



# The Council Connection

*Child Care Council of Dutchess and Putnam, Inc.*

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## DYSON FOUNDATION AWARDS TUITION ASSISTANCE

The Dyson Foundation has generously funded a Child Care Tuition Scholarship Program for day care centers in Dutchess County to be administered by the Child Care Council of Dutchess and Putnam, Inc. This Scholarship Program will help families who are not eligible for Department of Social Services child care subsidy or any other scholarship program. The Dutchess County Department of Social Services Day Care Subsidy money helps a family of four whose household income falls at or below \$44,100. The Child Care Tuition Scholarship Program will help the family of four with a household income of up to \$55,125 (250% of federal poverty guidelines) to access regulated, quality child care.



All Center Directors in Dutchess County should have received a letter from the Child Care Council of Dutchess and Putnam, Inc. explaining the Scholarship Program in more detail. Since each Center will screen and enroll scholarship applicants, Directors are invited to a mandatory informational session on July 22nd. This session will cover screening requirements, selection of participants, enrollment documentation, monthly reporting, and payment.

The Council applauds the Dyson Foundation for awarding these funds that will positively impact children, parents, employers, and child care providers. By helping parents afford



*Happy Summer!*

the cost of quality care, those children will have access to licensed day care centers that provide curriculums to enhance their growth and development. Parents will be able to select quality care that best meets their needs, instead of settling on inadequate and unreliable solutions. Parents can go to work with peace of mind, and be more productive stable employees. Centers will be able to fill vacancies with parents who will pay with a combination of out-of-pocket and scholarship money. The Child Care Tuition Scholarship Program is a winning combination for all involved. Thank you to the Dyson Foundation.



## PUTNAM COUNTY DAY CARE SERVICES

### FYI



The Department of Social Services in Putnam County has a new number.

(845) 808-1500

Kim Wolfe: 45260

Dawn Haecker: 45304

Fax #: (845)225-8635

## LOST & FOUND

A red and black jacket was left at one of our trainings a while ago. If you are missing a jacket and think it might be yours, contact Judy at the Council.  
(845) 473-4141.



## BITS AND PIECES

### Study Finds that Effects of Low-Quality Child Care Last into Adolescence

A federally funded study of more than 1,300 children since 1991, found that low-quality child care in the first few years of life can have a small but long-lasting impact on a child's learning and behavior. It was found that obedience and academic problems from low-quality care in the first 4 1/2 years of life persisted through their 15<sup>th</sup> birthdays.



### Kids' Port @ the Library

The Mid-Hudson Library System recently presented Kids' Port, a fun and educational web site for children pre-school to age 10. The site provides games, activities, reading links, and sites for parents as well. Kids can find community involvement information, homework help and fun activities. The port provides the link from the library to the child and takes the best of what the web has to offer. Kids' Port is made possible with legislative funding provided by NYS Senator Vincent L. Leibell (Putnam and Dutchess Counties).

### Rural & Migrant Ministry

The Rural Migrant Ministry Inc is based in Poughkeepsie but provides services on both sides of the Hudson River for the children and youth of rural areas. The mission of the ministry is to work for the creation of a just rural New York State by nurturing leadership, standing with the disenfranchised, especially farm workers and rural workers, and changing unjust systems and structures. For further information about the programs and the overnight summer camp, call 845-485-8627 or visit their site at [ruralmigrantministry.org](http://ruralmigrantministry.org).

### RAPP (Relatives As Parents Program)

The RAPP program provides support groups for grandparents and relatives raising children. The groups meet in Poughkeepsie, Amenia and Fishkill once a month. For more information and the meeting dates and sites, contact Marion or Pat at 845-473-4141, ext 221. A three session program designed for caregivers, "Discipline is NOT a Dirty Word" is scheduled for Thursdays in July. A morning session from 10 AM to noon or an evening session from 6:00 – 8:00 PM is planned for July 15, 22, and 29. The sessions are free. Call Nina Doyle, 677-6583, ext. 137 to register at Cornell Cooperative Extension, the sponsors of RAPP,



### S.P.I.N.O.S.A

### (Single Parents In Need Of Student Assistance)

Starting in the fall of 2010, S.P.I.N.O.S.A. will be available to help single parents with their daily responsibilities such as household chores both inside and outside of the home, and errands such as grocery shopping and going to the post office. A support group meeting once a month provides a forum for parents to come together and support one another through their experiences. For further information, call Matthew Keene at 862-258-5283 or [mk2331@bard.edu](mailto:mk2331@bard.edu). Another contact is Paul Marienthal at 845-758-7056 or [marienth@bard.edu](mailto:marienth@bard.edu)

### Congratulations to The Wappingers Playgroup

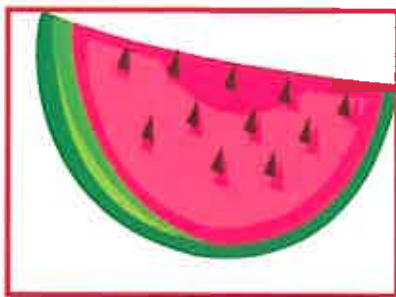


Belated congratulations to the Wappingers Playgroup for 55 years of operation. The playgroup celebrated the anniversary with a party on May 1, 2010.



## SUMMER TRAINING CALANDAR

The Summer Training Calendar has been mailed! This Summer's week long training is scheduled for July 26-30, 2010. Sign up for the week long training and get 15 hours of training in all 9 required topic areas! There will also be opportunities to take First Aid, CPR and MAT Training. We also have a Saturday training scheduled! Contact Rosemarie Dehn at (845) 473-4141 ext. 217 for more information on any of our trainings.



Would you like a more individualized approach to training that focuses on you and your Day Care Center's needs? On-site trainings may be for you! Contact Rosemarie Dehn to develop your own customized on-site training at your Day Care Center!

## NEW SCHOOL AGE CARE CREDENTIAL AWARDEES

This Spring, in all of NYS, there were a total of 31 requests for endorsement visits for school age care credential candidates. Of these 31, eleven were from Dutchess, Putnam & Ulster SACC programs!! All of the candidates successfully completed their year long course work and had successful endorsement visits. On receiving their official acceptance from After School Works NY!, they will all be eligible to be SACC program directors. Special thanks to Arlene Rider, professor and advisor to all of our candidates!



### The Child Care Council of Dutchess & Putnam congratulates the following:

Cynthia Bugna of the YMCA of Kingston @ Ellenville  
Tracey Burger of Small World Child Care  
Yolande Coleman of Green Chimneys  
Bonnie Conklin of The YMCA of Westchester in Putnam  
Kim Faison of Martin Luther King Center  
Elaine Harney of the YMCA of Kingston @ Marlboro  
JoMaria Pagano of the YMCA of Kingston @ Marlboro  
Suzanne Roe of The DCC program @ Ralph R. Smith  
Cassandra Sands of Green Chimneys  
Ann Marie Santaniello of Putnam Valley  
Marcie Smoot of the YMCA of Newburgh @ Gayhead

## NEWS FROM PUTNAM

Providers in Putnam County continue to enjoy participating in Networking Groups. Several groups meet regularly, including Infant Teachers, Family Child Care Providers, Center Directors and School Age Providers. These groups all welcome new members, call Mary Schreiber at 808-1659, ext 2, if you are interested in joining.

Several Family Child Care Providers have participated in a Quality Improvement Project this year, and their programs have been significantly enhanced. Technical assistance is always available to licensed providers, free of charge. Please don't hesitate to call if you have a question, a suggestion, or a concern.

We were very proud of the Putnam County providers who were recognized at the annual Champions of Child Care event in April. This event was enjoyable and very festive. Plan to attend next year to show your support; it would be nice to have a larger Putnam County contingent!

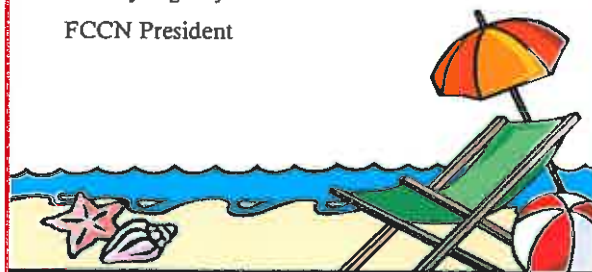


## FAMILY CHILD CARE NETWORK

The Family Child Care Network (FCCN) is currently entering its 19th year of offering Early Care Providers opportunities for professional development. This includes networking, continued training and a source for best practices in the field! Look for our (FCCN's) flyer that will be mailed out this summer! Please be sure to visit us on the web at [www.fccnhv.org](http://www.fccnhv.org). If you have any questions regarding our organization please don't hesitate to contact me at 876-5728.

Enjoy your summer!

Chrissy Eighmy  
FCCN President



## GETTING TO KNOW YOU



In order to learn who people are, where they're located, what their center looks like and a little more about the county, the Council's Director and Assistant Director have visited some centers in Putnam County, guided by Mary Schreiber. The purpose of traveling to various sites is not for an inspection or a grant requirement, but purely to get to know who and where our providers are. Visits have been made to Creative Kids, Nature's Nursery, Children's Station, Just 4 Kids, Serendipity, The Nest, Pine Grove and PARC. This has been such a wonderful learning experience that another date has been set aside to get to know more Putnam providers. Now visits to Dutchess child care centers are on the "To Do" list, as well. The long term goal is to see centers, family, group and school age programs in both counties.

## FREE SUMMER MEALS FOR CHILDREN

**All kids and teens 18 and younger can receive a nutritious meal for free during the summer!**

- ☉ **It's Free:** Kids eat free meals and families save money
- ☉ **It's Easy:** No residency or citizenship rules, no registration, and no forms to fill out! Any kid can receive a free meal this summer.
- ☉ **It's Fun:** There will be occasional events and activities at the lunch site.
- ☉ **It's Good Food:** A nutritious meal is served.

July 6th--August 20th  
Monday -Friday

Call Dutchess Outreach for more information: (845) 454-3792

## Meals served at:

**Family Partnership Center**

29 N. Hamilton Street

Breakfast (8am—9am) & Lunch (11:30 am—12:30pm)

**The Potter House, Inc.**

54 Noxon Street

Breakfast (9am—10am) & Lunch (12 noon—1pm)

**New Hope Community Center**

104 Hudson Avenue

Breakfast (9am—10am) & Lunch (12 noon—1:30pm)

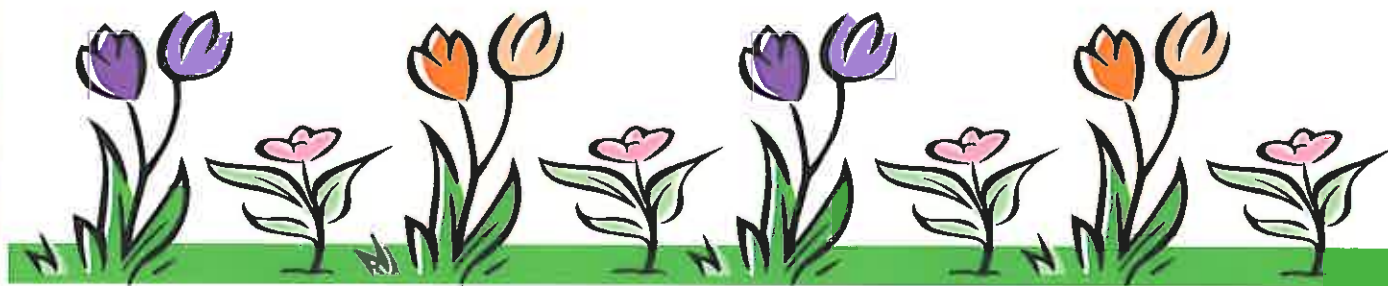
## GREAT ADVERTISING OPPORTUNITY

An enterprising and creative mom/teacher has come up with a wonderful idea to help child care providers advertise their programs. She is working with a company to develop a website that would allow child care providers in Dutchess and Putnam Counties to have their own web pages to advertise their programs.

When a Parent Counselor at the Child Care Council gives a referral to a parent, they would also give the website address of the program for the parent to obtain further information. Some parents have expressed an interest in being able to get a better feel for the program before they schedule a visit. This webpage would be a great opportunity to post a virtual tour of a program or to place an advertisement that might otherwise be in the newspaper or the Pennysaver.

For an annual fee of under \$200, [www.HudsonValleyDaycare.com](http://www.HudsonValleyDaycare.com) will create a custom designed web page. This page with a unique background and border can accommodate up to 200 words and three images. For an annual cost of under \$100, a basic listing of up to 25 words could describe a program's services. For less than a one-time printed ad, a program could advertise its services for an entire year! If you are interested in this marketing opportunity, please call Jeanne at 473-4141 ext. 213 or e-mail [office@hudsonvalleydaycare.com](mailto:office@hudsonvalleydaycare.com).

The website will be up and running this coming August. The first 25 day care providers to sign up will receive a discount on their first year. Look for the link on the Child Care Council's new website soon.



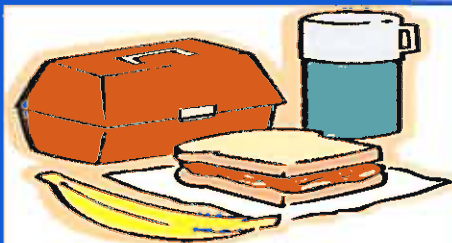


# CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

Child and Adult Care Food Program welcomes the following new providers:

Roann Koechel, Deborah Maggiacomo, Nedra Thompson and Bethann Edgeworth

For more information about joining CACFP please contact Lorraine Scuccimarra  
at (845) 473-4141 x220.



## 15 WAYS TO MORE FRUITS AND VEGGIES

### Best ways to eat more fruits and veggies:



1. Have 1 cup of fruit or 100% fruit juice for **breakfast**.
2. Take 1 cup of fruit for your mid-morning **snack**.
3. Eat at least one cup of vegetables at **lunch**. This can be a salad or vegetable soup.
4. Eat at least one cup of vegetables for **dinner**.
5. Make one **vegetarian recipe** each week; don't be afraid to try new ones!
6. Eat a **salad** at least once a day, every day.
7. Keep **frozen veggies** on hand for quick side dishes and throw in pasta or soup during the week.
8. Start **shopping** in the produce section of the grocery store and build your menu from what you find.
9. At least 1/3 of **your grocery cart** should be from the produce section when you shop.
10. Keep **fresh and dried fruit** for grab and go snacks.
11. Take **fresh fruit** with you every day for snacks.
12. The next time you visit a **fast-food restaurant**, order a salad instead of fries.
13. Make a **delicious fruit dessert** about twice a week.
14. Make a **veggie stir fry** once each week and use a variety of fresh and frozen vegetables.
15. When eating, fill 1/2 of **your plate** with fruits and vegetables.



Source: Communicating Food for Health, June 2008

## INDEPENDENCE DAY POPS

[www.familyfun.go.com](http://www.familyfun.go.com)

Keep your kids cool this summer with frozen-yogurt pops.

### Ingredients

3 cups vanilla yogurt  
Red food coloring  
Blue food coloring  
Waxed paper  
Sugar cones  
Popsicle sticks

### Instructions

1. To make a half dozen pops, tint 1/2 cup of the yogurt with red food coloring and 1 1/2 cups with blue food coloring. Leave the rest plain.
2. Make waxed paper cone liners by folding six 12-inch square sheets into triangles, wrapping each around a sugar cone, and using tape to hold the shape. Then place the paper cones inside the sugar cones.
3. Fill each cone with 1 tablespoon red yogurt, followed by 2 tablespoons white yogurt, then 3 tablespoons blue yogurt. Insert a Popsicle stick and freeze the pops until firm, about 4 hours, using the cone box to keep them upright (as shown).



## FOOD SAFETY AT HOME!

The Partnership for Food Safety Education

### A message to families

Your child is learning about food safety at school—in other words, they're learning all about how to keep germs away from food. Fighting bacteria is very important for preventing foodborne illness and keeping you and your child healthy. You can do more to protect your family by practicing the four concepts of food safety at home!

#### Wash Your Hands Often

This should be done especially after using the bathroom and before handling food. At these ages, curious children are starting to help prepare meals and pack lunches. And certainly, they're eating! Handwashing is a key step in their food safety plan.



#### Rinse Fruits and Vegetables Before Eating

Young snackers need to know about rinsing fruits and veggies with water before munching away. Remind them to just use water, though—no soap.



#### Refrigerate Foods That Should Be Kept Cold

In addition to having the children understand the importance of putting food back in the refrigerator, they can also relate to the idea of packed lunches. Help them learn the importance of using cold packs in their lunchboxes for trips in the car, to the park, playground, beach, etc.



#### Keep Counters Clean

Areas where food is prepared should be prime BAC-fighting spots. Remind children that some things don't belong on the counter—like backpacks, pets, and smelly shoes. Intrigue them by asking about other things that don't belong there.





**HOP-N-HEALTHY, Inc.**  
**TODDLER/PRESCHOOL FITNESS CLASSES**  
**ARE HERE!!!**

*Early childhood is the key period for promoting and encouraging daily physical activity for children!!!*

- \*Age-Appropriate Classes set to awesome kid-friendly music
- \*Non-stop movement, singing & dancing
- \*Colorful Equipment
- \*Center-Paid or Parent-Paid Options
- \*Develop fundamental gross motor skills
- \*Handouts with nutritional info., at-home ideas, recipes

CALL GINNY FOR A FREE DEMO 392-5996

or email [ginny@hopnhealthy.com](mailto:ginny@hopnhealthy.com)

Visit our website [www.hopnhealthy.com](http://www.hopnhealthy.com)

## A FOND FAREWELL TO SUZANNE BOE

After 21 years of faithful service Suzanne Boe has retired. She began working at the Council when it was called The Child Development Council, as a Parent Counselor. She worked in that capacity for quite some time.

When a Child Care Food Program position became available, Suzanne became the Child Care Food Program Senior Coordinator. She worked in that capacity until her retirement.

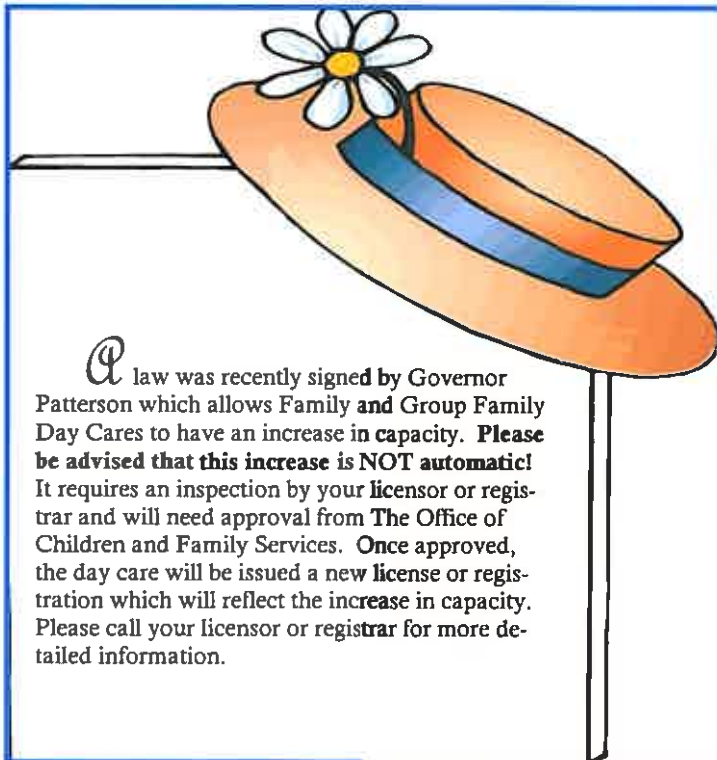
Although she knew what one should and should NOT eat, an occasional "NO, NO" would appear at the lunch table and Suzanne would be a willing participant.

When asked what her plans were after retirement, she happily said, "Sleep late, visit my sons and their families and work in the garden."

We will miss Suzanne and wish her much happiness in the days ahead.



## NEW LAW ALLOWING INCREASED CAPACITY



A law was recently signed by Governor Patterson which allows Family and Group Family Day Cares to have an increase in capacity. **Please be advised that this increase is NOT automatic!** It requires an inspection by your licensor or registrar and will need approval from The Office of Children and Family Services. Once approved, the day care will be issued a new license or registration which will reflect the increase in capacity. Please call your licensor or registrar for more detailed information.

## WE'RE GOING GREEN

Many of you have been contacted for your correct email address. If you currently have an email address please make sure you send it to Karen ([kwash@childcaredutchess.org](mailto:kwash@childcaredutchess.org)) so that you can be part of our distribution list.

The Council, like other agencies, is aware of the importance of "going green" so that we can decrease the amount of paper used and the cost of postage. However, there are other reasons for us to have your email as part of a larger mailing list. In the past, State and County agencies have requested that we get information to child care providers as soon as possible. Telephoning and mailing that information is time consuming and inefficient. With an email distribution list, Council staff could send general information, alerts, take action notices, newsletters, training calendars and other documents easily and quickly to the child care community. Of course, if you do not have email, the Council staff will mail or call you with information.





## DISCIPLINE IN THE DAY CARE SETTING

As part of the requirements for registration or licensure, providers must set forth a written discipline policy which needs to be approved by the Office of Children and Family Services and shared with the parents of children in care. According to regulations, this discipline policy must ensure that all modalities of care “establish written disciplinary guidelines and provide copies of these guidelines to all caregivers/staff and parents of children in care at the program. These guidelines must include acceptable methods of guiding the behavior of children. Discipline must be administered in such a way as to help each child develop self-control and assume responsibility for his or her actions through clear and consistent rules and limits appropriate to the ages and development of the children in care. The caregivers/staff must use acceptable techniques and approaches to help children solve problems.”

There are a number of ways to establish acceptable methods of guiding the behavior of children. Children can not follow the rules if they do not know what the rules are. A good starting point would be to set clear and age-appropriate limits for the children in care. Children need to understand, for example, that we use our “walking feet” indoors; blocks are for building (not throwing); books are to be treated respectfully; toys need to be put away.

Another important way to guide children is for adults to model appropriate behaviors. Adults who are respectful of others will teach children to treat others with respect. In addition, behaving kindly toward and respecting children helps them to feel accepted and will support and encourage growth of a healthy self-esteem. Children do many things better when they feel good about themselves, including behaving better and even learning better.



Children should be given encouragement for behaving appropriately. In other words “catch” the child doing the right thing and offer praise. “I like the way Jonathan is sitting and reading a book” or “Stacey ... You are doing a wonderful job putting away those blocks. Thank you!” Children really do look for adult approval and in praising their efforts you will likely get them to want to continue these positive behaviors.

The above are all methods which will help guide a child and work best over the long term. They may not necessarily produce immediate “good behavior” results, but should be an ongoing method of teaching children appropriate behaviors.

At times children do misbehave and there is a key first response. It is important to try to establish why a child is not behaving within the guidelines that have been established. Determine if there are mitigating factors such as hunger, tiredness or even illness that might be influencing behavior. In these cases, a snack, nap or pick up by the parent and a doctor's visit may be what is needed. Understanding these underlying circumstances along with guidance to the proper behaviors can be helpful in resolving the immediate behavior issue.

When discipline is needed, it should be thought of as less of a punitive measure and more as a teaching experience. So if a child misbehaves, adults need to speak to the child in an age appropriate manner, making the child understand what was not acceptable about his/her behavior and why. “We don’t hit others ... that hurts!” “Please use your words to tell Dylan that you would like to share that toy”. Then, if necessary, give the child the words to use. Be sure to praise his/her efforts. The older a child gets, the more able he/she will be to participate in problem solving. “Instead of grabbing that toy from Sarah, what could you do differently next time?”

Discipline needs to be administered by the caregiver without prolonged delay so that the child is aware of the relationship between his/her actions and the consequences of those actions. Most acts of misbehavior can be viewed as an opportunity to teach children right from wrong. If done immediately in a kind but firm way, the lesson is better learned.



All forms of corporal punishment are prohibited by regulations, as is withholding food, rest or sleep. It is also prohibited to use methods of discipline that frighten, demean or humiliate children or to leave children in a closet, any darkened area or anywhere he/she can not be seen or supervised.



Regulations do stipulate that if a child is acting in such a manner that is harmful to himself or others or property, or is seriously disrupting a group situation, then it may be necessary to separate the child from the group, but for only as long as it takes the child to regain self-control. The child must always be in view of and supervised by the caregiver. There must be interaction between the caregiver and the child immediately following the separation with the intent to have the child be guided toward appropriate group behavior. Having a child sit in “time out” for a specified number of minutes after all acts of misbehavior is really not the intent of the regulations and is a punitive rather than positive method of discipline.

There is no quick fix to teaching appropriate behaviors to children. These efforts must be ongoing and part of the everyday routine. Caregivers need to constantly and consistently work toward establishing clear guidelines, modeling appropriate behaviors, establishing trust and respect in the day care setting and encouraging children to communicate and problem solve whenever possible.

Nancy Maffia, Family Day Care Supervisor

## CHAMPIONS OF CHILD CARE AWARDS

On April 22, 2010 the Child Care Council of Dutchess and Putnam, Inc. observed its 40<sup>th</sup> anniversary and honored child care providers in Dutchess and Putnam counties. We are pleased to list the awardees as we publicly recognize their achievements once again.

### Special Awards

#### **Putnam County**

2010 School Age Program of the Year: Camp Herrlich

Meeting Special Needs—Day Care Center: Hudson Valley Early Childhood Center

2010 Group Family Program of the Year: Stage III Daycare

Outstanding Staff of the Year: Nature's Nursery

Job Well Done: Over the Rainbow

2010 Center of the Year: Pine Grove Country Day School

#### **Dutchess County**

##### Family Day Care programs

Shining Star: Tiny Stars

Meeting Special Needs—Family Day Care: Miles of Smiles

2010 Family Day Care of the Year: Angelina's Playhouse

##### Group Family Day Care programs

2010 Group Family Day Care of the Year: Peek-A-Boo Daycare

Keeping It In the Family:

Victorian Teddy Bears/Cedar Tree Preschool

Feels Like Home: Feels Like Home

Meeting Special Needs—Group Family Day Care:  
Nancy's Little Angels

##### School Age Child Care programs

Quick Off the Block for an Individual: Kreiger After School Program: Alisha Giovanti

First Step to Success: First Step Child Care: Peggy Ranieri

##### Day Care Centers

Lifetime Achievement: Poughkeepsie Day Nursery:  
Marianne Chupay

Job Well Done: Neighborhood Day Care Services

Home Away From Home: Young Hearts

Infant Toddler Teacher of the Year: Infant Toddler Center at Vassar College: Connie Gianserra

Quick Off the Block: Kidz Town

2010 Center of the Year: St. Francis Learning Links

Celebrating Each Child: Northern Dutchess Day Care Center:  
Joyce Bebo

MacGyver Award: Community Family Development:  
Tina Abadsidis

Meeting Special Needs Teacher: Tutor Time: Kerri Bloomer

Beyond the Call of Duty: Creative Kids





## 2010 Education Awards

Congratulations to the following persons who have achieved an Education Milestone during 2010.  
We salute your efforts to further your education to enhance what you offer to children and their families.

### **Deborah Falasco**

Infant Toddler Center at Vassar College  
Master's Degree in Human Development  
Specialization: Working with Infants, Toddlers and their Families

### **Eboni Cook**

Tutor Time Child Care Learning Center  
Bachelor of Arts in Psychology

### **Nicole Hill**

Saint Francis Hospital Learning Links Day Care Center—  
Convent Site

Bachelor of Science in Human Services

### **Joanie Soltysiak**

Infant Toddler Center at Vassar College  
Bachelor's Degree in Education with a Concentration in  
Early Childhood

### **Alecia Ziegler**

Saint Francis Hospital Learning Links Day Care Center—  
Convent Site

Bachelor of Science in Administration

### **Deidre Folger**

Poughkeepsie Day Nursery  
Associate Degree in Business

### **Nikki Johnson**

Ms. Nikki's Family Day Care  
Associate in Applied Science Early Childhood

### **Marilyn Cooper**

Care 4 Me, Inc.  
Associate in Applied Science Community Mental Health  
Child Development Associate Recertification

### **Doris Brenner**

Green Chimney's Children's Services, Inc.  
Child Development Associate

### **Jeanne Licata**

Pine Grove Country Day School  
Child Development Associate

### **Jeanne Turechalk**

Dutchess Community College Day Care Center  
Child Development Associate

### **Heather Karalis**

Creative Kids Childcare, Brewster  
Child Development Associate Recertification

### **Charlotte Rogener**

Creative Kids Childcare, Brewster  
Child Development Associate Recertification

### **Karen Whitaker**

Creative Kids Childcare, Brewster  
Child Development Associate Recertification

### **Accreditation**

Saint Francis Hospital Learning Links Day Care Center—  
Convent Site

Saint Francis Hospital Learning Links Day Care Center—  
Martha Lawrence Site

## Milestone Anniversaries

Congratulations to the day care providers and staff celebrating Milestone Anniversaries in 2010.

### **Thirty-Five Years**

Poughkeepsie Day Nursery—Marianne Chupay

### **Thirty Years**

Community Family Development—Regina Johnson  
Pine Grove Country Day School

### **Twenty Years**

Community Family Development—Margaret Medina  
Northern Dutchess Day Care Center—Joyce Bebo  
Peek-A-Boo Daycare—Doris Rapetti

### **Fifteen Years**

Community Family Development—Christine Tanguay  
Half Pint Day Care Center, Inc.—Cheryl Rogers  
Saint Francis Hospital Learning Links Day Care Center, Convent  
Site—Alecia Ziegler  
Saint Francis Hospital Learning Links Day Care Center, Martha  
Lawrence Site—Gail Gavin VanVlack,  
Deborah Napoli  
Wimpfheimer Nursery School at Vassar College—Julie Riess, Ph.D.

### **Ten Years**

Country Grove Children's Center—Denise McChesney  
Ms. Nikki's Family Day Care—Nikki Johnson

Northern Dutchess Day Care Center—Ashley Bolde, Ann Hosking,  
Nancy Hull

Pine Grove Country Day School—Tom Cataldo, Sue Merlini,  
Nancy Rutledge

The Learning Choice Preschool—Marisel Morales  
Tutor Time Child Care Learning Center—Kerri Bloomer, Christine  
Massi, Marianne Muggenburg

### **Five Years**

Care 4 Me, Inc.—Marilyn Cooper, Cathy Fernandez, Nicole Wood-  
ward

Dutchess Community College Day Care Center—Bethann Coch-  
rane-Gunn

First Friends Group Family Day Care—Ellen Rayburn

Grammy's Country Daycare—Nancy House

Infant Toddler Center at Vassar College—Constance Gianserra,  
Charlene Harris

Pine Grove Country Day School—Jeanne Licata

Saint Francis Hospital Learning Links Day Care Center, Convent  
Site—Tiffany Brown, Tristina Rivera,  
LeeAnn Viola, Debra Williams

Saint Francis Hospital Learning Links Day Care Center, Martha  
Lawrence Site—Jacquelynn Voss

Tutor Time Child Care Learning Center—Deena Iaccarino



# PLAY PAGE



## Homemade Ice Cream in a Bag

[www.kaboose.com](http://www.kaboose.com)

Milk can become homemade ice cream in five minutes by using a bag! This homemade, creamy treat is a summertime delight for kids and adults alike.

### What you'll need:

- ✓ 1 tablespoon sugar
- ✓ 1/2 cup milk or half & half
- ✓ 1/4 teaspoon vanilla
- ✓ 6 tablespoons rock salt
- ✓ 1 pint-size plastic food storage bag (e.g., Ziploc)
- ✓ 1 gallon-size plastic food storage bag
- ✓ Ice cubes

### How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.
5. Wipe off the top of the small bag, then open it carefully. Enjoy!



### Tips:

A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that -- a large amount might be too big for kids to pick-up because the ice itself is heavy.

## Shadow Pictures

### Goal:

To show children the power of sun in making changes



### Procedure:

1. Have students select a brightly colored sheet of construction paper and choose from among a collection of flat objects such as keys, coins, and paper clips.
2. Write each student's name on their paper.
3. Have each child place their paper in the sun with their object on it. Leave the papers for two or more hours, after which time the shadow pictures will be visible.



## Bubble Art

[www.pretchooleducation.com](http://www.pretchooleducation.com)

### What you'll need:

- ✓ Bubble solution
- ✓ Food coloring
- ✓ Straws
- ✓ Paper cups
- ✓ White paper



### Directions:

Combine food coloring and the bubble solution in a paper cup or bowl and have the children use straws to blow into the mixture until it froths. Gently lay a piece of white paper over the bubbles, which will stick to the paper, and watch as they collapse and leave a colorful pattern.



## The Shade Game

### Goal:

To use children's love of active play to remind them to take advantage of the shade

### Procedure:

1. Choose a play area with several sources of shade (i.e. trees, playground equipment).
2. Explain the game to the children and define "out of bounds".
3. Announce "Put your toes in the shade". Children then have a short period of time to run and find a place to put their toes in the shade.
4. When everyone has their toes in the shade, announce a new body part (i.e. pinkie, top of head, heel, knee, bottom) to put in the shade.
5. The game can be stopped when children tire of it or it can be completed by playing it with "outs" from the start. The last player to put his/her body part in the shade joins the players who are out of the game and selects the body part for the next round for the remaining players.

*If your play area lacks sufficient shade*

Designate half of the children to be "Shadow Casters" and the other half to be "Shadow Finders". The group should be distinguishable somehow (i.e. stretchy colored wristbands for the casters). In each round, a Shadow Finder has to get their body part in the shadow of a Shadow Caster.



## The Happy Fingers, Happy Hands Song

(sung to the tune of "Twinkle, Twinkle Little Star")

Happy Fingers, happy hands  
Making bubbles is my plan.  
Just add water, soap, then rub.  
Make it fun, sing while you scrub.  
If you want the germs away,  
You must wash your hands this way



## SunSafe Pokey

Jennifer Peterson

You put your hat on,  
You take your shades out,  
You put your sunscreen on  
And you spread it all about.  
You do the SunSafe Pokey and you  
turn yourself around.  
That's what it's all about!  
(Clap)

## I'm a Fish

[www.pretchooleducation.com](http://www.pretchooleducation.com)

(Sung to the tune of "I'm a Little Teapot")

I'm a little fishy,  
I can swim,  
Here is my tail,  
Here is my fin.  
When I want to have fun  
With my friends,  
I wiggle my tail  
And dive right in.



## To The Beach

[www.pretchooleducation.com](http://www.pretchooleducation.com)  
(sung to the tune of "London Bridge")

We are going to the beach,  
To the beach, to the beach,  
We are going to the beach,  
In our bathing suits.  
We will find there rocks and shells,  
Rocks and shells, rocks and shells,  
We will find there rocks and shells  
To gather by the water.  
We will build a sand castle,  
Sand castle, sand castle,  
We will build a sand castle,  
With bridges and a tower.  
We will have a picnic too,  
Picnic too, picnic too,  
We will have a picnic too,  
With sandwiches and oranges.



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### Family Day Care/School Age Child Care Registrar:

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Mary Schreiber - (845) 808-1659 x 2

## DAY CARE SERVICES

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Kim Wolfe - 45260

Dawn Haecker - 45304

Visit our new websites at:

[www.childcaredutchess.org](http://www.childcaredutchess.org)



*"The Child Care Council of Dutchess and Putnam, Inc. works to promote affordable and quality child care, provide information and support to families, and strengthen the early childhood workforce in Dutchess and Putnam Counties."*



*Child Care Council of Dutchess and Putnam, Inc.*

70 Overocker Road  
Abilities First Bldg.  
Poughkeepsie, NY 12603

