



ACAP Fall Child Care Community Newsletter



A Note From Us

There's something special about this time of year, the changing leaves, cooler days, fresh routines, and the excitement of a new school year!

As summer winds down and we settle into the rhythm of back to school, we're excited to bring you our Child Care Resource Center Newsletter, serving Essex County. Whether you're welcoming children back into a familiar routine, preparing for a new school year, or simply finding your footing in the busy months ahead, we hope you'll find something useful and encouraging in this issue.

We're so grateful for the child care providers, educators, and families throughout our county who show up each day doing their absolute best to help children learn, grow, and feel supported. As always, our team is here to provide resources, guidance, and support throughout the year.

-your child care resource center team



Message from the CEO:

"As we begin another busy fall, I want to take a moment to recognize and thank our Essex County child care providers for the important work you do each and every day. The care, stability, and opportunities you provide to children make a lasting difference for families and strengthen our communities throughout Essex County.

This is also an important time for childcare in New York, with significant new investments being made to expand access, support the childcare workforce, and strengthen the system. These investments recognize something we have long known: childcare is economic development. When families have access to dependable, quality childcare, parents can work, employers can retain employees, and our local economy and communities are stronger. A strong childcare system is essential to the future of Essex County.

We also recognize that providing quality childcare comes with challenges, particularly in our rural communities. ACAP's Child Care Resource Center is here to be a resource, advocate, and partner—whether you need information, training, technical assistance, or help navigating the changing childcare landscape. Thank you for your commitment to Essex County's children and families. We appreciate all that you do and look forward to continuing this important work together."

- Alan Jones, Executive Director / CEO of ACAP





HEALTH
DEPARTMENT



Community Events and Resources:

WIC Clinics

9/24: 9:30–2:30 Keeseville United Methodist Church

10/1: 9:30–2:00 Essex County Home Health Unit

10/5: 12:30–5:30 First United Methodist Church Ticonderoga

10/6: 9:30–2:30 Adirondack Community Church Lake Placid

10/8: 9:30–2:30 St. Patricks Church Port Henry

10/14: 9:30–2:30 Schroon Lake Health Center

10/19: 9:30–2:30 First United Methodist Church Ticonderoga

10/21: 11:30–5:30 Essex County Health Department

10/22: 9:30–2:30 Keeseville United Methodist Church

11/2: 12:30–5:30 First United Methodist Church Ticonderoga

11/3: 9:30–2:30 Adirondack Community Church Lake Placid

11/5: 9:30–2:30 Essex County Home Health Unit

11/11: 9:30–2:30 Schroon Lake Health Center

11/12: 9:30–2:30 St. Patricks Church Port Henry



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!



Affected by food insecurity?

[Click here to visit Essex County's Well](#)

[Fed Collaborative Site](#) for more information on food resources available through Essex County.



DID YOU KNOW?

Parents and providers may refer children to any of the Essex County Health Department's programs if a delay in development is suspected.

518-873-3522

Childcare Program

Job Postings



Ticonderoga Early Learning Center is looking for a Floater and Head Preschool Teacher! Contact the center at 518-585-7433

Kids R Us in Saranac Lake is seeking a dedicated and passionate Assistant Teacher to join our team at the Kids R Us Early Learning Center located on the campus of NCCC. This role is essential in supporting the lead teacher in delivering high-quality care to infant and toddler aged children. Please contact the Center at 518-891-6060 or visit our website www.adkkidsrus.com

Little Peaks in Keene is looking to hire 1 - 2 full-time assistant teachers!

Pay starts at \$20/hour with room for growth

- We pay for training time
- We offer some paid planning time
- We offer overtime opportunities
- We offer health insurance & retirement
- Our kitchen prepares meals with Staff in mind (breakfast, lunch, and snack)
- The hours are 8:00 - 4:30, M-F
- We staff Infant / Toddler rooms ABOVE the state-required minimum teacher ratio

Send a resume to director@little-peaks.org

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!



Fun activities to try this month!

Back-to-School Apple Hunt

Turn a simple fall favorite into a fun learning activity for young children!

What You'll Need:

Paper apples or real apples
Crayons/markers
A basket or container



How to Play:

Hide paper or plastic apples around the classroom or play area. Invite children to go on an "Apple Hunt" and collect them in a basket. As they find each one, encourage them to count the apples, identify colors, compare sizes, or describe where they found them.

For older preschoolers, write letters, numbers, shapes, or simple patterns on the paper apples and have children find and identify them.

Learning Through Play:

This activity supports early math skills, language development, color and shape recognition, gross motor movement, and following directions all while celebrating the start of a new season!



Fall-Scented Play Dough

You'll need:

2 cups flour
 $\frac{1}{2}$ cup salt
 $\frac{3}{4}$ cup warm water
2 tablespoons vegetable oil
1-2 teaspoons cinnamon or pumpkin pie spice
A few drops of food coloring, optional

Directions:

Mix the flour, salt, and spices. Add the oil and warm water. Stir until it forms a dough. Knead with your hands for 2-3 minutes until smooth. Add a little more flour if sticky or a tiny bit more water if dry.

Add cinnamon sticks, leaves, cookie cutters, or small rolling pins for children to create their own fall bakery!





Back-to-School Bus Safety: What Families Should Know

As children head back to school, school buses become part of the daily routine. A few minutes reviewing these habits can help children start the year safely.

The danger zone:

Children should stay at least 10 feet away from the front, sides, and rear of a school bus while waiting or after getting off. This keeps them out of areas the driver may not see.

Before crossing the street:

Wait for the bus driver's signal. Then walk at least 10 feet in front of the bus and look left, right, and left again before crossing.

Sources Information

National Highway Traffic Safety Administration (NHTSA). School Bus Safety. <https://www.nhtsa.gov/road-safety/school-bus-safety>
National Safety Council. School Bus Safety. <https://www.nsc.org/community-safety/safety-topics/school-bus-safety>
New York State Department of Motor Vehicles. School Bus Safety. <https://dmv.ny.gov/driver-license/school-bus-safety>

While riding:

Remain seated, face forward, keep aisles clear, and follow the driver's instructions. Keep backpacks and belongings out of the aisle so everyone can move safely in an emergency.

A reminder for drivers, too:

When a stopped school bus has red lights flashing, stop and remain stopped until it resumes motion or the lights are no longer flashing. New York State law requires motorists to stop while buses pick up or discharge passengers.



Is Your Child Care Emergency Information Up to Date?

A new school year often means new schedules, new routines, and sometimes changes for the whole family. Fall is a great time for families and child care providers to make sure important emergency and contact information is current.

For Families

Take a few minutes to check that your child care program has accurate:

- Phone numbers and email addresses
- Emergency contacts
- Authorized pickup persons
- Work and alternate contact information
- Medication and health information
- Allergy or dietary information
- Transportation arrangements
- Any changes to your child's routine or individual needs

Even a small change such as a new phone number or someone new who is authorized to pick up your child can be important for your provider to know.

For Child Care Providers

Providers can use the beginning of the school year as an opportunity to review emergency preparedness procedures with staff and make sure required information is current and accessible.

This can include reviewing emergency contact information, emergency plans, evacuation procedures, attendance records, authorized pickup information, and communication procedures with families.

New York State child care programs are required to maintain emergency preparedness plans and follow specific health and safety requirements. Providers should refer to current OCFS regulations and guidance applicable to their program.



Fall Family Tip

Ask your child care provider:

"Is there anything you need me to update for my child before the fall routine gets busy?"

A two minute conversation today can make communication much easier if something unexpected happens later.

Sources Information

New York State Office of Children and Family Services (OCFS). Child Care Regulations and Statutes. <https://ocfs.ny.gov/programs/childcare/regulations/>

New York State Office of Children and Family Services (OCFS). Child Care Program Search and Resources: <https://ocfs.ny.gov/programs/childcare/>

Child Care Aware® of America. Family Resources: <https://www.childcareaware.org/families/>



Afterschool Program News



Moriah

"Moriah Afterschool Program is back and in full swing we are at our maximum capacity of 44 children. We have several new faces to join are already seasoned returners. The children enjoyed seeing and playing with their friends, they missed over the summer. We have been spending a good amount of time outside soaking in the nice weather. Gaga ball has been their go to outside game. We have added a few new games, dolls, and manipulatives for them to start the year. We are looking forward to a fun and exciting year doing many crafts, games and spending time getting to know each other.

Meg Sheffer
Moriah Afterschool Program
Site Supervisor"

Schroon Lake

"We have had a great start to our Schroon Lake Afterschool Program this September! We currently welcome 17 students enrolled from kindergarten through 6th grade, and our program continues to grow. It has been great watching all of our students get to know each other. During snack time, we have lots of conversations around the table, and the kids are starting to become more comfortable with one another through talking, playing, and spending time together. Our younger students have really been enjoying floor time, playing with toys, building, and using their imaginations. Our older students have been enjoying playing cards and board games, hanging out with the staff, and just having time to relax and talk after the school day. We are excited to see our group continue to grow and are looking forward to a fun year together!

Schroon Lake Afterschool Program
Site Supervisor,
Tanya DeVoe"

Boquet Valley

"School is now in full session after two four-day weeks. The after-school program students have been enjoying being back together with their friends and being able to go outside, play board games, do arts and crafts, build circuits, build forts and play with cars and they have especially enjoyed setting up a restaurant and making change.

UPCOMING DATES OF INTEREST:

OCTOBER 5TH – BVCS OPEN HOUSE

OCTOBER 9TH – NO AFTER SCHOOL PROGRAM

OCTOBER 22ND – Lights On Afterschool – Celebrating Afterschool Programs Nationwide

OCTOBER 28TH – HALF DAY (We will be open from 12:00 p.m. – 6:00 p.m.)

NOVEMBER 11TH – VETERANS DAY NO SCHOOL

NOVEMBER 25TH – 27TH – THANKSGIVING BREAK – NO SCHOOL

Vera Martin
BVCS Afterschool Program
Site Supervisor"



Have a question about afterschool programs? Contact Barb Taylor – Afterschool Programs Coordinator

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



CACFP News

Child and Adult Care Food Program

New Hire!

We have a new CACFP/LE Program Coordinator, Cynthia Sardella! If you have any CACFP or Legally Exempt Daycare inquiries or questions please give her a call or send an email:

csardella@acapinc.org

518-873-3207 x 266

Farm to CACFP week October 18-24th!



Farm to CACFP Week is a national education campaign hosted annually during the third week of October by the National CACFP Association. The campaign aims to raise awareness of the benefits of connecting child and adult care sponsors and operators with local foods. Through local food procurement, gardening activities and agriculture education, Farm to CACFP leverages CACFP funding to help incorporate local foods into the nutritious CACFP meal pattern thus strengthening community food systems and supporting positive health outcomes for those in care.





CACFP News

continued...

Farm to CACFP Week Celebration



To celebrate Farm to CACFP Week and everything it stands for in your program you can download and print any of the following activity sheets

Farm to basket coloring
activity

Food Group Farm
Activity sheets

These activities include, matching, counting, tracing, coloring, and more!

Free Webinar Opportunity:

Rooted in Goodness: Launching Farm to CACFP with Local Vegetables

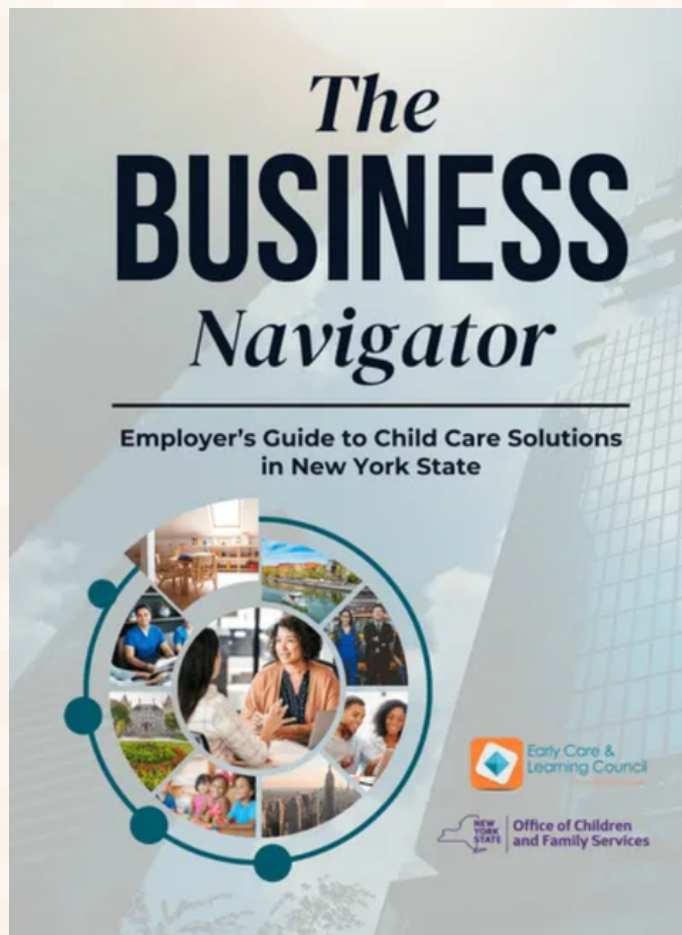
Monday, October 19 | 2:00 pm – 2:30 pm Eastern

Farm to CACFP starts with practical, flexible approaches that can work in any program, regardless of region, season, or budget. Discover how root vegetables can serve as an easy entry point for connecting CACFP menus with local agriculture. Learn CACFP crediting basics, explore simple menu swaps, and participate in a guided menu lab featuring the Local Roots Menu. You'll leave with practical ideas and the confidence to adapt Farm to CACFP strategies using foods that are grown and available in your community..

click HERE to register

Business Navigator

Toolkit



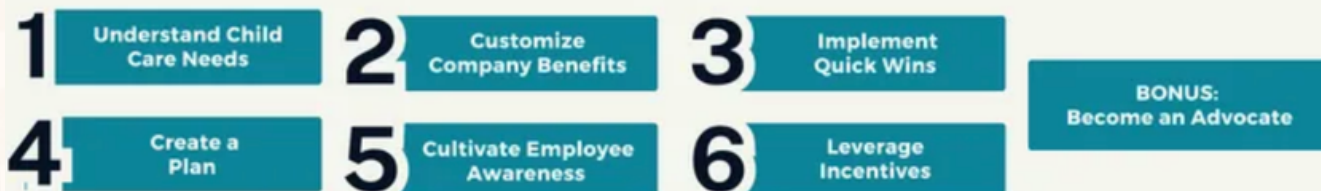
The Business Navigator, funded by the Office of Children and Family Services, created by Early Care & Learning Council, and supported by 10 Child Care Resource Centers, aids in making New York State's child care system fairer and more accessible. It helps employers to:

- 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





Contact us!

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