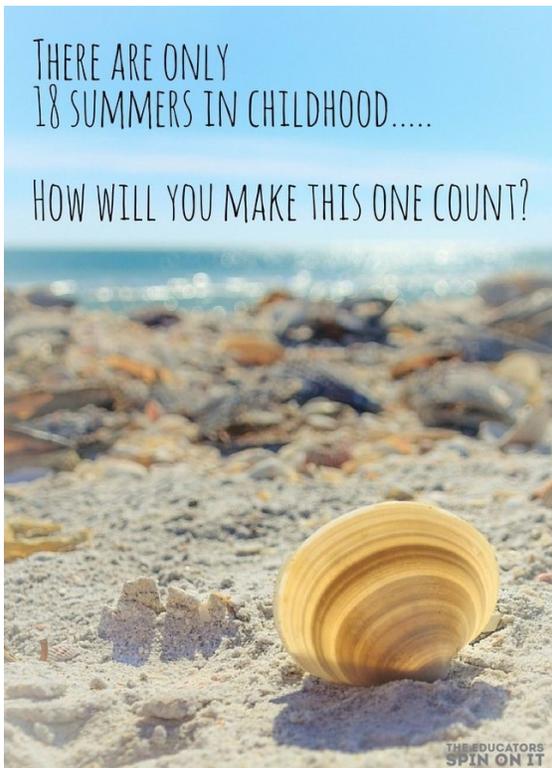


To view this email in Spanish, click [here](#).



## The Child Care Connection July 2019

### A Message from Our Executive Director



I know most child care workers do not get summers off. Child care is needed all year. But, summer is a magical time for children. I hope you have an opportunity to explore the wonders of summer through the eyes of children. It is also important to make time for yourself. To take a breath and recharge this summer.

Because, we have a busy fall ahead of us! We are fighting hard to stabilize and strengthen the child care industry as you struggle with the challenges presented by the rising minimum wage, the low rates, shrinking workforce, pre-K expansion, etc.

A top priority of the Council is to ensure that we are hearing the issues most impacting you and the families you serve. This fall we will be scheduling a variety of forums for child care providers to share your feedback and concerns with us here at the Council, as well as with some of our state and county legislators. I hope that you will take advantage of these opportunities to help inform our efforts so that we can better support the child care industry.

Stay tuned & enjoy the rest of the summer!

### Free Pack 'n Play through OCFS

The Office of Children and Family Services (OCFS) is promoting Safe Sleep in New York State. OCFS, through federal funds, has the opportunity to provide family-based child care providers a Graco Pack 'n Play crib.

## Follow the ABCs of Safe Sleep

Babies should sleep

# Alone

On their

# Back

In a

# Crib

Right from the start

- Safety-approved crib
- Firm mattress with a tight, fitted sheet
- No smoking around the baby
- No toys, pillows, loose sheets, blankets, or bumper pads in the crib



All Legally-Exempt, Family, and Group Family Day Care homes are eligible to request one Pack 'n Play and fitted sheet. (only one per provider home).

OCFS will ship directly to child care providers who have submitted the OCFS **Hold Harmless Agreement** to the following mailbox:

[ocfs.sm.Packandplay.dccs@ocfs.ny.gov](mailto:ocfs.sm.Packandplay.dccs@ocfs.ny.gov)

## Protecting Children From Extreme Heat

July and August are the hottest times of year for much of the United States, according to the Weather Channel. With relative humidity and actual air temperature both peaking around the later summer months, this makes the end of summer especially hazardous to children playing outside.

OCFS has prepared this resource to keep parents, child care providers, and children, safe and informed on hazards when playing outside this summer.



[Click here to access the heat index guide](#)

## Upcoming Trainings

- 8/3** - Resucitacion Cardio Pulmonar (RCP) (CPR)
- 8/3** - Primeros Auxilios (First Aid)
- 8/6** - Apoyando a Los Ninos A Resolver Conflictos Con Independencia Segun sus Edades (Supporting Children Resolve Conflicts Independently)
- 8/7** - Infant/Child/Adult CPR
- 8/8** - Buena comunicacion entre los padres y proveedor es importante! (Good Communication Between Providers & Parents is Important)
- 8/13** - Getting Out From Under the Paperwork
- 8/14** - Pediatric First Aid
- 8/21** - Child Abuse/Maltreatment/Shaken Baby
- 9/10** - Entornos que apoyan la iniciativa (Environments that Support Initiative)



[Click here to register](#)

CSEA will sponsor trainings for Family and Group Family child care providers. When registering for a training, contact [Stefanie](#) to see if your program is eligible!

## Register now for the upcoming CDA classes!

The Council for Early Childhood Professional Recognition operates the CDA credentialing program as part of a major national effort to improve the quality of child care. Focusing on the skills of child care providers, the program is designed to provide performance-based training, assessment and credentialing of pre-school, child care staff and family providers.

The Child Care Council of Suffolk offers the 120 hours of formal instruction and advisement required for CDA. This course prepares candidates to apply to the Council for Early Childhood Professional Recognition for the credential.

Classes are offered in both Middle Island and Commack starting in September.



[Click here to contact Stefanie for more information](#)

## CACFP

### Tropical Bean Salad

*This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.*

#### Ingredients

- **3½ cups** black beans, low-sodium, canned, drained, and rinsed; or black beans, dry, cooked
- **1½ cups** mango, canned, drained, diced
- **¾ cup** tomato, fresh, ¼" diced
- **1 tablespoon** canola oil
- **2 tablespoons** apple cider vinegar
- **½ teaspoon** oregano, dried
- **¼ teaspoon** black pepper, ground
- **3 cups** lettuce, Romaine, raw, chopped

#### Directions

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl, whisk together canola oil, apple cider vinegar, oregano, and pepper.



**Reminder:** It's hot out there!

Don't forget to serve your children lots of water!



3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over ½ cup lettuce.

Makes 6 servings

## Parent Leadership Initiative (PLI)



### Recruiting now for 2019-2020 sessions!

Congratulations to the P.L.I. class of 2019, who will now take their place among the more than 800 graduates who collectively help create a safe and supportive environment for our children on Long Island.

This year's projects include efforts in anti-bullying, mentoring, healthy food choices and equitable access to voting for the residents of Suffolk County.

If you're interested in learning more about our program and becoming part of the P.L.I. family, please contact Denise Ham, Director of P.L.I. Suffolk County for more information at [DHam@childcaresuffolk.org](mailto:DHam@childcaresuffolk.org), or call 631-462-0303 ext. 101. We're now accepting applications for the 2019/2020 sessions.

## Resource & Referral



Does your child care program offer  
before and after care options for families?

Call us today at **631-462-0303** and ask to speak with the Resource and Referral

Department to update your program's information for the new school year.

