

CFR Connection

2012, Issue 1



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Ways to Maximize Family Time

This article was written from a mom's perspective but it equally fits for many working dads, too.

Cooking meals, doing laundry, and going to work are all essential, but they often mean less time for parents to spend with those they love most. A recent survey by the Bureau of Labor Statistics showed that women spend only slightly more time on household chores than men do, which shows that all parents are pulled in many directions. "Certainly work, marriage, kids, and feeding the family are all high priorities, but there are healthy approaches to all of these that don't require moms to feel so out of control," says Hollee Temple, co-author of *Good Enough Is the New Perfect: Finding Happiness and Success in Modern Motherhood*. Follow these practical tips to save time on everyday responsibilities and spend more time with your family.

Divide your to-do list into three categories: Don't, Delegate, and Do. "There's always one thing on your to-do list you know you're not going to do. Cross it off," says Stephanie Vozza, author of *The Five-Minute Mom's Club: 105 Tips to Make a Mom's Life Easier*. "Go through each item and ask yourself, 'What happens if I don't do this?' If you're doing a task out of guilt or habit, move it to the Don't section." Decide if someone else can do the tasks in the Delegate column. Could a spouse, babysitter, coworker or neighbor handle something? For the items that must get done, draw or put stickers of a happy face next to the things you like to do, a dollar sign by items that save or make money, and a clock next to tasks that will save time later, Vozza suggests. These symbols

will remind you why these things matter.

Take advantage of every existing resource. Ask your babysitter to prep dinner, pick up the toys, or restock the diaper bag. Find out if your dry cleaner can pick up and deliver clothes or see if a diaper service or laundry service fits into your budget. Coordinate errands by location so that you can finish as many as possible in one trip. If friends or family members offer to help out, take them up on it -- and don't be shy in reaching out first for help. Assign specific tasks, like yard work or garage clean-out. Remember not to take too much advantage of one person's generosity, and don't forget to offer an incentive or a thank you, like a dinner invitation or a special IOU.



You may be able to fold clothes and set the table faster than a 5-year-old can, but when you include the kids, you turn chores into

bonding time while teaching valuable skills. "The job of a mother isn't to be a personal assistant," Vozza says. "A mother's job is to teach a child to become independent." Even a small child can put toys in a basket. Invent a family clean-up game, where adults and kids compete to see who can get the most done the fastest, or make up a family song to sing while you work together.

(Continued on page 10)

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When was the last time you visited our website?

Go to www.cfresources.org to discover our new look

and new information for parents and providers.



There, **parents** will find a new online writable referral document that will make it even easier for busy parents to find quality childcare in our area. On our “Looking for Child Care?” page parents will find an updated checklist to assist them during the provider interviewing process.

Providers can find many direct links for forms, training opportunities (our 2012 Training Catalog is also online), market rates by county and the CACFP program.

Our **Early Childhood Education** programs are listed as well as all of our Parent Education classes. This newsletter is also there!

Still, we are only a phone call away if you need to talk to someone about a specific program. All of our numbers are listed on our website too!



Check us out on Facebook!!!



We extend our sincere gratitude to every person who supports Child and Family Resources with contributions of time and money. Thank you.

ITT Gould's Pumps for their “Jeans Day” Donation

United Presbyterian Women of Penn Yan for their donation

United Church of Canandaigua for their donation to our training program

Mr. And Mrs. Brad Anderson and the Exxon Corporation for it's match to the Anderson donation to the G. Bradley Anderson Fund

Another donation to the G. Bradley Anderson Memorial Fund which supports the Gorham Early Childhood Programs for the children in the Marcus Whitman School District

Our Mission Statement

Child & Family Resources is dedicated to providing affordable and accessible programs that enhance and support the education of parents, caregivers, and child care providers, as well as encourage the highest quality of care and positive learning experiences for young children.



Child Care Providers Super Saturday!



**5 Hours of training
in 6 topic areas
in one day!**

**\$65.00 for the whole day including
breakfast, lunch and materials!**

**Register with Heather Fiero at
315-781-1491, ext. 212 by
February 28th, 2012 and be entered
to win a prize!**



Schedule

- 8:30-9:00 am: Registration & Continental Breakfast
- 9:00-10:00 am: Promoting Diversity
- 10:10-11:10 am: Sign Language
- 11:20-12:20 pm:
Keynote Speaker- To Be Announced
- 12:20-1:00 pm: Boxed lunch provided
- 1:00-2:00 pm: Developing & Compiling Lesson Plans
- 2:10-3:10 pm: Food for Thought
- 3:10-3:30 pm: Wrap-up & Evaluations

**March 10th, 2012
8:30am-3:30pm
Geneva Site**

Promoting Diversity (CD, PD)

We live in a beautifully diverse world! We know that we are a part of a community that has many differences: different ages, races, religions, abilities and even families! We may know all this, but so many of our programs are lacking in this area. We may be giving our children a view of the world that is not accurate. Come explore the possibilities and experiences we can offer our program children and learn how to bring much of the beauty and diversity of our world into your program! (Identified audience- new providers, experienced providers FDC, GFDC, DCC, SACC, LE)

Sign Language (CD,PD)

Why teach children to sign? Common misconceptions and How do I begin? You have probably already introduced children to signs without even realizing it. Waving hello, bye-bye, pointing, blowing kisses, shaking your head no or nodding it yes are all common signs that all babies and toddlers pick up quickly. Using signs to communicate with the children can be that simple. Participants will walk away with how to begin and why we teach sign language along with basic hands-on set of sign language cards. This is one training you won't want to miss for a morning of fun! (Identified audience - new provider, experienced providers, FDC, GFDC, DCC, SACC, LE) CD, PD

Developing and Compiling Lesson Plans (PD, CD, BR)

Lesson planning can be a great tool for the child care provider. Learn how to use different templates to organize and plan your programming. Participants will learn how to choose topics, form objectives, and develop enrichment activities. Different methods of organizing and rotating your lesson plans will be provided. An extensive resource list will be available as well as actual lesson plans to get the participants started. This is a combination of lecture-based and small group-based instruction. (Identified audience - new providers, experienced providers FDC, GFDC, DCC, SACC)

Food For Thought (HN, CD, PD, SS, SDC)

Discover the fun that both you and the children in your care will experience when you have them become part of snack and meal preparation. Participants will learn new ideas that will engage even the pickiest of eaters into trying new foods. Come join us in this lecture based, hands-on training and walk away with some great snacking ideas and meal creations. (Identified audience - new providers, experienced providers, FDC, GFDC, DCC, LE)

registrar's corner..

Mary Jepsen
Registration Coordinator



We have surpassed the one year anniversary in which Cardiopulmonary Resuscitation (CPR) and First Aid (FA) Certification went into law and became effective as a requirement for registered and licensed day care providers. In order to remain in compliance with New York State Day Care Regulations (414.15 (a) (1), 416.15 (a) (1), 417.15 (a) (1), 418-1.15 (a) (1), make sure your certifications are current. Be proactive and contact your local Red Cross Chapter or any other organization approved by the Office of Children and Family Services (OCFS) to inquire when the next available program will be offered. It is my understanding that some programs will only be held when there are 10 or more registered participants. This may mean you may not get into a program until after your current certification has expired. Any lapse in certification will be considered non-compliant and as a result a serious violation will be issued.

Due to the natural disasters many areas of our country has experienced, New York State OCFS is requesting day care providers take a look at their Emergency Plan document and update the plan if you have not recently done so. The Emergency Planning Guide and Emergency Plan document LDSS-4438 for DCC, FDC-GFDC, and SACC can be found on the OCFS web-site. If you do not have web access, call our office and we will be glad to mail one to you. Contact your registrar or licenser if you need help in completing this document.

The cold weather is here and so is ice and snow. Make sure all egress routes are kept clear of these elements to ensure areas accessible to children are safe (414.5 (a), 416.5 (a), 417.5 (a), 418-1.15 (a)).

Health and Safety Training For Child Care Providers...

Health & Safety Training is required for all **potential family and group family** child care providers in order to become registered or licensed. Fees for Health & Safety are reimbursable to new providers who are successful in receiving their registration or license. The first series of Health and Safety for 2012 will be held at the Geneva Site from 6:00-9:00 on the following Mondays:

February 6-"Intro to Healthy & Safety", BR
February 13-"Creating a Safe Environment", SS, SDC
February 27-"Creating a Healthy Environment, Part 1" NH, SDC
March 5-"Creating a Healthy Environment, Part 2", NH, SDC
March 12-"Protect & Prevent", SS, CA, SCA, SBS
March 19-"Emergency Preparation & Response", SS,S DC

Cost for the series is
\$250

For further information
please contact

Tammy Bursley at
315-781-1491, ext. 207

To register, contact
Heather Fiero at
315-781-1491, ext. 212

Next series to start
5/22/12 in Penn Yan

Hats off to...

CDA Recipients:

Brianna Bailey
Erin Crull
Malori Bodine

New Providers:

Gail Brown
Michelle Sohn

New CACFP

Participants:

Beth Bingham
Gail Brown
Krystal Clancey
Courtney Cornwell
Theresa Parker

ITA Survey

Drawing Winners:

Diane Billerbeck
Julie Fessner
Clifton YMCA
Julia Hinkle
Penny
Eichenberger

Training Survey Drawing Winners:

Jen Mosich
Krystal Clancy
Jane Berry
Mindy Kuhlman
Julia Horst

child care training reminders...

Our 2012 Training Catalog is now available!!

If you have not received your copy, please contact
Tammy Bursley, 315-781-1491, ext. 207

Corrections:

**CDA Overview on 3/8/12 and all CDA 2012
sessions are to be held at our PENN YAN site**

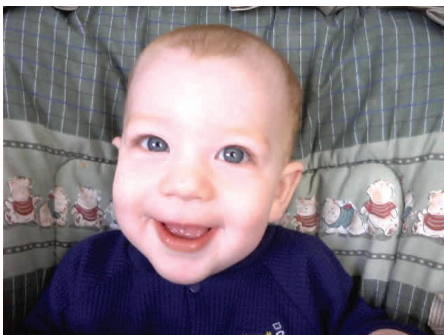
**Its Potty Time!- June 11th, 6:30-8:30 is
to be held in our GENEVA site**

Specialized Trainings — \$30 per session

Creating the “In-Sync” Sensory Environment (PD,CD, SDC)

February 28th, 2012, 6:30-8:30pm, Geneva Site

Early motor, cognitive, and emotional sensory development is an essential factor in a child's development. Behavior issues for individual children can very often be linked to the sensory environment. This workshop will use small groups and hands-on activities to explore the role of the senses in early motor, cognitive and emotional development, with an emphasis on the impact sensory integration has on behaviors. Participants will learn how to use strategies to create and maintain an “in-sync” sensory environment for your program. You won't want to miss this workshop! (Identified audience – experienced providers FDC, GFDC, DCC, SACC)



Language Development and Communication in Infants and Toddlers (CD, PD)

February 16th, 2012, 6:30-8:30pm

United Church– 11 Gibson Street, Canandaigua

Young infants are powerful communicators. Infants in the mobile stage are avid explorers and seek ways to share their discoveries with caregivers. Toddlers are busy at play and constructing their language –absorbing and experimenting with sounds, meanings, patterns and contexts in order to join in with the conversations of those around them. Come join us in this interactive specialized workshop from the Program for Infants and Toddler Care (PITC). Participants will walk away with skills that enhance the way they facilitate language development among the older infants in care and by setting up rich

language opportunities in the child care setting. (Identified audience – experienced providers who care for infants and toddlers FDC, GFDC, DCC)

CACFP- Child and Adult Care Food Program

2/7/12 – Geneva Site, 41 Lewis Street

5/1/12–Penn Yan Site, 263 Lake Street

All sessions 6:30-7:30pm

- CFR CACFP participants are required to attend one CACFP training per year.
- CACFP training can also be used toward the regulatory training topic area of “NH”
- There is no cost to CFR CACFP participants.
- \$15 fee for non-CFR CACFP participants
- Registration is required.

CACFP Participants: Please contact Amanda Hines, CACFP
Administrator, 315-536-1134, ext. 310

NON-CACFP: contact Kelly Cohick, 315-536-1134, ext. 301

M.A.T.

Medication Administration Training

Class Date	Location	Time
January 28th Saturday	Geneva Center 41 Lewis St.	8:00-5:00
March 24th Saturday	Seneca Falls Center 115 Fall St.	8:00-5:00

Non-Refundable Registration/Materials Fee: \$50

Classroom Training Fees: \$150

Independent Study Competency & Test: \$75

Independent Study Competency & Test
with M.A.T. binder if requested: \$125

Topic Areas covered: SDC-2 hrs., NH-5 hrs., SS-1 hr.

*Training topics awarded upon successful
completion of competencies testing.*

For specific curriculum questions contact
Joni Gustafson at 315-435-7093

To register contact Heather Fiero
at 781-1491, ext. 212

child care training reminders...

CDA Course Work is offered by our agency...

Classes begin on **Thursday, March 8th** and run through December 13, 2012. All classes will be held at the **PENN YAN** site. For full class schedule view the Training catalog on our website, www.cfresources.org.

- Course will cover the full 120 hours of training in all eight subject areas as required by CDA guidelines
- CDA Coursework is open only to those pursuing a CDA credential
- Payment for books is required from all participants at time of registration
- Total fees for CDA Coursework: \$1800 (40 Weeks of Training)(24 weeks in 2012, 16 weeks in 2013)
- You may be eligible for an EIP Scholarship to cover CDA training costs! Apply ASAP before funds are depleted!

What's my next step?

- ⇒ Please contact Tammy Bursley at 315-781-1491, ext. 207 for registration procedures
- ⇒ Attend the **CDA overview March 8th, 2012** at our **PENN YAN** site (**Correction from Training Catalog p.20**)
- ⇒ All applicants must request an "Application Packet" for CDA in the type of care in which they are seeking the CDA.
- ⇒ Books are required before class begins. (Contact Tammy to order books.) If applying for EIP dollars, submit completed application as soon as possible (at least 4-6 weeks prior to training start date). On-line submission is recommended
- ⇒ An approved EIP voucher must be submitted before class start date
- ⇒ If voucher has not been received participants will be required to pay out of pocket at each class. (class fee \$45.00 per session).

food bits...

Amanda Hines
CACFP Administrator



It seems that the price of food keeps going up, while our budgets need to stay the same. Sometimes we may find it harder to stay within the monthly budget because there is something that we just have to have and it is easier to buy then to just walk away. Cost Effective Shopping for Child Care can help you save money, stretch your food dollars and your food budget. It is important to buy foods that meet your needs, but you must get the best buy for your food dollar. Listed below are seven basic steps to cost effective shopping:

1. Determine a food budget, beginning with the end in mind. If you aren't sure, look at last year's receipts by month to forecast your budget. Separating food items from non-food items will give you a better picture.
2. Use cycle menus – a set of established menus repeated on a periodic basis. Plan your menus using seasonal foods when possible. This helps to stretch your food dollars.
3. Make a grocery list. See what you already have on hand. Only purchase what is on your list. No impulse buying!
4. Compare pricing between food items by using unit pricing. You will find this on the store shelves. This will give you the price per ounce, pound, etc. Use this to compare different brands as well as different sizes. Larger does not always mean less expensive.
5. Look at convenience and processed foods you purchase – is it a good purchase? Is it cheaper from scratch or is the time to do this not feasible?
6. Use coupons and sales for items you normally purchase. Sometimes the store brand is still cheaper.
7. Read the Nutrition Facts Labels and compare food items to get the best deal on nutrition. Leave the empty calorie food items behind— candy, cake, cookies and sweetened beverages.

If you follow these tips, you will be well on your way to stretching your food dollars and your food budget.

Source – Mealtime Memo for Child Care – November 2011



The Ties that Bond — Forming an Attachment with Infants

Whether providers are in a center based or a family child-care setting, they need to know the fundamental secrets of quality infant/toddler care. The essence of quality care for infants and toddlers depends on the intimacy a caregiver develops in a relationship with the baby. Professionals work toward understanding and generously meeting infant needs. Each caregiver needs to be willing to develop an “I-THOU” relationship with a baby, rather than to treat the baby as a non-verbal object who is pleasant enough and can be easily given a bottle or a diaper change from time to time. Babies thrive on body loving, with lots of cuddling and lap time. But just holding is not enough. Every baby needs a tuned-in-adult partner committed to genuine engagement with the unique little person that each baby is. Quality infant/toddler caregivers fine tune a special relationship with each baby.

Here are some important ideas for care providers:

- ☺ **Hold and Mold: Nourish babies** - Babies need nursing and warmth, safety and cleanliness. Beyond physical essentials, every baby needs someone to mold into, to drape upon, to lean against, and to crawl into the lap of.
- ☺ **Be a responsive, reciprocal partner** – Every baby needs a “tuned in partner” to dance with emotionally. The quality caregiver interprets signals of distress- crying, compulsive self-rocking, or vacant eyes- promptly and accurately.
- ☺ **Enhance your noticing skills** – Keen observation skills clue in the caregiver to infant needs. Some babies want to cuddle more; some want to explore more.
- ☺ **Learn ages and stages: Prerequisites and windows** – Learn norms and milestones well, so that you can lure babies further in development. Provide supports when early learning is more difficult, and recognize delays. For example, some developmental timetable windows are wide (walking). Some are narrow (pincer prehension). Prerequisites are important for the dialectical dance of early learning. No “dance” comes without a few backward steps! Toilet learning often means a few days dry, a few days with accidents.
- ☺ **Digest and apply developmental theories** - Eriksonian theory, Piagetian theory, and Mahlerian theory teach us that there is always a balance - a see sawing between striving toward growth and optimal accomplishments, on the one hand, and the negative dark pole - of anger and frustration, of no-saying, of pushing away, of falling apart from efforts to push forward in development. A toddler who is wildly no-saying and defiant still needs you to be there as a refueling station, a place of refuge when her still-baby soul is on overload, and coping with growing up is too much for her.
- ☺ **Learn Jean Piaget’s sensory motor milestones in infancy:** Quality caregivers apply Piaget’s principle that children learn at the cutting edge between what they already know and is easy for them, and the new that a teacher will help them to struggle to learn. Hone your matchmaking skills at the boundary so that you adapt what new learning you are luring baby into. Offer activities, toys and opportunities for learning that are appealing for each individual child. Encourage babies to stretch their persistence in trying.
- ☺ **Provide language treasures: Enhance beauty in children’s lives’** – Language playfulness, rhyming, chanting, singing, delighted responsiveness to infant vocalizations all promote to emergence of early language. Babies respond to and enjoy beauty. Give Toddlers colorful nylon squares and let them sway and twirl to the music. Put up colorful pictures of beautiful scenes or animals on the lower walls of the child care rooms.
- ☺ **Read picture Books** – Talk about pictures in books as you snuggle babies close to your body. Choose books with single pictures of familiar objects and single pictures on the pages.
- ☺ **Promote kindness and friendliness** –Toddlers will need a boost to encourage a rich socio-dramatic play and positive peer interactions. Try a wide variety of positive discipline techniques. Emphasize words for caring, sharing, and taking turns. Toddlers will play out with their dolls the same nurturing interactions you are modeling with them. So be sure to provide a variety of props, such as dolls of different ethnicity and lots of baby blankets and toy bottles.
- ☺ **Discover infant’s unique temperamental styles** - Each baby has unique temperamental characteristics. Every baby comes with a biologically based assortment of temperamental traits. The perceptive caregiver notices each baby’s temperament traits and how they cluster. Thus, caregivers can individualize care in tune with each infant or toddler’s personality.

Quality infant/toddler care giving is a highly skilled profession. With powerful insights and knowledge, plus priceless personal gifts for intimacy and cherishing, caregivers enhance the daily lives of very young children. Keep faith in yourself and your intellectual spunk and sparkle for carrying out a noble job- high-quality infant/toddler care giving.

Alice Sterling Honig, Ph.D

❄ Winter Science and other Fun!!

If it ever gets cold and stays cold the ECE team has put together some fun ideas to enjoy in the cold and snow.

Brrrrr.....



Making Icicles — Take an empty can and punch a small hole in the bottom using a hammer and nail. Punch 3 more holes near the open end. Cut 3 pieces of string about 20" long. Tie 1 piece of string through each of the holes at the top of the can. Then tie the 3 loose ends together to be used as a hanger. Fill the can with water and hang it outside on a day when the temperature is below 32 degrees F. Leave it overnight and observe the icicles that have formed the following day.

Freeze a Bubble — When the weather is below 32 degrees, you can take your bubble activities outside. Blow a bubble and catch it on a wand. Wait and watch it as it freezes. It will turn into a crystal ball and then shatter like glass! You can also dip the wand in the bubble solution but do not blow. The bubble will freeze into ice crystals.



How to make frost. Put ice cubes in a metal can. Pour salt on top of the ice cubes. Stir the ice around and around with a wooden spoon. In time your children will discover the frost that forms on the outside of the can just like in your home or your car!

Ice Magic! For this magic trick your children will need an ice cube, a string, and salt. Place the ice cube in a cup of water. Cut a piece of string— length doesn't matter. Have the children try to pick up the ice cube using just the string and not their fingers. Doesn't work! Next, sprinkle some salt on top of both the ice cube and the string. Wait a minute and then try to pick up the ice again using just the string. It should work this time because the salt will have melted the ice slightly and the water will have refrozen around the string.

Ice Hunt — Prepare a block of ice by freezing water in a 1/2 gallon milk carton or in a bowl. As the water starts to

freeze, add small objects that your child may like. When frozen, remove the ice. Be sure to place it in a larger container so that the melting can be trapped! Talk with your child about how you can retrieve the treasures from the ice. A great hint to get this started is to add salt several places on the ice. This will start the ice to melt. Your child can then start chipping at the ice with a non-sharp object to discover all the treasures the ice has trapped. This is also fun to do by adding liquid water colors or food coloring to see the lines that the salt makes in the ice.



Guessing Game — Using either ice cubes or ice from outside, have children place 1 in several paper cups. Place a cup in several different places in the house. Have the children hypothesize which cup will melt first and which will melt last. Another idea is to use snow. The children can use the snow in place of the ice cube. If the snow is packed in the cups, it will take longer to melt.

What snowflakes really look like! For this activity you will need magnifying lenses and black construction paper that has been chilled in the freezer. When it snows, have the children catch the snowflakes on the black paper and then use the magnifying lenses to examine the flakes.





(continued from the cover)

If you spend hours each month looking for lost shoes or keys, create an organized system so that everyday items for each family member have a regular place. Set up hooks or a small basket near the door for house keys. Give each person (including parents!) a basket or cubby by the door with his or her name on it to hold coats or rain boots. To prevent morning stress, do a last-minute check before bedtime to ensure that the next day's clothes and shoes are accessible. If you have to check work or personal e-mail, catch up on messages before the kids wake up in the morning or after their bedtime. The same goes for talking on the phone -- wait until the kids are in bed before making or taking any missed calls.

Sign up for school or city e-mail or text alerts; you'll get updates about snow days or transportation delays so you can prepare and plan for them. One-stop shopping sites such as Diapers.com and Soap.com allow you to save time and money by purchasing groceries and drugstore staples at the same time. To avoid scheduling conflicts and determine free time, program important dates -- like parent-teacher conferences, school holidays, field trips and business trips -- into the calendar on your smartphone. Download an app that will sync the entire family's calendar across different phones.

If you're making lasagna, double the recipe and freeze one for later in the week. Steam extra vegetables and put them in the fridge to drop in a pasta salad the next day.

Get creative by turning your leftover entrée into a sandwich for tomorrow's lunch or mix extra fruit salad with cereal and yogurt for breakfast. Look online for recipes that are easy and family-friendly. Keep the freezer stocked with frozen veggies and fruits; they can save you from a last-minute dash to the grocery store if you've forgotten a side dish or dessert. It's also okay to give yourself a break once a while by keeping a couple of frozen pizzas (choose veggie-heavy ones for more nutrition) on hand for those evenings when you need to stay late at work and don't have time to cook.

When you give up trying to be perfect, you create more time. "Stop comparing yourself to the mythical supermom who has it all together at work and at home -- she doesn't exist," Temple says. "Figure out what your priorities are and pursue those. Something has to give." Each person's priorities are different. Do the things that help you feel happy or less stressed. If you feel calmer with no papers on the dining room table, involve the kids in helping you clear it off. If you can live with a few stray papers, and would prefer to cook with the kids and try a new recipe, do that instead. "I don't like to cook," Vozza admits. "I thought if I tried hard enough, I could become the next Food Network star. Instead of changing who you are to match the task, change the task to match your lifestyle. Spend time on what's important to you."

Adapted from 2011 Parent Magazine, Meredith Corporation publication

Check It Out!!...

In her book Big Body Play, Francis Carlson outlines the value of rough and tumble play and provides detailed approaches for implementing and controlling it in early childhood settings. In explaining why big body play is essential, Carlson observes, "... the fleeing, tagging, climbing, tumbling, and wrestling that most young children seem to crave is also play and is equally beneficial." "As we might assume, there are also abundant positive effects for physical development when children are active in their play. We know, for example, that when teachers involve children in physical exercise with intentional planning, children can practice and develop a variety of physical skills and gain optimum health benefits."

"But big body play is not just physical activity with physical benefits. During such play, children also use increasingly sophisticated communication skills -- both verbal and nonverbal -- and social skills. It is also one of the best ways for children (especially boys) to develop empathy and self-regulation. And creativity and thinking skills are enhanced as children determine and solve problems as they arise in the course of this play."



get connected ...

YOU'VE BEEN WORKING HARD - GET THE TAX CREDITS YOU DESERVE!

FAMILIES IN NEW YORK:

Whether or not you owe income tax, you could get thousands of dollars in tax credits.

You could qualify for:



- Up to \$2,100 from the Federal Child and Dependent Care Tax Credit, up to \$2,310 from the New York State Child and Dependent Care Tax Credit and up to \$1,733 from the New York City Child Care Tax Credit.
- Up to \$5,751 from the Federal Earned Income Tax Credit, up to \$1,725 from the New York State Earned Income Tax Credit and up to \$288 from the New York City Earned Income Tax Credit.
- Up to \$1,000 per child from the Federal Child Tax Credit and \$330 per child from the Empire State Child Tax Credit.

**MORE FAMILIES THAN EVER ARE ELIGIBLE FOR THESE CREDITS THIS YEAR.
TO GET THESE CREDITS, YOU MUST FILE A TAX RETURN.**

Find out where you can get FREE help with your taxes by calling the IRS toll-free at
(800) 906-9887 or go to www.irs.gov

You can also contact the New York State Department of Taxation and Finance at (518) 457-5181.

To find out where to get free income tax preparation assistance, call AARP Tax-Aide toll-free at
(888) AARP NOW or (888) 227-7669.

For more information about the Tax Credits Outreach Campaign contact the Early Care & Learning Council at (518) 690-4217 or go to www.earlycareandlearning.org

For more information on the federal and state child care credits, visit the National Women's Law Center at www.nwlc.org.

Child Care Providers:
If you haven't already logged on to tomcopelandblog.com website, do so soon. You will find great tax tips to help you with your tax preparation.

February

Nat'l Black History Month

2012

Youth Leadership Month

- February 3 Give Kids a Smile Day!!
- February 9 National Stop Bullying Day
- February 20 **All CFR sites closed** in observance of Presidents Day Holiday

**Geneva Site — every Monday from 1:00—3:00
FUN — Family Understanding and Nurturing**



ATTENTION PARENTS!!
**Want to Advocate for
Quality Child Care?**
**Have you been impacted by child
care subsidy cuts?**
Check out the links below...

[http://www.cfresources.org/content.aspx?
page_id=22&club_id=626081&module_id=104070](http://www.cfresources.org/content.aspx?page_id=22&club_id=626081&module_id=104070)

<http://www.ccaparentnetwork.org/ccapn-action-center.php>
<http://capwiz.com/naccrra/home/>

March

Nat'l Nutrition Month

2012

Sing with Your Child Month

- March 2nd Dr. Seuss Day
- March 15th Absolutely Incredible Kid Day
- March 17th St. Patrick's Day — wear green!!

**Geneva Site — every Monday from 1:00—3:00
FUN — Family Understanding and Nurturing**

**For child care provider training opportunities
please check out pages 4-7!!**

Save the dates:

- April 28 Pinwheels for Prevention —
Pinwheel Garden Event
All sites — 10:00—12:00
- May 2 Provider Appreciation Event
Ramada Inn—Geneva

Child & Family Resources, Inc. is an official Child Care Resource and Referral Agency affiliated with the New York State Office of Children and Family Services, Bureau of Early Childhood Services, Regional Office, 259 Monroe Avenue, Rochester, NY 14607. 585-238-8531



CHILD & FAMILY
RESOURCES

263 Lake St.
Penn Yan, NY 14527

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PENN YAN, NY 14527**

The 5 best toys for children:
Stick, box, string, cardboard tubes and dirt!
All of which you have at home!



Community Partner

