



Community Action Planning Council

Jefferson-Lewis Childcare Project

Winter Edition
January 2012

A Letter from The Director

There is nothing permanent except change. (Heraclitus) As I glance out the window, it looks like late March out there: windy, wet, and grey. But I know that we are right in the middle of a North Country Winter and this mild weather is nothing to count on. I think it's quite a lot like child care. Just when you get into a routine and know what to expect, things change—children enter a new phase, one of the families moves away, or some other shift happens. And you need to make adjustments, again.

We have the same thing at JLCP. There are several new procedures and new focus areas you will be seeing from us. One is the technology that will allow our Registrars to record inspections of your facilities in mini-computers for much faster communication and help getting you back in compliance, if needed. Another is the survey-type update of your information that Patti sent out. This is much more efficient, and you can choose the time that's best for you to respond. (Thank you to those who have answered already.)

As I mentioned last time, the Quality Stars rating system that will be coming to New York State in the future will challenge all of us—parents, providers, and school districts—to change the way we think about the care and education of our littlest children. Research says that 75% of brain development and 85% of personality, intellect, and social skills develop by age 5. The work we do changes our community, and our future! That's a lot of opportunity for early educators to make a difference. We are fortunate to have a group of child care providers who are dedicated to this mission. I'm excited about improving our services and our community, so I try not to grumble about having to change. These crazy warm weather days give me a chance to admit that staying the same means Spring isn't coming and I'd rather embrace the change than stick with windy, wet, and gray. Who wouldn't?

Stay in Touch,
Cathy



Contact us at 315-782-4900
or visit our "NEW" website
<http://www.capcjc.org>



Winter Food

Beef Barley Vegetable Soup



1 (3 pound) beef chuck roast
1/2 cup barley
1 bay leaf
2 tablespoons oil
3 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
1 (16 ounce) package frozen mixed vegetables
4 cups water
4 cubes beef bouillon cube
1 tablespoon white sugar
1/4 teaspoon ground black pepper
1 (28 ounce) can chopped stewed tomatoes
salt and pepper to taste

1. In a slow cooker, cook chuck roast until very tender (usually 4 to 5 hours on High, but can vary with different slow cookers). Add barley and bay leaf during the last hour of cooking. Remove meat, and chop into bite-size pieces. Discard bay leaf. Set beef, broth, and barley aside.
2. Heat oil in a large stock pot over medium-high heat. Sauté carrots, celery, onion, and frozen mixed vegetable until tender. Add water, beef bouillon cubes, sugar, 1/4 teaspoon pepper, chopped stewed tomatoes, and beef/barley mixture. Bring to boil, reduce heat, and simmer 10 to 20 minutes. Season with additional salt and pepper to taste. Serves 12.

What Our Families Needs for Child Care Are:

According to our Referral Manager, we have a need in our counties for hourly care, non traditional hours, and weekend care. Many of the families that we are referring to you, have needs that we can not meet due to the limited hours our providers are open. We are in need of providers that open as early as 6 am or earlier and stay open as late as 6 pm or later. With our economy and unemployment the way it is in our counties, it is necessary for many families to work non-traditional hours to make ends meet. We want to be able to help all families find high quality childcare. If you are interested in changing your program structure to better meet the needs of the families that we serve, please remember to contact your registrar to record the change with them.

Keeping Safe from Carbon Monoxide by Mark A Brandenurg, M.D.

Carbon monoxide is an odorless, colorless gas produced by burning fossil fuels such as gasoline, kerosene, propane, natural gas, and wood. The gas is emitted from automobiles, furnaces, gas ranges, fireplaces, charcoal grills, and oil-burning appliances. Often called the "silent killer," CO cannot be smelled, seen or touched and is deadly when inhaled. It can sneak up on unwary victims and strike without notice. Carbon monoxide can enter your home through an attached garage if an automobile is left running, but CO can enter a home by many other routes. Any appliance that uses natural fuel has the potential to release CO into the air. Most cases of CO poisoning occur during the colder months of the year when gas furnaces and fireplaces are used.



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Based on recent changes to the NY State Uniform Fire Prevention & Building Code, carbon monoxide detectors are now required in any child care program where children nap. (OCFS Dear Provider letter Feb, 2011)

Fun Ideas to Help Introduce New Foods to Your Child Care

Sometimes we get very tired of preparing food because we keep doing the same things over and over. Trying new things not only gets our interest back up, but it gives the children who depend on us a wider range of good food experiences and accustoms them to accepting new things. A willingness to try foods, and to eat a varied diet helps to assure that the child will receive a proper share of all the nutrients necessary for good health. And that is what we're all about! Below are a few ideas that you may or may not have tried. (Please remember that most children don't like new things the first time around, but have to be exposed at least three times and actively encouraged to try at least a bite.) You may have some ideas that work well for you that you would like to share with us — we'd be glad to hear them and before long, share them with other groups. Please share! First, be sure that all breads used are whole grain or enriched, and that any flour you use in baking is also whole grain or enriched. And a wide variety of breads makes a more interesting experience for the children.

- A hamburger or hot dog bun with some of the bread
- removed from the center to make a boat container for the protein filling and served open face prevents the child from filling up on the bread before they get all their protein. Whole buns are often too large for small children to get into their mouths, and this is also true of French rolls.



- Try spreading clean, dried lettuce leaves with peanut butter and rolling them up for snack.
- Chicken or tuna salad filling with finely chopped apples gives flavor and texture. A very little bit of cinnamon added to the salad dressing or mayonnaise with which they are mixed can be delicious.
- Peanut butter and mashed bananas are very popular with some children — you may want to try it, too!
- Peanut butter mixed with finely grated carrots — or with applesauce — or with pickle relish — or with finely chopped dill pickles — or chopped, dried fruits.
- Egg salad with finely chopped parsley — or finely chopped dill pickles — or olives (if you use green olives, omit any extra salt) — or chopped walnuts (if the children are old enough to handle nuts without choking).
- Egg salad with deviled ham — another place to leave out added salt: Green peppers that have been finely chopped are good also.
- Ripe avocado, mashed, lightly seasoned and spread on a sandwich with Jack cheese, or chicken or tuna salad.
- Chicken that is cooked, deboned and ground combined with minced celery, finely minced green pepper, or grated apple, or drained crushed pineapple, or chopped dried fruit.
- Corn tortillas rolled around Jack cheese, mashed beans and shredded lettuce — they don't have to be crisped.
- Pita bread with ground beef flavored like taco mix or pizza — or with a tuna filling — or a mixture of cheese and meat vegetables. (Some call them Jaws sandwiches, or kangaroos).
- Surprises! Well, instead of thinking we have to have something sweet for special occasions for our children — and whether it's made with sugar, honey or molasses it is all just sugar! — substitute interesting shapes and colors to make it a "special" day.

Faces cut out of slices of cheese with raisins for eyes or sandwiches cut with cookie cutters into the shape of animals are not only better for the children, they are less work and can fit right into the required meal pattern. Bright paper napkins and plates on these special days or place mats that the children have colored with crayons or water paints make it so special that they aren't going to miss the gooey desserts and it gives them a chance to participate, too!

On-site Training and Technical Assistance

What if there was FREE assistance out there for your program? Someone who would come out to your site and help with a host of topics? No need to dream about it, this service is available at the Jefferson-Lewis Childcare Project! Some common on-site issues we can help with include:

- Biting
- Positive Guidance
- Room Arrangement
- Lesson Planning
- Activity Suggestions
- Creating Interest Areas and MORE!

Call the JLCP Provider Services Department today at 782-4900 ext 237 to see how we can help your program!



Tips on Interviewing a New Family

The best time to schedule an interview is either during nap time or after hours. If you schedule the interview while you're supposed to be watching the kids, you will not be watching the kids, you will not be able to give your undivided attention to the interview.

If you prefer the parent to see the children at the facility, nap time is probably the best. But, scheduling an interview after hours is always the most calm and gives you time to focus completely on the interview.

Scheduling an interview during the weekend is another great time because you have more time for preparation, plus the parents aren't just getting off work.

Some Items To Prepare

A copy of your daycare contract.

Have your license number plainly visible.

Prepare 4 references (2 from current parents and 2 from past parents).

A daily sample menu plan.

A daily activity sheet.

The Jefferson-Lewis Childcare project is the one stop resource for child care needs in the Jefferson and Lewis County areas. We help parents to locate high-quality child care with our cost-free Child Care Resource and Referral program (CCR &R). We guide providers through the licensing and registration process. We assist child care providers by offering education, start-up grants and quality improvement materials. In addition, the Jefferson-Lewis Childcare Project administers the Child Care Food Program for family child care homes and group family child care homes, providing nutrition education and assistance with the USDA subsidy program.



Happy Valentines Day!!!
Tuesday Feb 14th

Child Care Tax Info Tidbits

Providers should give parent clients a year-end receipt that indicates how much the parent paid for child care that year. The receipt should also contain the provider's identification number and a copy should be signed by the parent and kept for the provider's records.

The reason the provider should have a copy of a year-end receipt signed by the parent is because it will protect the provider in the event a parent tries to claim a different amount on her tax return. Providers can use the IRS Form W-10 as their year end receipt. Simply write the amount the parent paid at the top of the form and have the parent sign a copy. In some cases parents will give you the W-10 form, but in most you will need to provide it to them.



Contact Voice

What is VOICE/CSEA: Voice is a union made up of and working for family childcare providers from across New York State, organizing for power to take on challenges facing us and the children and families we serve.

<http://www.voicecsea.org/> OR 1-877-483-CSEA (2732)

New Providers List

The Punkin Patch-Watertown-CCC
Katerina Basta-Carthage-GFDC
Cheryl Kaufmann-Carthage_GFDC
Hope Doolittle- Copenhagen-FDC
Judith Plante-Watertown-FDC
Dina Hammond-Watertown-FDC
Kelli Brisian- Philadelphia-FDC
Jenniffer Bleakley-Lowville-FDC
Sara Delles-Lowville-FDC

Welcome and Congratulations on completing the requirements to be a licensed/registered Day Care Provider in Jefferson and Lewis County. We appreciate your commitment to providing quality child care to our community.

Army Child Care in Your Neighborhood is looking for New York State licensed child care providers that are committed to improving quality in their programs and are interested in providing care for DoD Civilian and Military children. For more information call Heidi Barker at Fort Drum, [315-772-7880](tel:315-772-7880).



Cardiopulmonary Resuscitation (CPR) & First Aid Training Become a Requirement

On August 13, 2010 a law was passed that requires all child care providers to have at least one employee who holds a valid certificate in cardiopulmonary resuscitation (CPR) and first aid on the premise of the child care program during the program's operating hours. As written, this law may require that most programs have multiple staff persons trained in both courses so that the program stays in compliance when any one of those trained staff persons is absent. In addition, substitutes for family day care providers would also need to be trained in CPR and First Aid when supervising children in the absence of a provider and alternate provider. This law went into effect on December 11, 2010. CPR and First Aid courses are widely available in most communities.

Mark the Date



On March 23rd, 2012 we will be making a Community Needs contact to all licensed and regulated Providers in Jefferson and Lewis Counties to ask for their enrollment numbers on that particular day. We will set up a survey monkey survey that will go out on the afternoon of March 22nd. On March 23rd we will review the survey responses and call anyone who did not respond.

Vacancies???? How do I fill my openings?

Please remember to Contact Patti Wetterhahn, Data/Referral Manager with any vacancies that you wish to fill. The more current you keep them with her, the more full you will stay and hopefully the happier you'll be. Please contact her at 315-782-8475 during business hours and leave a voice mail after business hours or shoot her an email at pwetterhahn@capcjc.org

Meet the Staff at JLCP

Jefferson-Lewis Childcare Project

518 Davidson St. Watertown, NY 13601

Office Number: (315) 782-4900 Fax: (315) 788-8251

Referrals: (315) 782-8475 or 1-800-287-8904

Cathy Brodeur-JLCP Director, Ext. 240

Linda Tremlett-JLCP Admin. Assistant, Ext. 225

Patti Wetterhahn- Data/ Referral Manager, Ext. 253

Karrie Denis -LE/Project Assistant ext.229

Cathy Stenfeldt- Provider Services Specialist, Ext. 237

Angie VanWormer- Provider Services Coordinator, Ext. 239



Christine Vogt - Registration Specialist, Ext. 279

Nancy Penrose - Registration Coordinator, Ext. 231

Renee Eisel - Registration Coordinator, Ext. 230

Christen LaFlamme - CACFP/Legally Exempt Coordinator, Ext. 289

Nanette Ramsey - CACFP Manager, Ext. 287

Shelly Beyer - CACFP Manager, Ext. 306

Kaleigh Boulio-Alberry -Jefferson DSS Subsidy Manager, 785-5024

Jennifer Roes- Lewis County Manager, 376-5562

Contact us at 315-782-4900 or visit our "NEW" website
www.capcjc.org