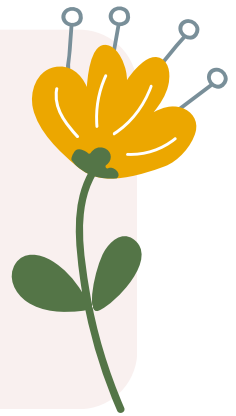


SPRING CHILD CARE NEWSLETTER

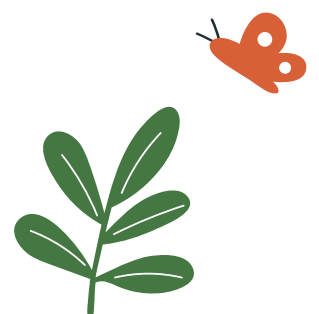
2026



Spring brings new growth, not just in nature, but across our early childhood community. From providers creating nurturing learning environments, to families supporting their children's development, to community partners helping programs thrive, it takes all of us working together. In this season of renewal, we're excited to share highlights, resources, and opportunities that support children, families, and those who care for them every day.

PROVIDER APPRECIATION MONTH

May is Provider Appreciation Month, we want to take a moment to thank providers for everything they do! Thank you for the care and dedication you bring to children and families every day.



Finding child care can be stressful, please reach out and we can support you in your search!

Need childcare in Essex County?

ACAP's CGRC provides free referrals to licensed childcare programs based on your family's needs including location, schedule, and your child's age.


- ✓ Trusted local programs
- ✓ Personalized referrals
- ✓ Save time searching

Contact Erykah Davis today to find childcare that works for your family!

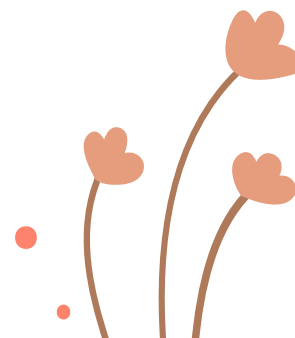
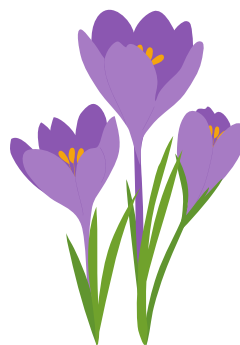
edavis@acapinc.org

SEARCH NOW

Or

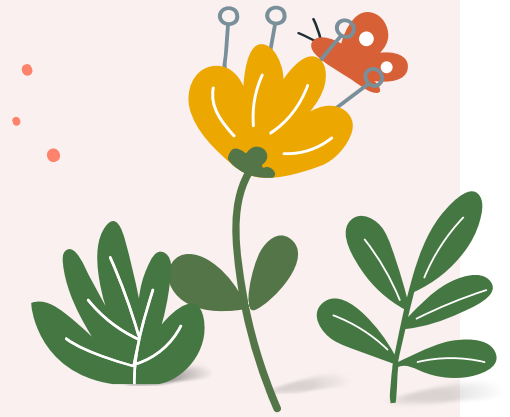
 518-873-3207 ext 246

 www.acapinc.org.com



REMINDER!

We are here here as a resource for NYS licensed childcare providers, folks interested in becoming an NYS licensed childcare provider, and families searching for childcare in Essex County. If you have any questions or need support, never hesitate to reach out to Erykah Davis.



SPRING ACTIVITIES FOR EVERYONE

- Planting seeds
- Nature scavenger hunt with a simple checklist
- Spring Sensory bins with fake bugs, rocks, and sand
- Nature walks
- Blowing Bubbles



STAFF UPDATE

Brittney Cowan, formerly the Childcare Business Specialist, has now transitioned to the LE Enrollment Agent and CACFP Coordinator!



AFTERSCHOOL NEWS



Moriah Afterschool Program

We've had a few busy months at the after school many of our children have been participating in activities, such as band and chorus along with practicing for a school play production of Beauty and the Beast. Cornell Cooperative Extension has been doing a nutrition program once a month. A few of our favorite classes were on juice making and maple syrup. As we get into spring and warmer weather, we are looking forward to being back outside daily, enjoying playing on the playground. We will enjoy these last few months of school spending time with our friends before summer break.

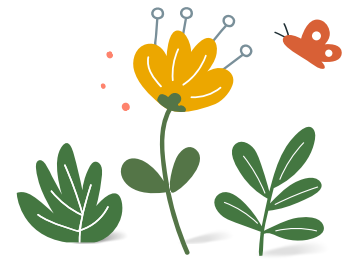
Meg Sheffer

NEED AFTERSCHOOL CARE?

Contact Barb Taylor, the Afterschool Programs Coordinator for an application!



CHILD AND ADULT CARE FOOD PROGRAM (CACFP)



Berry Bug Log

Breakfast/Snack Crediting for Ages 3-5



Total Time
5 minutes



Serving Size
1 Log



Servings
Makes 8

Try out this twist on the classic Ants on a Log! Line up your berry bugs for a fruity snack.

Ingredients

- 4 large bananas, peeled
- ½ cup nut or seed butter
- 2 cups berries (i.e. strawberries, blackberries, raspberries, blueberries, salmonberries)

Directions

1. Cut each banana lengthwise.
2. Spread one tablespoon of nut or seed butter along the flat side of every banana.
3. Place one halved banana onto each plate with ¼ cup berries.
4. Direct children to place their "berry" bugs on top of the banana log.

1 Berry Bug Log Credits for:



½ oz eq.
meats/meat alternates



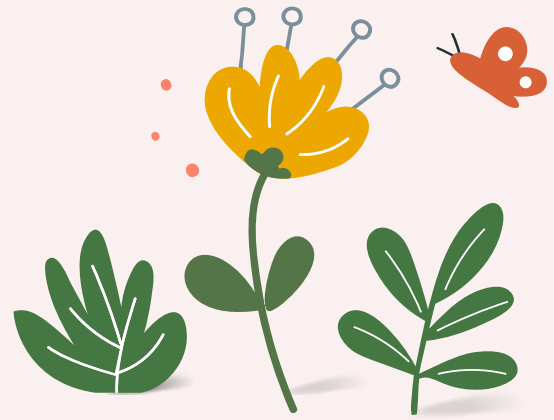
½ cup
fruits

AUG25
cacfp.org
CACFP is an indicator of quality care.
This institution is an equal opportunity provider.



BUSINESSES NAVIGATOR TOOLKIT

A resource for businesses to better support their employees with their childcare responsibilities.



The Business Navigator, funded by the Office of Children and Family Services, created by Early Care & Learning Council, and supported by 10 Child Care Resource Centers, aids in making New York State's child care system fairer and more accessible. It helps employers to:

- Expand child care availability
- Promote affordability
- Encourage family-friendly workplace policies to balance work and family stress

Request a digital copy of the toolkit [here](#)

The BUSINESS Navigator

Employer's Guide to Child Care Solutions
in New York State



Early Care & Learning Council

NEW YORK STATE
Office of Children and Family Services

ACTIONABLE STRATEGIES

- 1 Understand Child Care Needs
- 2 Customize Company Benefits
- 3 Implement Quick Wins
- 4 Create a Plan
- 5 Cultivate Employee Awareness
- 6 Leverage Incentives

BONUS:
Become an Advocate

CONTACTS



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261

