

CFR Connection

2012, Issue 4



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Why Every New Yorker Should Be Concerned About Child Care

Even if you do not have a child in care in the State of New York you may be surprised as to how it effects our states economy. According to the Early Care and Learning Center, child care is essential to New York's economy. There are concerns about the loss of subsidy funds and that this will have a large impact on families, providers, and the economy.

☐ New York's economy depends on quality child care. The regulated child care sector in New York State is a \$4.7 billion dollar industry - more than the State's affluent Broadway Theater Industry. It provides nearly 120,000 jobs. And quality child care allows parents to work outside the home, providing a service essential to the success of the state's business community.

☐ Child care defines local small business. It not only helps families to work, but payments to child care providers and centers feed the economy because those workers and employees immediately turn around and use the income to pay mortgages, buy food and support other local services.

☐ According to the Bureau of Labor Statistics, the number of child care workers was projected to increase by 18 percent between 2006 and 2016, which is faster than the average for all occupations. In 2011, nearly 1 million children under the age of 6 in New York State were in need of child care.

☐ Given the role that child care plays in our communities, it is essential that during this time of economic recovery we protect vital child care programs. In the face of additional budget cuts, constituents are relying on their communities to advocate for the continued need for available and affordable high quality care. They are depending on your support of New York's child care community. Investing in quality child care initiatives helps both our economy and our children succeed in the long run.

☐ Children's early experiences create the foundation for all future learning, behavior and health. In New York, the responsibility of school readiness is shared among an early childhood system that includes families, professionals and the community with an exceptionally strong connection to local communities through a network of Child Care Resource and Referral (CCR&Rs) agencies, like Child & Family Resources, that serve every county, coordinated by the Early Care & Learning Council in Albany.

☐ High-quality early childhood programs, starting at birth, provide the foundation that children need, ensuring that young children enter school healthy and ready to succeed and that businesses reduce absenteeism and improve productivity.



staff & site...

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*Regular office hours are
Monday-Friday, 8:30-430

agency highlights

During the month of August, CFR was again on the move! This time, though, it was only desks, bookcases and office equipment. At the Geneva site, Suite 102 was closed. By doing this there has been some shuffling of staff and desks. Julie is now based only in the Penn Yan office. Her assistant, Heather Fiero, has also moved to the Penn Yan office. Millie Ortiz is now the full time Office Manager in Geneva. Bette Sommerville is back in Seneca Falls. Terri Knight-Miller and Jackie Gallahan are still in Geneva but have moved to Suite 103. Please look on page 2 of this newsletter for any extension changes that may have occurred. The ECE classroom is now a great resource center for providers and parents to access the children's play space, books, and toys that will enhance their time with children. Stop in and take a look!

Our very own Executive Director, Julie Champion was nominated by our Executive Board for the prestigious 2012 Athena Geneva Award.

ATHENA International was established in 1982. The ATHENA award is given annually to women in communities around the world to recognize leaders who demonstrate excellence, creativity, and initiative in

their business or profession, while assisting women to reach their full leadership potential. The ATHENA Award was inspired by the goddess of Greek mythology known for her strength, courage, wisdom and enlightenment—qualities embodied in the ATHENA Model®.

ATHENA Award nominees are individuals who:

- Have achieved the highest level of professional excellence.
- Contribute time and energy to improve the quality of life for others in the community.
- Actively assist others, particularly women, in realizing their full leadership potential.



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

Generous donations from our direct mailing campaign:

VR Food Equipment
Lakeview Organic Grain, LLC.
The Wilson Press, LLC.
Saverio's Pizzeria, Inc. DBA CAM's New York Pizzeria
Law Office of Peter Einset
Coe-Genung Funeral Home
The Once Again Shoppe
Seneca Lake Duck Hunters

Penn Yan Elks Lodge 1722
Parlec- Mike Nuccitelli
Brent & Eleanor Stearns

The Penn Yan Elks Club for the Gratitude Donation to provide scholarships for the early childhood programs in Penn Yan.

The Rushville Lion's Club for their continued support of the early child programming 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.

Although the time has passed for the 20th anniversary of World Breastfeeding Week, we feel that the information was extremely important to pass along to our families and providers. This is a good time to remind our community that mother's milk is nature's perfect food for babies. The American Academy of Pediatrics (AAP), World Health Organization, and the Institute of Medicine recommend exclusive breastfeeding for the first six months of life. According to the AAP, in the U. S. over 900 infant deaths could be prevented each year if 90% of mothers followed this recommendation.

Benefits of breastfeeding

Children who are breastfed have:

- fewer gastrointestinal infections and a decreased risk for celiac disease
- lower risk of developing irritable bowel syndrome and other inflammatory bowel diseases
- less hospitalizations for respiratory infections
- lower incidence of asthma and allergies
- less risk of SIDS
- lower incidence of childhood leukemia
- lower risk of obesity later in life

Breastfeeding is also good for Mom! Mothers who breastfeed may have an easier time taking off "baby weight". Risks are reduced for developing type II diabetes, rheumatoid arthritis, high blood pressure, heart disease, breast cancer, and ovarian cancer.

If you are pregnant or know someone who is, remember that mother's milk is a baby's most healthy option right from the start!

About the Breastfeeding Partnership

The *Breastfeeding Partnership* is a coalition of Lactation Consultants, Nutritionists, Educators, and Nurses working together to improve the health of our community by promoting breastfeeding in Ontario, Seneca and Yates Counties. The partnership provides free breastfeeding education to medical offices, nurses, and nursing schools. The partnership works closely with area hospitals and businesses in an effort to increase breastfeeding rates through education and policy. The partnership has toolkits available to facilitate the creation of breastfeeding policies in the workplace.

For more information, contact Ontario County Public Health Chronic Disease Coordinator at 585-396-4558.

For more information on breastfeeding statistics and national breastfeeding information see: <http://www.cdc.gov/breastfeeding/pdf/2011BreastfeedingReportCard.pdf>

World Health Organization:

<http://www.who.int/topics/breastfeeding/en/>





Dear Child Care Providers:

How did you become familiar with the New York State Day Care Regulations? Did you obtain the regulations through training, self-exploration, or word of mouth? Were you instructed on how to use the regulations? If you needed to refresh your knowledge, do you know if you have the most current set of regulations for your specific program? Do you know where to seek help if you have a question about the regulations? Have you made the regulations available for your substitute, alternate provider, assistant, staff members and/or volunteers? Are you able to answer questions they may have?

If you are computer savvy, you can access our website: www.cfresources.org. There you will find a link to the OCFS website, which will have the most current regulations and policy statements. You will also find Part 413 Definitions, Part 415 Child Care Services (Subsidy and Legally Exempt Care) and Social Services Law 390. For Family and Group Family Day Care Programs you also will find the Provider Handbook.

If you are not a computer user, you can access all of these documents by contacting your licensor or registrar and/or by visiting one of our offices, which are listed on the inside of this newsletter.

Many of you begin a new year with the start of school. If this is your routine, make sure you are updating all of your children's files. Best practice is to have parents review the prior information, make changes where necessary and sign and date each document. Have parents sign and date each document even if there are no changes.

Review your emergency evacuation plan. Make sure you are still able to use your relocation sites if necessary. Practice your evacuation drills using additional scenarios in addition to fire. Review with the children how to dial 911 in case something was to happen to you and there are no other adults at the facility. Be prepared!

If a child is hurt during day care hours, make sure the parents are notified and an incident report is completed. If the injury is serious make sure you contact your licensor or registrar.

If you will be making changes to your day care facility, make sure you contact your licensor or registrar. A change can be as simple as adding a bedroom as a napping area. Or the change may be more complex as adding on an addition.

Make sure you are keeping up with your required 30 hours of training/9 topic areas every two years, stay current with CPR and First Aid certification.

Most of what is being mentioned is regulatory, so please review the regulations to make sure you are in compliance. If you question yourself or have a second thought then you should connect with your licensor or registrar for clarification. Non-compliance to regulatory issues results in citing a violation. Most violations are fixable and not serious in nature. Violations become serious when there is a lack of commitment to correct the situation. Therefore, if you are cited with a violation, your licensor or registrar will be looking for how you will meet compliance and remain in compliance. If you need help or additional training your licensor or registrar is a good resource. Ask them for help!

Sincerely,
Mary Jepsen, Registration Coordinator

Hats off to...

New CACFP Participants:

Melinda Lapp

*Chieyanne
Leinhäuser*

*Leah
Lippencott*

Melissa Parsons

Jessica Spruill

Pauline Weaver

New Providers:

Wendy Barrows

Cara DeJohn

*Doodle Bugs!
Children's Center*

Melissa Parsons

*Sports Academy
of Victor*

Jessica Spruill

*Elizabeth
Taylor*

child care training reminders ...

All Specialized Training — \$30
All Class Times: 6:30-8:30pm
Contact the Geneva office to register
315-781-1491, ext. 201

COOKING COMBO

These trainings work well together or they can be attended separately

Cooking with the ABC's (NH/CD/PD) **October 3rd — Geneva Site**

Literacy and language are a huge part of cooking. This class will help participants to understand the cooking experience through these concepts; Participants will also investigate how to bring diversity into programs with cooking. Come join us in this small group discussion based training and leave how to cook with the alphabet. (Identified audience — new providers, experienced providers, FDC, GFDC, DCC, LE)



Discovering Through Cooking (PD, CD, NH) **November 7th, - Geneva Site**

This hands-on training will focus on the math and science of cooking. Participants will learn new recipes where our children can develop science and math skills and then eat the results! (Identified audience – new providers, experienced providers, FDC, GFDC, DCC, LE)

Video Conference **Geneva and Seneca Falls — 6:45**

October 18 — Nurturing Creativity During School-Age Years

November 15 — Emergency Preparedness

*** recently added***

December 6 — Child Abuse and Maltreatment with a focus on Early Childhood Trauma

Register online at www.ecetp.albany.edu

Mixed-Age Program Planning (PD/CD) **October 16—Penn Yan Site**

As we continue our series on program building, many providers have expressed an interest in how to plan lessons for the mixed-age groups in their care. We can give you the tools to plan effective programming for the mixed-age child care setting. We will explore activity areas, using the same activity for multiple age groups, how to use outdoor time, planning “zones” in your facility, etc. The mixed-age group setting has been proven to be an effective way for children to learn social skills, mentoring skills, and “good neighbor” habits within the mixed-age environment. The small group format will be used to teach participants the tools and activities that can make mixed-age groups work! (Identified audience – new providers, experienced providers, FDC, GFDC, DCC, SACC, LE)

School Age C.A.R.E. (PD, CD, SS) **November 29th - Geneva Site**

Would you like to improve your skills for working with school age children? This training will focus on four key elements for quality care for the sometimes challenging school age population. Consistency, Accountability, Respect, & Empowerment. Providers will have a chance to practice these skills through group activities and scenarios. Participants will take back with them their own prioritized list of 4 new ideas/concepts to start implementing when they get back to their school age setting. This training is designed for providers who care for larger groups of school age children. (Identified audience – new providers, experienced providers with after school children in their program GFDC, DCC, SACC)

Renewal Amnesty Program

As of March 1st, the Council of Professional Recognition, an arm of NAEYC, launched the **Renewal Amnesty Program**, allowing anyone who has earned or renewed a CDA within the last ten years to apply for Renewal. If your CDA has a credential date of January 2002, or later, you are eligible for Renewal Amnesty. This offer is **good only until December 31, 2012**. For more information call : 202-265-9090 or 800-424-4310

child care training reminders ...

ONLINE TRAINING OPPORTUNITY: The following **NAEYC** classes are approved for NYS child care providers:

New York State Topic Area:

Principles of Childhood Development

- Developmentally Appropriate Practice and Intentionality, 5 Clock Hours/0.5 CEUS
- Developmentally Appropriate Practice and Play, 3 Clock Hours/0.3 CEUS

Get more information at www.naeyc.org/DAP/pdt

Health & Safety Training — the following dates are open for all registered and licensed providers to attend for training hours. The fee per class is \$50. These classes will be held at the Geneva Site from 6:00—9:00.

- ⇒ October 22: Protect and Prevent (SS,CA,SCA,SBS)
- ⇒ October 29: Emergency Preparation and Response (SS, SDC)

CACFP—Child and Adult Care Food Program

**ATTENTION Child & Family Resources
CACFP PARTICIPANTS!!**

Your new CACFP Training year begins 10/1/12

**November 13, 6:30-7:30 pm
Seneca Falls Site**

- ➔ CACFP participants are required to attend one CACFP training per contract year (10/1—9/30).
- ➔ 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.

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

M.A.T.

Class Date	Location	Time
November 10th Saturday	Geneva 41 Lewis St.	8:00-5:00

Medication Administration Training

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-1hr.

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

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

To register contact Millie Ortiz at 315-781-1491, ext. 201

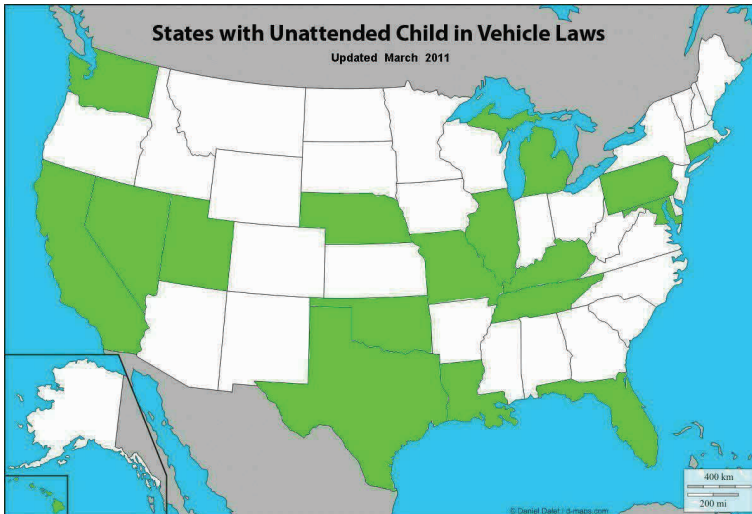
Free Training Opportunity!! “Learning Everyday”

**December 12th
6:00 – 9:30 p.m. Geneva Site
Available to first 40 registrants**

A grant funded statewide training initiative of the NYS Department of Health Bureau of Early Intervention has developed a hands-on 3 ½ hour training specifically targeted to childcare providers entitled “**Learning Everyday**”. Its primary objective is to help child care providers understand one of the foundational principals of early intervention: daily routines, activities, and relationships play a critical role supporting the development of infants and toddlers with special needs (what federal and NYS law call “natural environments”). Using a combination of **video clips, guided discussion, and small group activities** for providers, a trainer experienced in early intervention and in working with child care providers will help participants gain an understanding of the concept of “natural environments” and ideas for working with early intervention providers.



Leaving Children Alone In Cars: Don't Do It!



There have been over 500 child hyperthermia deaths in the United States since 1998. Over half of these deaths are from children left in cars because their parent or caregiver forgot about them. The other half are from children playing in a vehicle and getting trapped inside or because they were left alone for *a few minutes*. These deaths happen quickly and can be easily prevented.

Recently, at a child care center in Texas, a three-year-old child passed away after being left in a van outside the center. The police are still investigating what happened but Texas has a law to prevent this kind of mistake.

The law states that no child under the age of 7 may be left unsupervised in a motor vehicle for longer than five minutes. A child is considered supervised if accompanied in the vehicle by someone age 14 or older. Source: Early Care and Learning Council

DID YOU KNOW THAT Only 19 states have a law addressing leaving a child unattended in a motor vehicle? To learn more on this issue in New York, check out <http://m.nysenate.gov/legislation/bill/S2192A-2011>



Healthy Families New York Promotes Success at School

HFNY is voluntary home visiting program for expectant and new parents at risk for child maltreatment. Based on the Healthy Families America model, trained paraprofessionals use a strengths-based approach to service provision and provide intensive in-home services until the child enters school or Head Start. The goals of HFNY are to promote positive parenting skills and parent-child bonding and interaction, prevent child abuse and neglect, promote optimal prenatal care and child health and development, and enhance family self-sufficiency.

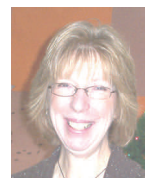


"Home visited children were half as likely to repeat first grade."

"Home visited children were 70% more likely to perform above grade level on behaviors that promote learning."

"Home visiting services were especially effective for girls."

"Children who received high intensity services were more likely to perform above grade level."



What do I do with the children next week?

As I was contemplating what to put in this article it dawned on me that many providers — family and center — go through this same struggle all the time. What do I do with the children this week? In fact, I go through the same struggle since I also have to prepare a lesson plan for my First Steps and Time For Twos classes. So what do I do? How do I come up with new and fresh ideas? First I have to come up with an idea. Not just an idea that I like, but an idea that the children in my classroom, or care if you are a home provider, will find interesting. This idea, i.e. theme, could be anything from an event, to a feeling, to a book, to a season, to an object — it is endless.

This time I was driving down the road when this idea came into my head — mice! Not sure why except that earlier in the day I was looking for something in our garage attic but gave up when I found a mouse nest! Although I really don't like mice especially if they get in my house, children do. They love all kinds of books about mice and they haven't learned to go "eek" when they see a live one!



So now I have my idea, but where do I go next? The web has all kinds of ideas, but it is important that I look at the children in my class/care so that I can use their ages and abilities as well as needs to make this interesting for them. (and me to if I am honest!). Since I love literature, my first thoughts go to books. Some of my favorite "mice" books are Mouse Paint by Ellen Stohl Walsh, If You Give A Mouse A Cookie by Laura Numeroff, Mouse Mess by Linnea Riley, The Big, Hungry Bear and the Red, Ripe Strawberry by Don Wood (my favorite) and a classroom favorite, The Dark at the Top of the Stairs by Same McBratney.

These books can then help me design ideas for craft/art projects, sequencing, feelings, adventure, and cleaning up our messes to name a few. We also need to find ideas for math, science, music and movement activities.

When I look at the book Mouse Paint it is a natural art idea to talk about mixing paint. Using eye droppers and liquid water paints, I can then have this become a science project too as the children discover that by mixing 2 different colors, a 3rd color emerges. We usually learn that by mixing a lot of different colors, we make brown! Oh,

and we are practicing fine motor skills with the eye droppers/pipettes.

Another love of mine is music, so I always try to find songs that the children will enjoy. The mice theme made me think of "Three Blind Mice", "Hickory Dickory Dock", and "Little Bunny Foo Foo". For those of you who went to last March's Super Saturday, Nancy Moulter modeled "Hickory, Dickory, Dock" with movements for an infant. I've used that, too, with great results.

I don't have the time to go through everything that can be done with my mouse theme. I hope, though, that you get the idea. Basically, give yourself time and just let your mind flow!

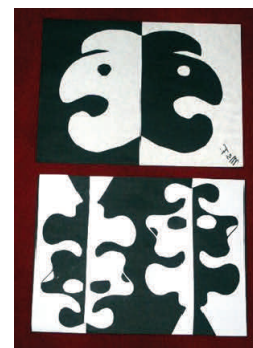
If you need any assistance with theme development, just call Tammy Bursley, our Training Coordinator, and one of the members of the training team would love to come out for an Intensive Technical Assistance, aka ITA.

School Age Art Corner

By Terri Knight-Miller

Black & White Mirror Images

- ◆ Fold a white paper in half.
- ◆ Have children draw a simple design on the paper, which touches the center fold in a few areas.
- ◆ Cut out the design.
- ◆ Open the folded paper up and cut it down the fold in half.
- ◆ Glue one of the halves onto black construction paper.
- ◆ Take one of the cut outs and glue it on the opposite side of the black paper like a mirror image.



Note: To adapt to older youth you can make it a little more difficult. (See the bottom sample) The paper was folded twice, and the images were doubled on the paper and reversed.



Guides to Menu Planning

Planning menus appropriate for young children in the childcare setting starts with the meal pattern. Following the meal pattern when planning meals helps make sure the meal is nutritious and satisfying. Here are some suggestions for planning meals the children will like.

- **Variety** - Plan several days or a week of meals at a time. This will help the menu planner avoid repeating foods too often.
- **Color** - Think about all the different colors of foods. Colorful meals are more appealing. Color in foods such as orange and green can indicate the presence of vitamin A.
- **Texture** - Include foods that are crunchy, chewy, and smooth. This will add interest to the meal.
- **Aroma** - Prepare foods that smell good. Baking bread, cooking with spices such as cinnamon, and sautéing onions are examples of aromas that will stimulate young appetites.
- **Arrangement** - Place the food on the plate so that items do not touch. Some children do not want their foods to touch each other. Pay attention to how food looks on the plate. It should look good.
- **Choice** - Allow children to select the foods they want to eat when possible. you can do this by offering several different vegetable/fruit choices and still meet the meal pattern requirements.
- **Independence** - Allow children to serve themselves from serving containers. Children are more likely to eat the foods offered, and they will begin to take responsibility for their own good food habits.



Taken from *What's Cooking? A fact sheet for the Child and Adult Care Food Program*, Volume 2, Number 3, National Food Service Management Institute, The University of Mississippi.



Zucchini Oven Chips



- 1/4 cup dry breadcrumbs
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons fat-free milk
- 2 1/2 cups (1/4-inch-thick) slices zucchini (about 2 small)

Preparation

1. Preheat oven to 425°
2. Combine first 5 ingredients in a medium bowl, stirring with a whisk.
3. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.
4. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
5. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately

get connected ...



HAPPY FALL!!

*Come check out our
scarecrow in
downtown Penn Yan!!*

3 CFR Family Connection Events - RAIN OR SHINE!

Come Join the Fall Harvest Celebration!!

3 locations, fall fun activities,
games and more!
Refreshments provided.

Call our center near you for
information!!

OCTOBER 20, 10am-12pm @

The CFR Geneva Center **AND**
the Waterloo Community Center

OCTOBER 27, 10am-12pm @

The Penn Yan Center
(includes a pancake breakfast!!)

SAVE THE DATE:

Child & Family Resources is once again
participating in ROC The Day!!!

Support the programs in YOUR COMMUNITY!!

**Make a donation online 12/12/12
or use the form below to donate to
CFR. Every Hand Helps!!**



CHILD & FAMILY RESOURCES, INC.

Name: _____

Address: _____

City, State Zip: _____

Phone: (____) _____ Email: _____

Enclosed is my/our gift to Child & Family Resources, Inc. in the amount of \$ _____

This contribution is a Memorial Gift Honoring: _____

☐ Please call me to discuss my gift through my will of estate plan



October

2012

International Walk to School Month

October 5 Community Awareness Day
Chiropractic Hospital , 9:00-1:00
October 8 — Columbus Day — **CFR closed**
October 20 — 2 FREE FAMILY EVENTS hosted by CFR!!!
Fall Harvest Family Connection
Geneva Center, 10-12 AND
Waterloo Community Center, 10-12
October 27 — FREE FAMILY EVENT!!
October Fest Family Connection
Penn Yan Center, 10-12

November

2012

Family Stories Month

November 6 — ELECTION DAY
November 12 — Veterans Day — **CFR closed**
November 22 & 23 — Thanksgiving — **CFR closed**

December

2012

Universal Human Rights Month

December 24—28 — Holiday break — **CFR closed**
December 31—Child & Family Resources is OPEN!!!

January

2013

January 1—**CFR Closed**

Parenting Meetings and Support!!

(Child Care Provided-Registration Required)

Penn Yan Site:

Wednesdays - 6-7:30pm, ongoing group
P4L — Parenting For Life

Geneva Family Resource Center

Open Play Hours

Tuesdays — 9:00—11:30
Wednesdays — 1:00—3:30
Call Millie for more information
315-781-1491 ext. 201

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, Division of Child Care Services, Regional Office, 259 Monroe Avenue, Rochester, NY 14607.
585-238-8531



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PENN YAN, NY 14527

It is time for parents to teach young people
early on that in diversity there is beauty and
there is strength."
— [Maya Angelou](#)



Community Partner

