

Points to consider when choosing an after-school program

Choosing the right childcare center or program for your child is of utmost importance, and at All Sport Health and Fitness, we're here to help you make that all important decision. Did you know that All Sport has a School's Out Program for School Aged Childcare starting in this Fall? As we're gearing up to provide your child with the best possible care, we've compiled things to pay attention to while sizing up childcare options:



Karen Feeley

1. Accreditation - First, find out what accreditations the providers currently has. The licensing requirements for after school programs vary by state, and the age groups that they serve. Programs traditionally are evaluated by various factors, such as child to staff ratios and building cleanliness. Other factors may be sign out requirements and procedures as well as activities offered to the children. Providers that are accredited have met the requirements for childcare, and are certified to properly care and watch

HEALTH TIPS

your child. All Sport's School Age Childcare Program is registered and licensed by the NYS Office of Children & Family Services.

2. Caregiver Qualifications - Ask about the caregivers' training and education. Do the caregivers have special training or degrees? If so, they are able to help your child learn and grow better than other caregivers without the knowledge and education. Don't be afraid to ask if the caregivers are involved in attending classes or workshops that further them in the learn how to care and work with children.

3. Adult to Child Ratio - Ask the provider how many children there are to each adult. A low adult to student ratio is an important characteristic for developing meaningful relationships between a program's students and staff members. It's better for your child when there are fewer children for each adult. Ideally, the adult child ratio should be no more than 1:4 (one adult for four infants), and no more than a ratio of 1:10 for children ages 4 and older. With lower adult to child ratios, there is greater individualized attention,

which allows the staff to have more personalized relationships with the students so they can build off their interests to set appropriate goals for them.

4. Safety Measures - A good provider or program will have well trained staff in managing students' behaviors as well as be prepared for any emergency situations that may come up. Parents entrust staff within these programs to care for and keep their children safe, so it's extremely important that there are safety protocols and procedures in place.

5. Chat It Up - Until your child can talk, you will be relying on what the provider tells you about your child's day. Make sure you can communicate comfortably with the staff. It's always preferable to speak to the caregiver in person. If that's not possible, ask if there's a convenient time to phone.

Choosing the right childcare program for your child is a big decision, and All Sport Health and Fitness wants you to feel confident in making that decision. All Sport's new School's Out Program for School Aged Childcare is currently

taking signups on a first come, first serve basis. Spots are limited.

All Sport Health and Fitness School's Out Program provides a safe, fun and supervised care program for school-age children before and after school. Led by experienced staff, children spend time with their friends and participate in structured activities designed to meet their interests and skills. The School's Out Program is open to children from Kindergarten through 6th Grade, and provides hands-on experiences in a safe and caring environment. Activities include sports and games, swimming, arts and crafts, and homework assistance.

Choose from before and/or after care from 3 days a week to 5 days a week. Transportation to be provided by Wappinger's School District. Hours are from 7:00am until school begins, and from dismissal until 6:00pm.

Karen Feeley is the Program Director at All Sport Health and Fitness. To learn more about programs, camp, or School Aged Childcare, please call the club at 845-896-5678 or visit the website at allsporthealthandfitness.com.

Simple Summer stretches for Plantar fasciitis



Victoria Luddy

It is official, summer is here! With the transition of the seasons, comes the transition of our footwear. It feels great to kick off those winter shoes, and dust off your summer sandals. For some, maybe it's no shoes at all with the freedom of being barefoot. Unfortunately, our feet may pay the price in the summer with a possibility of developing the dreaded diagnosis of plantar fasciitis. Plantar fasciitis is the inflammation of the band of

tissue on the bottom of the foot from the toes to the heel, often causing heel pain.

BODY KNOWLEDGE

One summer risk factor may be the sudden change from a supportive sneaker to a less supportive flip flop or sandal. In addition, with the warmer weather we are often more active in the summer time. With this increase in activity, we may also put a strain on our feet. Often the initial symptoms can be a pain to the

heel or foot with the initial steps you take from a rested position. Some examples of when the pain occurs would be pain after the first steps getting out of bed, or standing from seated position.

Here are a few summer stretches for your feet:

• Standing calf stretch at wall - Where you will feel it: behind the knee. Stand with hands at wall, lunge one foot back and keep a straight knee with your heel down,

pull hips forward toward the wall (the leg in back will get the stretch). Hold 20 seconds, repeat 2-3 times

• Seated plantar fascia stretch - Where you will feel it: arch of foot. While sitting hold heel with one hand and pull toes up with your fingers. Hold 20 seconds, repeat 2-3 times

• Standing calf/plantar fascia stretch at stairs - Where you will feel it: behind knee, achilles, arch of foot. Hold onto wall or railing, stand on step with just the front of your foot and heels are hanging off stair, slowly and gently lower heels. Hold 20 seconds, repeat 2-3 times

• Massage Arch of foot - Where you will feel it: arch of foot. Sit in chair, place tennis ball on floor and roll arch over tennis ball. 2-3 minutes, repeat as needed

As always with exercise, consult your doctor first. Stretching is a great start for both the prevention and treatment of plantar fasciitis. There are many other conservative options for the treatment of plantar fasciitis. A physical therapist can examine and evaluate your pain and develop a program that best suits your needs for your pain and lifestyle.

Victoria Luddy-Cacomo, PT, Doctor of Physical Therapy works at the Center for Physical Therapy with facilities in Wappingers Falls and Hyde Park. For more information, visit www.centerforphysicaltherapy.com. Call the Wappingers Falls office at 845-297-4789.

He's in good hands here.

School's Out Program Before and After School Care at All Sport Health and Fitness

Safe, fun, and supervised care program for children, K - 6th grade in the Wappingers Central School District. Activities include sports and games, swimming, arts and crafts, and homework assistance.

Transportation provided by the Wappingers Central School District

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Register now for
Fall 2016!

