

Summer Child Care Community Newsletter


Adirondack Community
Action Programs, Inc.

A Note from Us

Summer is almost here, bringing longer days, outdoor adventures, new experiences, and plenty of opportunities for children to learn, grow, and have fun. We hope you'll find valuable information, discover new opportunities in our community, and make lasting memories with your children throughout the months ahead. Wishing everyone a happy, safe, and enjoyable summer!

Community Resources & Events:



Tech Check Tuesdays: Every Tuesday at the Essex County Health Department there are certified car seat

Technicians available from 10-1pm to make sure your child is properly secured and safe in your car seat!

Upcoming WIC Clinics:

7/2 - Essex County Home Health Unit 9:30 - 2

7/6 - Ticonderoga First United Methodist Church 12:30 - 5:30

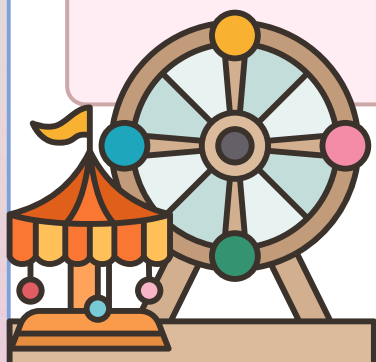
7/7 - ADK Community Church 9:30 - 2:30

7/8 - Schroon Lake Health Center

7/9 Port Henry, St. Patrick's Church 9:30 - 2:30

7/20 - Ticonderoga First United Methodist Church 9:30 - 2:30

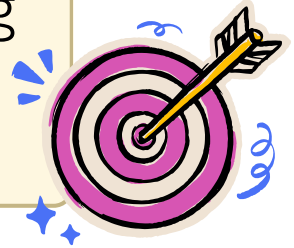
**ESSEX COUNTY
FAIR
JULY 29th-AUGUST
1st
FAIRGROUNDS IN
WESTPORT**



Training & Professional Development:

Become an NYS Mandated Reporter! Take the updated, 2 hour, free online training before 11/17/2026.

[Register here](#)



Identifying & Responding to Anaphylaxis:
1.5 hour, free online training
[Register here](#)

Understanding & Supporting Children with Special Needs:
1 hour, free online training
[Register here](#)

CPR/First Aid Courses coming up offered by CCCCNC in Plattsburgh:

- August 1, 8 - 1pm
- August 15, 8 - 1pm



[Register Here](#)

Need assistance registering? Reach out to Erykah Davis.

edavis@acapinc.org

518-873-3207 ext. 246

Sun-Safe Summer Play: Keeping Children Protected Outdoors

Summer is a time for outdoor learning, exploration and play, but it also brings increased exposure to heat and UV rays.

Children's skin is especially sensitive to ultraviolet (UV) rays, and sun exposure can happen quickly, even on cloudy days or during short outdoor periods. Creating consistent sun-safe habits helps reduce risk while still allowing children to fully enjoy outdoor experiences.

A few simple habits can significantly reduce risk while keeping children active and engaged.



1. Apply sunscreen correctly and consistently

Use a broad-spectrum sunscreen with SPF 30 or higher on all exposed skin. Apply it 15–30 minutes before going outside and reapply every two hours, or more often if children are sweating or playing in water.

2. Use protective clothing

Wide-brimmed hats, lightweight long sleeves, and UV-protective clothing can provide an extra layer of defense without limiting play.

3. Encourage hydration

Children may not always recognize thirst, especially during active play. Offer water frequently throughout the day and increase hydration during hot weather.

4. Watch for signs of heat-related illness

Early signs include flushed skin, irritability, fatigue, headache, dizziness, or decreased activity. If symptoms appear, move the child to a cool area, offer fluids, and monitor closely.

Preventing the “Summer Slide” Through Play

Summer is often associated with a break from structured learning, but early childhood development continues year-round. Research shows that children learn best through consistent, hands-on experiences and everyday play is one of the most effective ways to support ongoing development.

“Summer learning loss,” sometimes called the “summer slide,” refers to the tendency for children to lose some academic skills during extended breaks from structured learning. In early childhood settings, however, this can be easily prevented through intentional, play-based activities that naturally build literacy, math, and social-emotional skills.

The following list includes methods to support learning all summer long.

1. Bring learning outdoors

Nature provides endless opportunities for discovery. Try scavenger hunts focused on colors, shapes, or objects in the environment. Encourage children to count rocks, leaves, or steps during walks.

2. Use water and sensory play intentionally

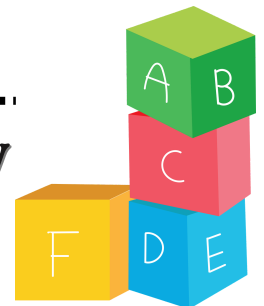
Water tables, sand play, and sensory bins can support early math skills such as measuring, comparing volume, and sorting.

3. Incorporate storytelling and reading daily

Reading aloud even for just 10–15 minutes a day supports language development and early literacy skills. Outdoor story time can make reading feel fresh and engaging.

4. Add simple cooking or snack activities

Mixing, pouring, and measuring help children practice sequencing, counting, and fine motor skills. Even preparing snacks together becomes a meaningful learning experience.

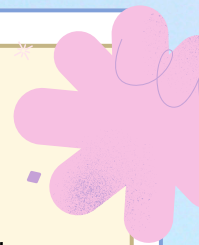


Resources:

- American Academy of Pediatrics – [HealthyChildren.org](https://www.healthychildren.org)
- Centers for Disease Control and Prevention (CDC) Sun Safety
- National Summer Learning Association ([summerlearning.org](https://www.summerlearning.org))
- NAEYC – National Association for the Education of Young Children ([naeyc.org](https://www.naeyc.org))



Finding childcare can be stressful, please reach out and we can provide support in your search!



Need childcare in Essex County?

ACAP's CCRC 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

An illustration of a family: a mother holding a string of colorful balloons, a father, and three children. One child is in a blue toy airplane. The background has stars and flowers.

Try the QR code to conduct a search with your mobile device!



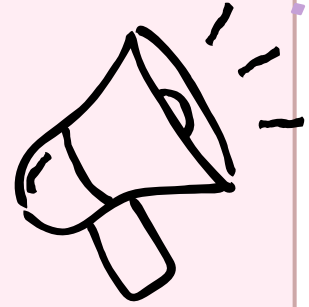
What is a CCRC (Child Care Resource Center)?

CCRC's serve as a resource hub for families, child care professionals, and communities, increasing access to high-quality, affordable childcare by providing many different services depending on individual needs.

CCRC's:

- help families find quality childcare
- support early childhood educators and childcare programs
- partner with state lead agencies
- gather important data on childcare needs and trends.

The Child Care team here at ACAP compose the Child Care Resource Center for Essex County.



Child Care Providers- Join QUALITYstarsNY to Receive Individualized Support and Resources for Your Early Childhood Program!

QUALITYstarsNY, New York's Quality Rating & Improvement System for all types of regulated early childhood programs, is expanding across the state. If you serve children between the ages of birth-5, QUALITYstarsNY is here to support you with guidance, information, and resources to enhance your learning environment—all at no cost to your program. Programs participating in QUALITYstarsNY receive access to one-on-one support from a Quality Improvement Specialist, professional development opportunities for staff, and more!

Interested in learning more about QUALITYstarsNY and how to participate? **Visit qualitystarsny.org and register for an upcoming Information Sessions.**

If you have any questions regarding how your program can benefit from QUALITYstarsNY, please reach out to Ann Fraser at afraser@qualitystarsny.org or (518)310-7775

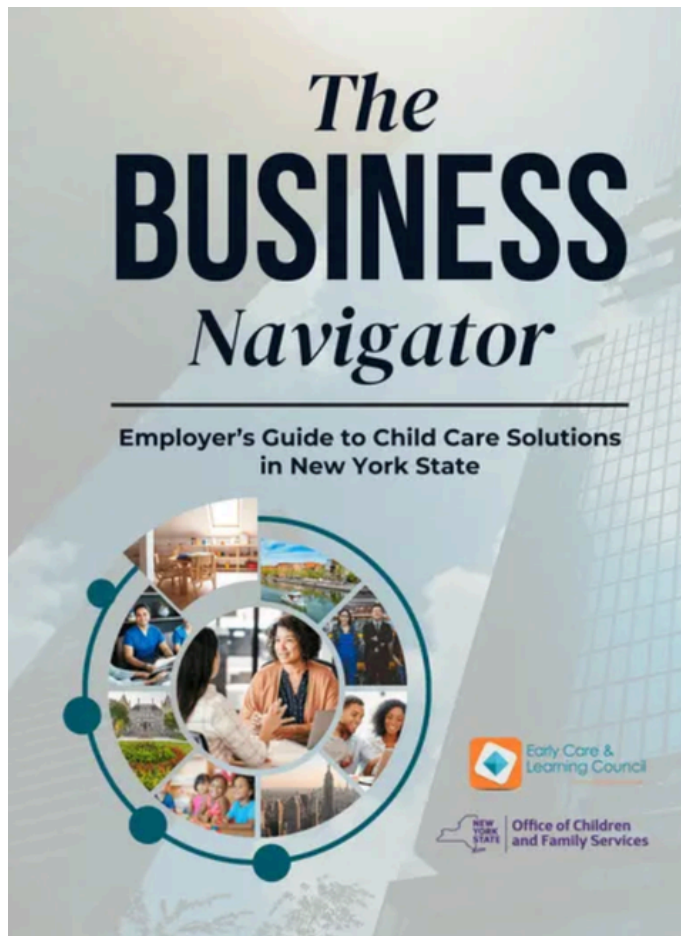
Utilize Aspire's PD Finder to find professional development opportunities to attend

Informational Sessions:

- July 1st 1-2pm Zoom
- July 15th 10-11am Zoom
- July 23rd 1-2pm Zoom
- August 4th 6-7pm Zoom
- August 5th 1-2pm Zoom
- August 12th 1-2pm Zoom

Register for any of these sessions [HERE](#)

BUSINESS NAVIGATOR TOOLKIT



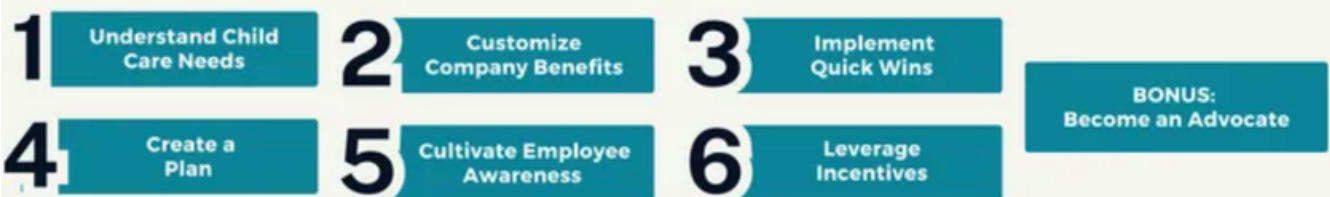
The Business Navigator, funded by the Office of Children and Family Services, created by Early Care & Learning Council, and supported by 10 Child Care Resource Centers, aids in making New York State's child care system fairer and more accessible. It helps employers to:

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



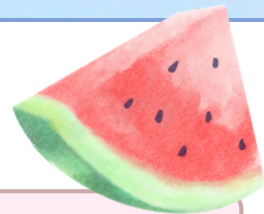
Request a digital copy of the toolkit [here](#)

ACTIONABLE STRATEGIES





AFTERSCHOOL NEWS



A YEAR IN REVIEW

It has been a great program year for our After School Programs! We look forward to another successful year for 2026-2027. Our program is funded by the LEAPs grant and focuses on the fundamentals of positive youth development. We recognize and enhance young people's strengths and provide opportunities and supports to build leadership skills.



Notes from Site Supervisors

"It's hard to believe another school year is coming to an end! We have been making the most of these final weeks by spending time with our friends and enjoying some activities. One of our favorite projects was creating cards for Mr. Jarvis, who will be participating in an Honor Flight. We also wrapped up our monthly nutrition program with Cornell Cooperative Extension. The final session included a review of everything we learned throughout the year. One of our favorite lessons focused on apples, where we explored different varieties and participated in a taste test. We have also been busy making Father's Day gifts, playing wiffle ball, and enjoying our newest favorite outdoor game, Gaga Ball. As the school year comes to a close, we are looking forward to summer and all the fun it brings camping, swimming, and spending time with friends and family. I hope everyone has a wonderful summer. See you in September!"

Meg Sheffer
MCS Afterschool Program
Site Supervisor



OPEN ENROLLMENT IS NOW OPEN FOR THE 2026-2027 PROGRAM YEAR:

Contact Barb Taylor for an
application!

518-873-3207 ext. 235
btaylor@acapinc.org



Notes from Site Supervisors continued...



"Wow, how fast has this school year gone by?!!! Just this last quarter alone had lots of different things going on. In March the students did not want to give up sledding or being outside so they simply went down the hill on their stomachs. In April we participated in the B.V.C.S literacy night, in which the students have been able to meet local authors and get a free autographed book. In May the school held a "pop-up market" and students were able to sample local bakery items, maple syrup and learned about mushrooms and were able to take home items to make an owl out of apples. Three of our students loved the homemade bread products so much that they were munching on an entire loaf.

When students were asked what they liked best about participating in the after-school program they responded with enjoying the time to just talk with their friends, play with their friends, go outside with their friends, being able to choose the activities/games that I want to do each day.

We would like to thank all of the parents that have donated snacks throughout the school year. I have a great group of parents and I am happy that twenty-four parents came out to sign up for next year. I would also like to say a big thank you to volunteers throughout the year Colin, Joi, Philip and Phoebe and I would like to say thank you to the support staff: Cafeteria workers, custodians, office staff, the school nurse and our partners in the Oasis after-school program along with the club leaders and of course the after-school group leaders.

This final month of school begins the excitement for the June 10th talent show.
June 16th end-of-year event – sports themed

June 22 – 25th half days are always a good time for the students because they have more time with their friends and special snacks that the parents donate. Enjoy your summer and we shall see you in September."

Vera Martin

BVCS Afterschool Program

Site Supervisor



Westport Afterschool is in need of a GROUP LEADER- Contact Barb Taylor if you are interested in this position.

518-873-3207 ext. 235

btaylor@acapinc.org

Child & Adult Food Care Program

CACFP

HAPPY SUMMER!

I have enjoyed meeting each and every one of you over the last couple of months! Your dedication to serving healthy and nourishing foods to our youngest generation doesn't go unnoticed. Please see below for a few updates and as always, please reach out anytime you have questions or concerns.



Waffle Fruit Pizza

Ingredients:

- 5 WGR waffles (1 oz eq. each)
- 2/3 cup low-fat cream cheese, softened
- 1 tsp vanilla extract
- 5 cups your choice of fruits (kiwi, strawberries, blueberries, raspberries, banana, pineapple, etc.)
- 2 tbsp maple syrup (optional)

Directions:

1. In a bowl, whisk together the cream cheese, syrup and vanilla.
 2. Spread two tablespoons evenly on top of each waffle.
 3. Cut each waffle into 4 equal pieces that look like pizza slices.
 4. Serve 2 waffle slices and 1/2 cup of mixed fruit on a plate. Have children add their own fruit topping to their fruit pizza
- One serving provides 1/2 oz eq. grains and 1/2 cup fruit*



REMINDER:

You may now serve unflavored whole milk to ages 2-5. You are still able to serve reduced-fat, low-fat, or fat-free milk.



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Child & Adult Food Care Program

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VEGGIE GARDENING

Gardening provides a natural environment for children to explore science, math, language, and social emotional development. Whether you have a large outdoor garden or a few containers on your windowsill, gardening experience encourage curiosity, responsibility, and hands-on learning. And how cool would it be to eat the fruit of your labor!



Fast Growing Vegetables

Beans

Lettuce

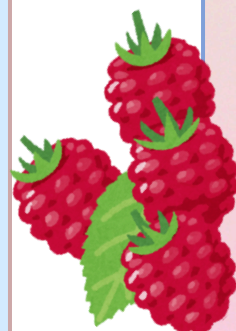
Squash/Zucchini

Cucumber

Interested in Joining CACFP?

Get reimbursed for serving healthy meals to the children in your childcare program!

Contact Brittney Cowan
518-873-3207 x 261
bcowan@acapinc.org





CONTACT US!

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**LE/CACFP Program Coordinator
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