



Summer Newsletter

2024

**Newsletter for Niagara County Child Care Providers,
Parents & Child Advocates**

1521 Main Street

Niagara Falls

New York 14305

www.childcareofniagara.com

Toll Free: 1-800-701-4KID

Phone: 716-285-8572

Fax: 716-286-9693

ccrniagara@niagaracap.org

Niagara Community Action

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Registrar Unit:	Kimmarie Brown Cindy Dugan Kristina Clark
Technical Assistant Specialist:	Erin Crump
Infant & Toddler Specialist:	Kelly Janese
Infant Toddler Mental Health Consultant:	Jameelah Masaed
Legally Exempt:	Debbie Perricelli Donna Striffler
CC Referrals:	Elizabeth Springer
Technical Assistance/Legally Exempt/CC Supply Specialist/ Referral Counselor:	Coming soon!

Mission Statement:

Niagara Community Action Program, Inc. is a countywide agency dedicated to reducing poverty in a collaborative effort by initiating and conducting programs of self-sufficiency. Our ultimate goal is to empower individuals and families to reach their fullest potential.

Office Closings:

- July 4th
- September 2nd

Contact Information:

Community Child Care
Clearinghouse of Niagara
1521 Main Street
Niagara Falls, NY 14305

Phone: 716-285-8572
Toll Free: 1-800-701-4KID (4543)
Fax: 716-285-9693
E-mail: ccrniagara@niagaracap.org
Web: www.childcareofniagara.com
Facebook: <https://www.facebook.com/CCRandR/>

Resources for Child Care Providers

Help is available to provide support to all child care programs that need assistance with issues that may arise in their child care program. We may also have quality initiative grants to eligible licensed and registered child care programs.

We're here to help if you have a curriculum which isn't working for you, a disgruntled parent or a screaming child.

We know these are just a sample of the issues you may face as a child care provider. If you would like help with these or any other problems in your child care program, contact:

- ❖ **Kelly Janese for children ages 6 weeks up to 3 years**
- ❖ **Jameelah Masaed for children 0 to 3 years**
- ❖ **Erin Crump for children 3 years through school age**

We will come in to your program to observe and assess. We then will help you by providing technical support, trainings and create a quality improvement plan.

For more information about this service available to you, contact:

- ❖ **Kelly 716-285-8572 ext. 104**
- ❖ **Jameelah 716-285-8572 ext. 120**
- ❖ **Erin 716-285-8572 ext. 115**



Our referral counselor, Elizabeth, will be working with parents who need assistance in locating a registered or licensed child care program. In addition, she will work with providers to ensure that all information regarding child care vacancies is up to date in the referral database.

If you receive a *Provider Update Form* from us, please complete and return it as soon as possible. As you may know, available child care slots are few and, in some areas, non-existent. If you have openings, please keep our office informed. A voice message which is available for calls after hours or e-mail is sufficient.

Contact Elizabeth at: 716-285-8572 ext. 109 or send an email to ccrniagara@niagaracap.org



Product Recalls

Name of Product:

Korimefa Multi-Purpose Bike Helmets

Hazard:

The recalled helmets do not comply with the positional stability requirements of the CPSC federal safety standard for bicycle helmets. The helmets can fail to protect in the event of a crash, posing a risk of head injury.

Remedy:

Refund

Recall Date:

May 09, 2024

Units:

About 60



Name of Product:

Youth Sipper Bottles

Hazard:

The silicone cover on the sipper can detach while in use, posing a choking hazard to children.

Remedy:

Refund

Replace

Recall Date:

May 02, 2024

Units:

About 31,500



Name of Product:

Sling Carriers

Hazard:

The recalled sling carriers violate the safety requirements of the Safety Standard for Sling Carriers, including requirements for structural integrity and occupant retention, posing a fall hazard to babies. Additionally, the sling carriers pose a suffocation hazard because they fail to meet the federal safety standard's requirements for restraint systems as the waist restraint can be used without the crotch restraint. Further, there are no warnings or instructional literature providing information to caregivers about keeping the baby's face clear to prevent suffocation or safe positioning to prevent the baby from curling into a position with their chin resting on or near their chest. Sling carriers manufactured after January 30, 2018 are subject to the mandatory federal safety standard.

Remedy:

Refund

Recall Date:

June 06, 2024

Units:

About 1,160



Name of Product:

Mill Valley Jr. six-drawer youth dressers

Hazard:

The recalled dressers are unstable if they are not properly anchored to the wall, posing serious tip-over and entrapment hazards that can result in injuries or death to children. The dressers violate the performance requirements of the STURDY Act.

Remedy:

Replace

Recall Date:

May 02, 2024

Units:

About 200



A Message from the Registrar Office

Summer is in the air! The sun is shining more often and the temperature is rising. Many providers as well as the children you care for have been longing for these warm days filled with fun, engaging and safe outside activities. Reviewing and understanding the New York State Office of Children & Family Services regulations and best practices is the best way to help ensure a positive experience for all. Below are some regulations and practices to consider before heading out with your crew of excited children.

Sun Safety

Please refer to your program's approved Health Care Plan and review how your program will protect children whose parent/guardian does not give permission for sunscreen application or has not supplied sunscreen. This section will also describe how children will be protected for insect bites if the parent/guardian does give permission for insect repellent to be applied or has not supplied insect repellent.

Pools and Bodies of Water

414.5(f), 415.13(b)(5)(iii), 416.5(f), 417.5(f) and 418.1.5(f)

Any body of water must have at least a secured four-foot barrier installed around the body of water including any decks or filtration systems. Barriers also need to be secured around holes, pits and other dangerous places.

If a hot tub or a pool, whether permanent or inflatable, is set up on a provider's or neighboring property, the Buffalo Regional Office must be notified immediately.

414.5(g), 416.5(g), 417.5(g) and 418.1.5(g)

Providers cannot use fill and drain pools. This includes small baby pools. Water fun can be had with sprinklers, water tables, squirt toys and water-soaked balls.

Providers can receive permission from the Regional Office to use a private or residential pool. A pool plan must be submitted and approved by the office PRIOR to children using a residential pool.

414.5(h), 414.5(i), 416.5(h), 417.5(h), 418.1.5(h)

Programs can only use public pools and beaches if the pool, beach and surrounding areas are permitted by the Department of Health AND meet all the New York State Office of Children & Family Service requirements.

Field Trips

414.5(k), 418.1.5(k)

Programs must develop and share with staff written plans that cover off-site activities and events. The plan should also be shared with the program's regulator.

Playgrounds

414.5 (a), 414.5 (n), 415.13(b)(5)(i), 416.5 (a), 416.5(n), 417.5(a), 417.5(n), 418.1.5(a), 418.1.5(n)

Before using a playground, programs must inspect the equipment and surrounding areas to ensure there are no safety hazards present. This includes but may not be limited to removing any debris, glass or trash in the areas. The equipment **MUST** be in good repair without any sharp edges or broken areas. Equipment must be used by the age group of children the equipment is designed for. There must be sufficient fall protection installed under any climbing equipment, slides or swings. Grass is **NOT** considered fall protection. There is a booklet available through the Buffalo Regional Office providing more detail about playground safety. Please request a copy.

Transportation

414.6 (whole section), 415.13(b)(6), 416.6 (whole section), 417.6 (whole section), 418.1.6 (whole section)

Programs must meet all the requirements in section 6 of the regulations **BEFORE** transporting children anywhere. These requirements include, but are not limited to, the program submitting a transportation plan to the program's regulator, written and signed permission from all parents/guardians, and meeting all Department of Motor Vehicles requirements. In addition, an approved caregiver with valid first-aid and CPR certification must accompany the children in the vehicle.

Supervision

414.8 (whole section), 415.13(b)(4), 416.8 (whole section), 417.8 (whole section) 418.1.8 (whole section)

One of the most important things to consider before heading out the door is the competent supervision of the children in care. Reviewing section 8 of the regulations as frequently as possible with staff will help programs prevent serious accidents and incidents from

occurring. This includes ensuring there is enough qualified staff present to cover the number of children in care as well as being able to position the staff close enough to children in care so staff can visually see the children and are able to immediately intervene to prevent injuries. Staff need to be constantly aware of what all of the children in their group are doing at all times.

Parents and Guardians rely on child care programs to provide a safe and healthy environment for their children during the summer months. Making time to review all the regulations pertaining to your program with your staff and yourself enhances program quality leading to a successful program and staff retainment. The New York State Office of Children & Family Services Child Day Care Regulations reflect the minimum standards which ensure the safety of children in care. Regulators help programs maintain a positive compliance record. Your local Child Care Resource and Referral Agency is also available to provide technical assistance and advice on best practices. Together regulators, child care resource specialists and providers work to make summer experiences for children fun and safe.

Have a great summer!



Healthy homemade ice cream recipes kids will love

From Care.com



Few things delight a child more than a sticky, sweet ice cream cone dripping down their arm in the heat of the summer sun. As deliciously fun as it is for your kiddo, you know that yummy treat is often loaded with sugar, fats and empty calories. Indulging in ice cream occasionally won't negate a healthy diet, of course, but why not whip up homemade ice cream for the kids instead? You can make a better-for-you ice cream and experiment with flavors.

"I love to show busy families that healthy eating can be quick, easy, fun and delicious," says Stephanie Merchant, author of "[Chocolate Indulgence](#)" and founder of [The Nutrition Mom](#). "Kids of all ages love ice cream, and we can feel good about serving simple recipes that are free of artificial flavors, colors, refined sugars and even dairy."

When it comes to making ice cream at home, don't be afraid to get creative. While vanilla is delicious, there are many more unique varieties you can make with ingredients you may already have on hand. For an added healthy kick, try topping off your ice cream with fresh fruit or almonds instead of sugar-laden syrups.

Homemade ice cream is never going to beat spinach in the nutrition department, but making smarter food choices adds up over time. "There are easy ways to get your kids the nutrients to fuel their bodies, and more importantly, their brains," says Jillian Lama, a life coach and former bakery owner. "It doesn't matter how 'healthy' a snack or dessert is if your kids won't eat it, so take small steps and your kids may not even notice the difference."

Your kids will love the added fun of making this summer treat, as well as eating it. Here's a couple of recipes to get you started.

Healthy Cherry Cheesecake Ice Cream

Ingredients:

- 8 ounces 1/3-less-fat Neufchatel cheese (or cream cheese)
- 3 ounces light Greek yogurt, cherry or preferred flavor
- 1/3 cup unsweetened coconut cream
- 1/3 cup milk of choice (coconut, almond, fat-free cow's milk)
- 1/2 teaspoons vanilla extract
- 1 teaspoon cherry or raspberry extract (or use fresh or frozen fruit puree, to taste)
- 1 scoop whey isolate vanilla protein powder (aim for 20-30 grams of protein per scoop)

Mix-in suggestions:

- Ground chia seeds
- Mini chocolate chips
- Graham crackers or vanilla cookie wafers
- Fresh or frozen fruit

Directions:

1. Allow Neufchatel cheese, Greek yogurt, coconut cream and milk to come to room temperature. Mix with an electric mixer until a creamy consistency is reached.
2. Add extracts, followed by protein powder. Mix after each addition.
3. Fold in berries, graham crackers or other mix-ins of choice.
4. Freeze in a glass or plastic air-tight container at least 2 hours.
5. The ice cream will be frozen hard, so allow it to thaw for 10 to 15 minutes at room temperature or microwave for 20 to 30 seconds to allow it to soften. Scoop and enjoy!

Variations:

- Add 1 cup fat-free whipped cream before freezing.
- Substitute milk with fruit juice to create a sorbet.
- Substitute pureed cottage cheese for yogurt or cream cheese.
- Add coconut nectar, liquid stevia or another sweetener, if desired.

Chocolate Soft Serve Ice Cream

Ingredients:

- 3 to 5 peeled, frozen bananas
- 3 to 4 tablespoons cocoa powder

Directions:

1. Thaw bananas slightly and blend until creamy in a food processor.
2. Add cocoa, and adjust to taste. Serve immediately.

Variations:

- Add frozen or fresh raspberries for a chocolate raspberry flavor.
- Add peanut butter for a chocolate peanut butter flavor.
- Add fresh mint or mint extract for a chocolate mint flavor.

