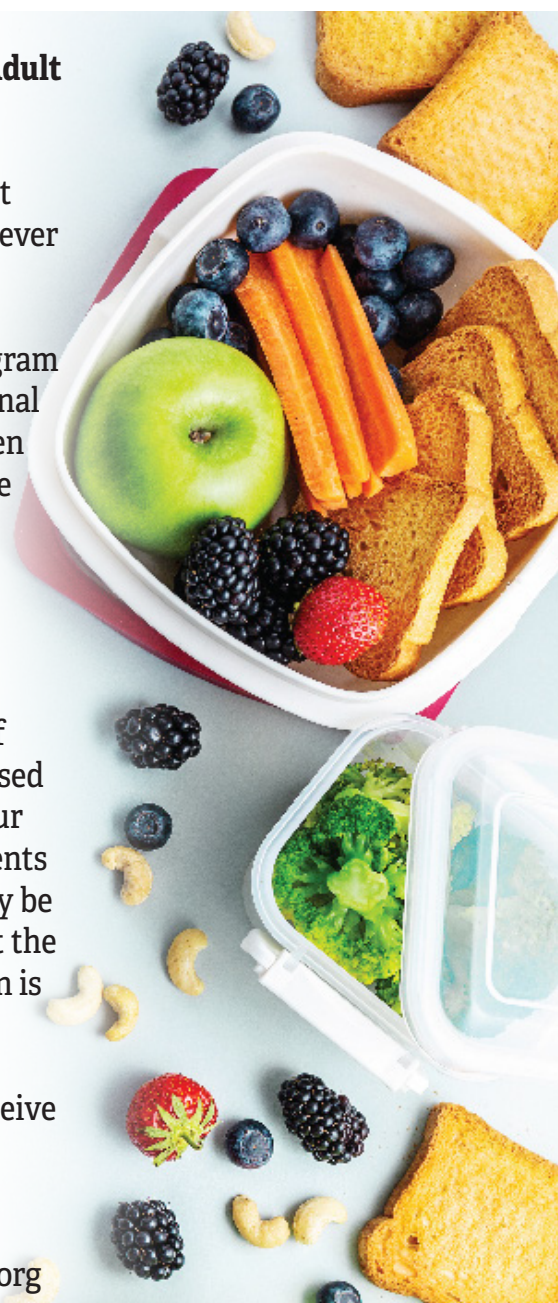
### Have you ever considered participating in the Child and Adult Care Food Program (CACFP)?

You're probably thinking... it's not worth it. Food for thought, you never lose money when on CACFP!!

CACFP is a federally funded program designed to improve the nutritional quality of meals served to children in childcare centers and childcare 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 Lenhart CMP, CCNP at 315-446-1220 Ext: 353. Or email [AshleyL@childcaresolutionscny.org](mailto:AshleyL@childcaresolutionscny.org)



## Infant Toddler Mental Health



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

Please contact Nicole Cole at [nicolec@childcaresolutions.org](mailto:nicolec@childcaresolutions.org) or call (315) 446-1220 ext 313 for more information.

Scan this QR code with your phone to follow the link for our self-referral & one of our consultants will contact you.





# ... WATCH US BLOOM! ...

# SPRING CONFERENCE

Saturday, April 6

Get ready to blossom with knowledge and inspiration at our in-person Spring **Conference at Cayuga Community College!** (197 Franklin St, Auburn) Join us for **Three Engaging Sessions** featuring trainings involving the 10 OCFS Categories and exciting raffles with fabulous prizes! **\$175 Non-Member/\$150 Member\*** ( Includes lunch and 5.5 hours of training).

Mark your calendars, gather your curiosity, **register today** and join in the Child Care Solutions Community. Let's grow together... just **Watch Us Bloom!**

\* CSEA and EIP funding eligible.



Scan the QR Code or Visit  
<https://bit.ly/3P6ORNr>  
To register today!



Call: (315) 446-1220  
Toll Free: (888) 729-7290  
E-mail: [ccs@childcaresolutionscny.org](mailto:ccs@childcaresolutionscny.org)  
Visit: [www.childcaresolutionscny.org](http://www.childcaresolutionscny.org)

## CONFERENCE

### EVENT SCHEDULE

Registration 8:00 - 8:30 AM  
Session 1 8:30 - 10:00 AM  
Session 2 10:15 - 11:45 AM  
Lunch 11:45 AM - 12:45 PM  
Session 3 1:00 - 2:30 PM

Follow Us On:





# Choose How You Grow: Conference Schedule

## Session 1 • 8:30-10:00 AM

### Brain Development in Infants and Toddlers

This training looks at the factors of brain development and how we can create a learning environment that is best for our infants and toddlers.

*Instructor: Katie Mueller*

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### Creating Calm

Working with children on self-regulation is an important skill that will help to reduce behavior management concerns, including adverse childhood experiences.

*Instructor: Kris Kline*

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### All About Allergies and Other Medical Needs

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*

2 4 7

### Child Abuse and Maltreatment including Shaken Baby Syndrome

In this training, we will discuss the role of the mandated reporter. We will also review the summary guide for mandated reporters. Participants will identify indicators of child abuse and maltreatment/neglect and learn the procedure for making reports of suspected child abuse and maltreatment/neglect.

*Instructor: Kristi Cusa*

6 8 9

## Session 2 • 10:15-11:45 AM

### Emergency Preparedness

Participants will discuss the OCFS paperwork that is required for evacuation drills and shelter in place drills. Participants will discuss how to have a stress free and instructive evacuation drill experience. Participants will learn about community emergency management resources.

*Instructor: Jake Nobile*

2 4

### QUALITYstarsNY

Learn how QUALITYstarsNY provides individualized support and resources to NewYork's early childhood programs in all regulated settings — at no cost to participating programs.

*Instructor: Tracey Heatley & Abigail Jenney*

5

### Experiencing Outdoor Play with Infants in the Springtime

Outdoor time is not only required by Regulation, it is also extremely important for children's development, including infants. In this training, we will discuss the many experiences infants can safely have during outdoor play in the Springtime.

*Instructor: Katie Mueller*

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### What is Temperament?

Learning what temperament is and what temperament tendencies are is an important factor when it comes to early childhood education. This training will look at what temperament is as well how to effectively address each individual child based on their temperament tendency and their needs.

*Instructor: Jean Fetzko*

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## Session 3 • 1:00-2:30 PM

### Yoga in the Early Childhood Environment (Limited size)

Hands-on-practice common yoga techniques that you can bring back to use with the children in your setting. Bring your own yoga mat and dress comfortably to fully participate!

*Instructor: Katie Mueller*

1 2 3

### Active Play: Embedding Physical Activity into Your Preschool Day

Gather training ideas for leading early childhood physical activities that are developmentally appropriate and inclusive of children with disabilities. These activities use only inexpensive equipment, work in small spaces, and can be enjoyed in home-based and center-based childcare settings as well as by families in their homes.

*Instructor: Kris Kline*

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### Developmentally Appropriate Discipline and the Regulations

This training has been designed to help participants understand the NYS OCFS Regulations regarding discipline. During this training participants will have the opportunity to dissect and discuss the regulatory requirements for behavior management, how to use discipline in a developmentally appropriate manner in childcare programs, as well as the difference between the use of physical intervention & physical restraint.

*Instructor: Kristi Cusa*

1 3 4 5 7

### Building Healthy Eaters

How can we involve children in making healthy choices? How can we design snack options that are healthy and appealing to children? We explore both of these questions and more as we unravel the world of picky eaters and successful snack menu planning.

*Instructor: Jean Fetzko*

1 2 3



# MAT

**Medication Administration Training (MAT):** This skills based certification course is required of providers wishing to become approved to administer over-the-counter and prescription medications to children in their programs. We offer two different options to earn MAT certification; Independent Study and Classroom Based. Both options result in the same certification. Both course options cover the following topics: An overview of medication effects • Preparation and administration techniques • Ways to give both over-the-counter & prescription medication • Permission, paperwork, and instruction requirements • Emergency care & special situations • The handling, storage and safe disposal of medication

**MAT: Independent Study:** This option allows you to complete the majority of the training at home or work at a time convenient for you. A working email address is required. You must first complete the independent study portion of the course on your own (about 3-4 hours watching videos and completing exercises) then attend one of the dates listed below to complete the course. The classroom sessions are held on the following dates and participants must attend both dates on the split sessions.

Thursday, April 18, 2024  
from 5:00 - 9:30p

Saturday, April 27, 2024  
from 9:00am - 1:30pm

Saturday, May 11, 2024  
from 9:00am - 1:30pm

Monday, May 20, 2024  
from 5:00- 9:30pm

Saturday, June 15, 2024  
from 9:00am - 1:30pm

Thursday, June 20, 2024  
from 5:00- 9:30pm



**Sign up for this course by registering with PDP first: <http://www.ecetp.pdp.edu/>**

*Instructor: MaryBeth Anderson, RN, MAT Trainer  
8 Credit Hours*

*\*(Fees are non-refundable)*

*\* Rebates available dependent on course completion.*

*\*Contact MaryBeth Anderson, with any questions or concerns.  
marybethanderson@proton.me or 315-941-3046*



## On-site MAT

If you want a more personalized training and have at least four people in your program in need of training, our health care consultant can come to you & train at your location.

Contact Stacey Percy to schedule.  
[staceyp@childcaresolutionscny.org](mailto:staceyp@childcaresolutionscny.org)  
315-446-1220 x350

## Adult & Pediatric CPR/First Aid

This course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat/cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for the American Red Cross Adult and Pediatric First Aid/CPR valid for two years.

There are two types of sessions: Split night session and a full day Saturdays. If you choose a split session, you must attend both days. Saturday classes run from 8:30am-3:30pm and weeknight classes are 2 nights from 6:00-9:30pm.



Saturday, April 6, 2024  
Instructor: Casey Miner

Monday, April 29 and  
Tuesday, April 30, 2024  
Instructor: Heather Dillon

Saturday, May 4, 2024  
Instructor: Heather Dillon

Wednesday, May 22 and  
Thursday, 23 May, 2024  
Instructor: Casey Miner

Wednesday, June 5 and  
Thursday, June 6, 2024

Instructor: Heather Dillon  
Saturday, June 22, 2024  
Instructor: Casey Miner

*\* This class will require high mobility for practical training. Please call us for any training accommodations.*

*Fee: \$115 Member / \$125 Non-Member  
(Non-refundable) 7 Credit Hours*







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