



Delaware Opportunities Inc.
Child Care Resource & Referral
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"Building Excellence in Child Care"

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Provider News

September 2017

- **Family Pages**

The October 2017 edition of the Family Pages newsletter is now available. Please feel free to share with families! Click [here](#) to find it on our website.

- **Child Care in our Community**

Ethel Hammond, a family day care provider in Stamford enjoys taking the children in her program to the local Wetlands Park. The park is a short walk from her home and while there the children count frogs and feed the ducks. They also enjoy walking across the boardwalk. One day while at the park the school age children started complaining, "These boardwalks are a mess!" The children wanted to know who owned them. Ethel explained that the village owned them and that the crew was very busy getting the pool ready for summer. Ethel then talked about community service and what that meant. It didn't take long for the children to decide they wanted to help! Equipped with shovels, rakes and brooms Ethel and the children spent some time cleaning up the boardwalk. Ethel took pictures of the children and shared them with the parents. The children were very proud of their work and many of them took their parents to the park to show them what they had accomplished. Ethel received a lot of positive feedback from the community and received a thank you from the Village Hwy. Department. The crew really appreciated the help and the children were very excited about helping. In fact, they are looking forward to doing it again!



- **Reminders**

- What does your Health Care Plan say?**

Your health care plan details many of the ways you keep children safe and healthy for example where you store your first aid kit, how you are going to document and keep the results of your daily health check and the procedures for sanitizing areas such as the changing table and toys. Take some time to review your health care plan and share it with your assistants and substitutes. It's important for all caregivers to follow the health care plan. If you have any questions about your health care plan or want to make changes contact your registrar or licenser.

• Training

-Videoconference: Special Webcast: Focus on the NYS Child Care Regulations • October 26, 2017 • Videoconference begins at 6:45pm • 2.5 hours of training and .25 CEU's • Delaware Opportunities Inc., 35430 State Hwy. 10, Hamden, NY 13782 **Register online at:** <https://www.ecetp.pdp.albany.edu/videoconferencing.shtm>

-Partners in Play with Kathleen Harland, Infant Toddler Specialist from the Capital District Child Care Council September 28, 2017 • 6:30pm-8:30pm • Delaware Opportunities, 35430 State Highway 10, Hamden, NY 13782 • Infants and toddlers learn through their play experiences, inside and outside, all day long. In this training, we will take a look at what our role, as caregivers, is in that learning process. We will also spend some time developing play plans to build into curriculum. This is a great opportunity to bring new life to your indoor and outdoor play. There is no cost. Registration is required. **Click here to register and for more info.**

-Mandated Training Requirement Added to Child Care Regulations

The federal Child Care and Development Block Grant (CCDBG) requires certain licensed, registered, and legally exempt child care employees, caregivers and volunteers to complete health and safety training by September 30, 2017. These requirements have been adopted as emergency regulations in Title 18 of *New York Codes, Rules and Regulations* and a notice of proposed rulemaking was filed with the *New York State Register* on 3-20-2017. The effective date of the emergency regulations is **March 20, 2017**. Training must be completed by **September 30, 2017**.

To implement this new federal requirement, OCFS developed an e-learning session that, once completed by participants, will satisfy all required health and safety topics. This OCFS health and safety e-learning is named **Foundations in Health and Safety e-learning**. There is no charge for the training, which can be found at the following website: https://www.ecetp.pdp.albany.edu/elearn_catalog.shtm. This fully-narrated five-hour course offers important information and strategies to facilitate and improve the safety and health of children in regulated child care programs and enrolled legally exempt programs. Child care providers and caregivers completing this course will receive training credit in federally mandated health and safety topic areas

Licensed and registered programs needing more information: go to "Letters to Providers" at: <http://ocfs.ny.gov/main/childcare/letters.asp>

• Child and Adult Care Food Program (CACFP)

-Know What You Are Serving

Changes to the CACFP meal pattern include serving at least 1 whole grain rich food per day but what is considered a whole grain and how do you know what you are serving?

What is whole grain-rich? To be whole grain-rich products must be 100% whole grain.

Foods with the following words on the label are usually not 100% whole-grain products

- | | | |
|------------------------|--------------------------|-----------------------|
| -100% wheat | - Cracked wheat | -Contains whole grain |
| -Multi-grain | - Made with whole grains | -7 grains |
| -Made with whole wheat | -Bran | |

Check the ingredient list to see if the food is made from whole grains. A whole grain is listed as the first ingredient or second after water. Some examples of whole-grain ingredients include:

- | | |
|--------------|---------------------|
| -brown rice | -whole-grain barley |
| -buckwheat | -whole-grain corn |
| -bulgur | -whole oats |
| -whole rye | -whole wheat |
| -oatmeal | -quinoa |
| -rolled oats | -wild rice |

