

CFR Connection

2014, Issue 4



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Why Fewer Toys Will Benefit Your Kids

"The potential possibilities of any child are the most intriguing and stimulating in all creation."

– Ray L. Wilbur

Toys are not merely playthings. Toys form the building blocks for our child's future. They teach our children about the world and about themselves. They send messages and communicate values. And thus, wise parents think about what foundation is being laid by the toys that are given to their kids.

Wise parents also think about the number of toys that children are given. While most toy rooms and bedrooms today are filled to the ceiling with toys, intentional parents learn to limit the number of toys that kids have to play with. They understand that fewer toys will actually benefit their children in the long-term:

Kids learn to be more creative. Too many toys prevent kids from fully developing their gift of imagination. Two German public health workers (Strick and Schubert) conducted an experiment in which they convinced a kindergarten classroom to remove all of their toys for three months. Although boredom set in during the initial stages of the experiment, the children soon began to use their basic surroundings to invent games and use imagination in their playing.

Kids develop longer attention spans. When too many toys are introduced into a child's life, their attention span will begin to suffer. A child will rarely learn to fully appreciate the toy in

front of them when there are countless options still remaining on the shelf behind them.

Kids establish better social skills. Children with fewer toys learn how to develop interpersonal relationships with other kids and adults. They learn the give and take of a good conversation. And studies have attributed childhood friendships to a greater chance of success academically and in social situations during adulthood.



Kids learn to take greater care of things. When kids have too many toys, they will naturally take less care of them. They will not learn to value them if there is always a replacement ready at hand. If you have a child who is constantly damaging their toys, just take a bunch away. They will quickly learn.

Kids develop a greater love for reading, writing, and art. Fewer toys allows your children to love books, music, coloring, and painting. And a love for art will help them better appreciate beauty, emotion, and communication in their world.

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staff & site...

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***Regular office hours are Monday-Friday, 9-4:30**

Canandaigua office hours by appointment only

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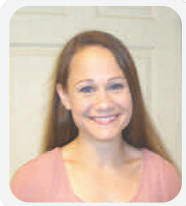
514 S. Main Street

Canandaigua, NY 14424

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Fax: 585-394-2078

agency highlights. . .



Hello! My name is Alissa Norman, and I started as a Family Educator in July! My background includes working with children and families in an educational setting, as well as working with parents with job readiness skills. I have a Bachelors of Science in Child Development and Sociology. I enjoy spending time with family

and friends, including my boyfriend, Jason and his daughter, Ally, and my four-legged kid, Gordie the dog! Being healthy and active is of high importance in my family, with one of my personal hobbies being running. I am very excited to work with families to assist them in their growth and development, and to see them become successful!

Hello! My name is Karlee Roberts and I am the new Family Educator out of the Geneva office. I have two Associate's degrees, one in Early Childhood Education and one in Human Services. I am currently finishing (less than six months left!) my Bachelor of Social Work through Keuka College. Throughout the years, I have worked in various settings: I have been a nanny, a preschool teacher, a life skills teacher, a teacher assistant, a preschool special education assistant, and even in a children's play place. I love children, but I always wanted to be able to make a connection with the families. I am really excited about this position because it gives me that opportunity.



I have two children of my own, Katie my amazing 15 year old, and Tyler my precocious 12 year old. Some days I look at them and can't believe how lucky I am. Other days I look and them and can't believe I'm that old. I live in the country next to a dairy farm and have four cats and two dogs. When I'm not working, driving my son to school, going to my daughter's lacrosse games, or going to classes myself, I enjoy curling up on the couch with a good book.



Hello! I am Carrie Pulver. I am an assistant educator in the early childhood education programs at the Penn Yan site and at the Children's Center in the Yates County Court House. I have been working for the agency since February 2014. I received a bachelors degree in Childhood Education and Special

Education from Keuka College in 2013. Currently, I am working on obtaining my masters degree in Reading and Mathematics from Walden University.

Teresa Kennedy has recently joined our Healthy Families team as the new Family Assessment and Support Worker. Previously Teresa worked as a Family Educator in our very own PSP program, and prior to that she worked with the aging population. We are thrilled to welcome her to our team! Teresa says, "I am very excited to join the Healthy Families Ontario team. For the past three years I have been working with families connected to Child Protective and Preventive Services. I will continue my Human Service career working within the communities and doing outreach services as well as home visiting. In my spare time I love Kundalini Yoga, enjoying the woods behind my house, and being surrounded by the love of my family. All of the Healthy Families staff that I've met so far have been really friendly and positive. Healthy Families is a new program to me, and from what I've learned so far, it is amazing!"



Child & Family Resources is all moved in!!

Stop by and see us! Our Geneva office at 671 South Exchange St. has its parking entrance on Elizabeth Blackwell Street and is located behind the Carnevale medical office building.

Our new Canandaigua office is easy to find on 514 South Main in the blue Billiards Square building with the parking lot right in front.

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

March of Dimes Community Grant for our Community Baby Shower

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.



As They Grow — Baffling Behavior

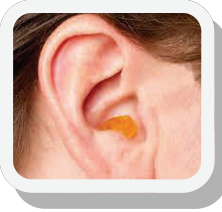
Baffling Behavior

Sticking Food in Places Other Than Her Mouth...

Why it's Normal – This is most likely a simple case of curiosity gone awry. Your child is fascinated by the openings of her body, and she wants to know what will happen- and how it will feel- when she puts something like a string bean in her nose or ears. And she may be especially tempted to try it with a food that's new to her.

Smart Response

Tell your child that it's not safe to put anything in her nose and ears (some children put pebbles and small toys in there too!) Also, it might seem obvious to you, but it's a good idea to remind her where it's supposed to go; "Toddlers want to be in control, so it's better to let them know what they can do with an object ('Food is for your mouth'), as opposed to what they can't ('Don't put it in your nose')," suggests Dr. Vazzana. You can also give your child the autonomy she craves at mealtime: allow her to hold her own utensils and serve and feed herself, even if it gets messy. Finally, indulge your toddler's curiosity by letting her examine your nose, mouth and ears with a flashlight.



Baffling Behavior

Drinking Bathwater and Eating Sand or Dirt...

Why It's Normal – When your child was a baby, she chewed on books and mouthed toys. Now she's moved on to bath water, sand, and dirt. Toddlers are continuing to explore their environment, and putting things in their mouth is one of the ways they do it. Sand and dirt are particularly appealing because the texture is interesting to them.

Smart Response

Take your child directly from the tub to the kitchen, and share a cup of water with her from the faucet or a pitcher, while talking about how good it is. If she drinks from the bath again, remind her that only the water from the kitchen is good for her. You can also pretend that her toy animals are sipping from the tub and make them say "Eww!" or "Yuck!" When it comes to sand or dirt, you should let her know that they're for playing, not eating. Most children will stop putting it in their mouths after they realize it tastes terrible. If yours doesn't give her a shovel and a pail to show her other ways she can play with it. Parents, July 2010



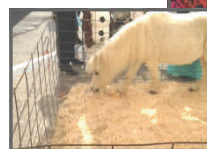
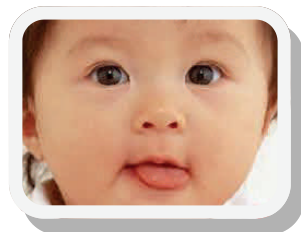
Baffling Behavior

Licking Your Face, You're Arm, or Another Body Part...

Why it's Normal – Your child may just be trying to get your attention because he's bored, hungry, or copying what he's seen your pet do. The good news is that licking is a benign way of getting attention. After all, some children will yell, bite, or yank on your arm instead. Or your toddler just might like the salty taste of your skin, adds Parents advisor Harvey Karp, M.D.; author of The Happiest Toddler on the Block book DVD.

Smart Response

If it just happens one time, your child may be mimicking a pet. Start by suggesting an alternate action such as: "Only dogs or cats lick people, but you can give me a kiss." But if the licking continues, he's most likely doing it to get a reaction when you're paying bills, checking e-mail, or otherwise focusing on something other than him. Remember, to a toddler any attention- even a scowl – is better than no attention. "The best way to handle this kind of interaction is to completely ignore your child," explains Dr. Vazzana. "Then be sure to praise him when he returns to an appropriate behavior."



FALL INTO CANANDAIGUA!!

A fun filled day at the annual family event! Face painting, a visit from our pony friend Lux, crafts and scarecrow food for all!



Dear Child Care Providers:

Welcome to Fall!

Shelly, Terri and I continue to conduct required inspections and bring along technical assistance as needed when facing non-compliance to the revised regulations. That being said, there are a few areas that would be of great benefit to your program and parents when trying to obtain and maintain compliance.

Refer to Management and Administration FDC 417.15(22) or GFDC 416.15(22) which states, **"The program must give the parent, at the time of admission of the child, a written policy statement including but not limited to..."** The regulation continues to list 15 items of information parents need to know. Please review your current parent packet. Update policies to be aligned with the revised regulations; add any missing item that is required. If you do not have a parent packet, consider putting one together. The packet can be either a binder with all stated policies and a cover sheet for parents to sign and date after reading or you could develop a child care policy/contract for each child enrolled that parents must sign and date. Review each policy with the parent. Help the parent understand the program's intent for the policy. As the child care provider, sign any agreed upon arrangement between you and the parent. Sign and date the agreed upon arrangement in the presence of the parent. Best practice is to ensure parents make a copy of any signed/dated agreed upon policy.

Let's talk about transportation. Please note parents must be aware of your transportation policy. Transportation may mean to and from field trips, local programs such as the library, preschool, school and/or emergency care, who is providing the transportation and when. Refer to **Transportation FDC 417.6 or GFDC 416.6** which lists 12 regulatory items to meet compliance. Parents must be informed and agree to a transportation plan. The plan must be updated as needed. And your program must openly display daily transportation schedules.

Refer to **Safety FDC 417.5 or GFDC 416.5**, which now includes regulations in regard to firearms and ammunition. These regulations are specific and require firearms and ammunition to be securely stored and inaccessible to children. The firearms and ammunition are to be securely stored separate from each other. Parents and your licensor/registrar need to be given written notice that the fire arms and ammunition are on the premises.



SCARECROW FUN !

CFR hosted some fun at the Fall into Canandaigua event. Hello new neighbors!!

Emergency evacuation is addressed in the **Safety** section as well. Evacuation policies and practices must include how children of all ability levels are to evacuate safely. Parents will need to know where and how to access each relocation site.

Contact your licensor or registrar, if you have questions or concerns on the above stated information. Lastly, since the rain, ice and snow weather is upon us; make sure all egress routes are clear of fallen leaves, ice and snow.

May you and your children have a season filled with fun and wonder!

Mary Jepsen,
Registration Coordinator

Hats off to...

New CACFP Participants:

Dawn Chapman

Lisa Reagan

New Providers:

Elizabeth Royston

Allison Smith

Candiss Smalt

child care training reminders ...



LOOKING FOR SOMETHING DIFFERENT??

Check out these OPTIONS for Child Care Professionals

Child and Family Resources offers professional development programs that are completely **online**, so the media-rich, interactive courseware can be accessed any place or time via the internet. Once you purchase your course package, you have a year to complete your training at **your own pace**.

Course Offerings:

- Multiple options to fulfill required training hours
- Initial and Renewal Training for CDA
- 100+ Individual courses approved by OCFS

Including but not limited to:

Early Childhood Program Accreditation
Ethics and Ethical Behavior
Stress Management for Child Care Professionals
Bullying: Identification and Prevention
Childhood Anger and Anger Management

Conflict Management in the Early Childhood Classroom

Discovery of Math

Documenting Children's Behaviors
Enhancing Children's Self-Esteem
Experiencing Music in the Classroom

Guidance and Discipline in a Child Care Setting

Learning Styles
Multiculturalism

Nurturing Toddlers

Physical Activity
Physical Activity for Children with Disabilities
Positive Solutions for Challenging Behaviors
Recognizing Levels of Social Play
Risk Management
Special Care: Inclusion

Stranger and Separation Anxiety

Stress in Young Children
Supporting Young Children's Dramatic Play

Teaching Tolerance

Transitioning to Kindergarten
Using Portfolios in Early Childhood Programs
Using the Arts as a Teaching Tool
Using Visual Arts to Enhance Development
Working with Children with Disabilities

Design and Use of Child Oriented Spaces

Communicating Effectively with Parents
Encouraging Parental Involvement
Planning and Conducting Open Houses

Relating with Parents

You can find the link to the Training Academy at
www.cfresources.org

From the Professional
Development tab, click
["Online/Distance Learning"](#)



DID YOU KNOW THAT...?

- ♦ If you are in need of a **Health Care Consultant** please contact our office nearest you for our consultant contact information. Site visits from our consultant for Health Care Plan approvals are now \$50 per hour. All other fees for these services are funded by the Office of Children and Family Services.
- ♦ Our OCFS supported **Intensive Technical Assistance Project** is uniquely geared to individual registered and licensed providers or center staff located in Ontario, Seneca or Yates Counties. Professional facilitators come into your program during your business day to offer tips, information and hands-on practice. Providers interested in investigating topics not covered in group classes or as a follow up to a training attended can request this program. Contact Tammy Bursley at 585-507-8601 for more information.
- ♦ Until further notice, Child and Family Resources no longer has a certified MAT trainer. If you are in need of **MAT training**, depending on your location, please contact the Child Care Council in Rochester at 585-654-4720, or Child Care Aware of Steuben and Schuyler Counties at 607-776-2126. Both agencies can assist with MAT training & recertification.

child care training reminders ...

CACFP **Child and Adult Care Food Program**

ATTENTION Child & Family Resources **CACFP PARTICIPANTS**

November 17 - United Church
11 Gibson St., Canandaigua

"How Do Dinosaurs Eat Their Food"
...and other fun food books

6:00-7:00pm

It's a new CACFP training year!

- ➔ 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.

Registration required. Please contact:
Amanda Hines, CACFP Administrator
at 315-536-1134, ext. 2310 to register

Video Teleconference **New Geneva and Seneca Falls** **November 20** **Continuity of Care**

Register at www.ecetp.pdp.albany.edu
(Child & Family Resources cannot register participants)
All participants must be seated by 6:45pm

For further information see page 20
of the training catalog at www.cfresources.org

Child Care Center Directors,
Please join us for...

A Framework for Creative and **Effective Child Care Center** **Directors (CD, PD)**



November 13th

6:30-8:30 pm

Geneva Site
\$35 per person

A center director's role can change from day to day, depending on enrollment, staff illnesses, unpaid accounts, and other variables. This workshop addresses topics including renewing your "vision", mentoring your staff, building a learning community, and strengthening leadership and management roles. The discussion, activities and information sharing will give directors information and tools to build motivation and creativity for you and your staff. *Trainer: Bette Somerville, Credential # 14269*

Contact:

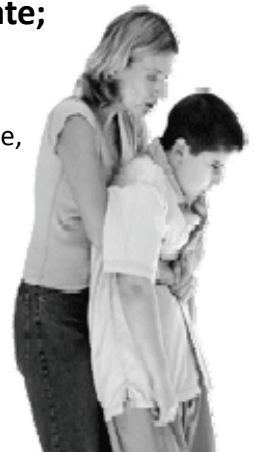
Rhi Murphy to Register @ 315-536-1134, ext. 2301

CPR and First Aid are a requirement for Child Care programs in New York State;
at least one certified staff must be on site at all times.

- ◆ Classes below are offered with our American Red Cross Certified trainer at our new Geneva Site,
- ◆ Class fees: \$125 per person.
- ◆ To register for Child & Family Resources' classes contact Rhi @ 536-1134, ext. 2301

November 10th & 17th (space limited)
December 6th, 2014

You can also contact the America Red Cross to register for their classes at 1-888-522-1277
Or register through their website at www.redcross.org



DID YOU KNOW....

Healthy Families Ontario offers two home-based services free for families that are having a baby or have a newborn?

We are here to support you with:

- 🔗 Services personalized for you and your family
- 🔗 How to care for yourself when expecting and after the baby is born
- 🔗 Information about infant and child development
- 🔗 Fun activities to do with your child to promote development and learning
- 🔗 Helping your child learn about the world through play
- 🔗 Positive support and reinforcing the strengths of your family
- 🔗 Parenting options and ideas
- 🔗 Referrals to other services within the community



All of our services are free, voluntary, and provided for you in the comfort of your own home!

Healthy Families Ontario is funded through a grant by the New York State Office of Children and Family Services and is in partnership with Ontario County Department of Social Services.

Get connected to training.....

See our Professional Development Catalog for fee and registration details:

cfresources.org

To Register:

**Contact
Rhi Murphy at:
315-536-1134
Ext. 2301**

**For Family
Child Care
Health & Safety
Start-Up Grant
applications
or questions:**

**Contact Julie at:
315-536-1134
Ext. 2304**





WHY SHOULD YOU JOIN CACFP?

Have you ever thought about joining the Child and Adult Care Food Program (CACFP)? Are you a licensed or registered family day care provider? You may be eligible for payment for the meals and snacks you provide to children in your care.

This program pays for meals and snacks served to children up to age 13 enrolled in day care homes. The focus of CACFP is to serve nutritious meals and snacks in your program. Joining the CACFP program is a Win, Win, Win situation for parents, children and providers.

Here is a comparison of what you could earn with 2 children in care and then with 8 children in care:

	2 children				8 children			
	Day	Week	Month	Year	Day	Week	Month	Year
Tier 1 Breakfast & Snack	\$4.08	\$20.40	\$81.60	\$979.20	\$16.32	\$81.60	\$326.40	\$3,916.80
Tier 1 Breakfast, Lunch & Snack	\$9.02	\$45.10	\$180.40	\$2,164.80	\$36.08	\$180.40	\$721.60	\$8,659.20
Tier 2 Breakfast & Snack	\$1.36	\$6.80	\$27.20	\$326.40	\$5.44	\$27.20	\$108.80	\$1,305.60
Tier 2 Breakfast, Lunch and Snack	\$4.34	\$21.70	\$86.80	\$1,041.60	\$17.36	\$86.80	\$347.20	\$4,166.40

(This information is based on a 5 day week, 4 week month, and a 48 week year)

The Tier is determined by location and income eligibility. Call Amanda at 315-536-1134 ext. 2310 for more information.

- 🍴 CACFP helps you guarantee that children have balanced nutritious meals
- 🍴 CACFP helps you plan menus
- 🍴 You'll be offered nutrition training, sponsored and paid for by CACFP that also covers OCFS required topic area of "Nutrition/Health"
- 🍴 It's a great marketing tool for your business as parents know the children receive meals based on USDA nutrition standards for young children
- 🍴 You'll be reimbursed your grocery dollars for serving CACFP approved meals to children in your care (including infants on formula or breast milk)

Important news about the CACFP program and the Civil Rights Training Requirement:
You must take this short training every year and be sure that Amanda gets a copy of your certificate.
 Go to http://nydontraining.health.state.ny.us/civil_rights_frontline/ . You will need to download the Adobe Flash Player to view the training.



Child & Family Resources is a National CACFP Sponsor Association member.



The World of Eric Carle

Many of us, parents and providers, have spent many, many hours reading the wonderful books of Eric Carle — *The Very Hungry Caterpillar*; *The Very Busy Spider*; *Brown Bear, Brown Bear, What do You See?* and many more. Besides the enjoyment of reading his books, there are many ideas that you can use with your children both at home and in care.

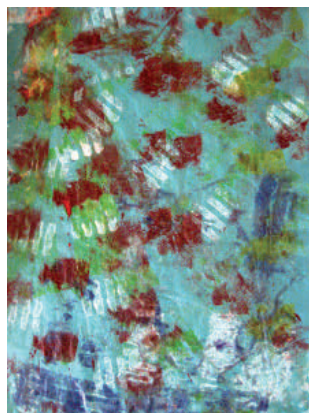


First of all, doing art projects using Eric Carle's methods is fun for all. The primary theme of his art is color, color, color!! The look in many of his books is the look of textured tissue paper. Younger children can make beautiful collages and shapes out of torn tissue paper and glue.

For older children it is fun to take large pieces of tissue paper and add other colors. Texture can be added by using textured rollers, dot makers, or anything else that the children may want to do. It is important to remember that tissue paper tears really easily so light touches and small amounts of paint work the best.

Once the tissue paper is dry, pieces of it can be cut or torn to make the shapes. Let the children be creative with both the painting and the shape.

Another fun idea is to make a family, classroom, or family day care book based on the



Brown Bear, Brown Bear book. Take pictures of everyone. As you print out the pictures add the lines, (I am going to use my name) 'Mrs. Barb, Mrs. Barb, who do you see? I see...' - turn the page and at the top of the picture on that page add the words 'looking at me.' The child would say the name of the child whose picture is on that page. This is a great way for children to learn each others names. On the very last page, have a group picture of everyone who is in the book. Change the order of the pictures periodically so that the children are surprised by who follows them.



Eric Carle's books are tools for parents and providers that will assist their children in learning about the world around them. Children learn about crickets, seahorses, roosters, spiders, and hermit crabs to name a few. They learn what they eat and where they live in a fun and an enjoyable way. Children learn about life cycles and healthy eating in *The Very Hungry Caterpillar* and how to make pancakes in *Pancakes, Pancakes*. His books help young children learn colors (numerous books), how to count to 10 (*1, 2, 3 to the Zoo*), body parts (*Head to Toe*) and the days of the week (*Today is Monday*). His books let children know that it is okay to be yourself (*The Mixed Up Chameleon*) and about friendship (*Do You Want to be My Friend?*). *Papa, Please Get the Moon for Me* is a wonderful tribute to the love between a father and a daughter. His wordless book, *I See a Song* is a must read for those who love music. It encourages children to develop their own visual and musical imagination and creativity.

You can't go wrong with an Eric Carle book, author/illustrator of over 70 books!

Why Fewer Toys Will Benefit Your Kids

continued from page 1

Kids become more resourceful. In education, students aren't just given the answer to a problem; they are given the tools to find the answer. In entertainment and play, the same principle can be applied. Fewer toys causes children to become resourceful by solving problems with only the materials at hand. And resourcefulness is a gift with unlimited potential.

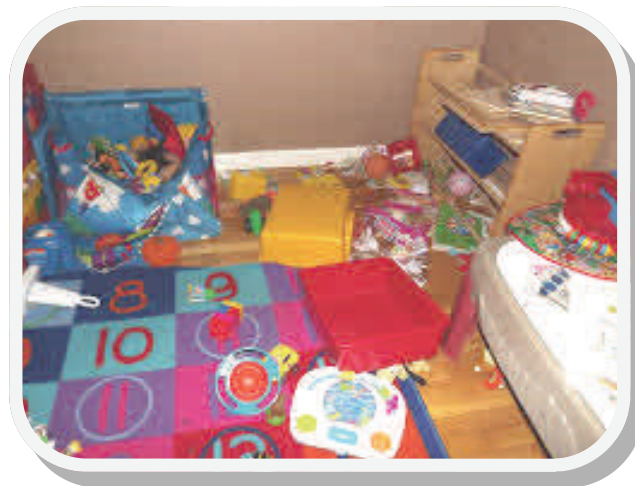
Kids argue with each other less. This may seem counter-intuitive. Many parents believe that more toys will result in less fighting because there are more options available. However, the opposite is true far too often. Siblings argue about toys. And every time we introduce a new toy into the relationship, we give them another reason to establish their "territory" among the others. On the other hand, siblings with fewer toys are forced to share, collaborate, and work together.

Kids learn perseverance. Children who have too many toys give up too quickly. If they have a toy that they can't figure out, it will quickly be discarded for the sake of a different, easier one. Kids with fewer toys learn perseverance, patience, and determination.

Kids become less selfish. Kids who get everything they want believe they can have everything they want. This attitude will quickly lead to an unhealthy (and unbecoming) lifestyle.

Kids experience more of nature. Children who do not have a basement full of toys are more apt to play outside and develop a deep appreciation for nature. They are also more likely to be involved in physical exercise which results in healthier and happier bodies.

Kids learn to find satisfaction outside of the toy store. True joy and contentment will never be found in the aisles of a toy store. Kids who have been raised to think the answer to their desires can be bought with money have believed the same lie as their parents. Instead, children need encouragement to live counter-cultural lives finding joy in things that truly last.



Kids live in a cleaner, tidier home. If you have children, you know that toy clutter can quickly take over an entire home. Fewer toys results in a less-cluttered, cleaner, healthier home.

This article was written by Joshua Becker author of *Simplify and Clutterfree with Kids*. He ends the article with this statement: "I'm not anti-toy. I'm just pro-child. So do your child a favor today and limit their number of toys. (Just don't tell them you got the idea from me.)"

Mr. Becker also blogs at www.becomingminimalist.com.

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 2014 — Bullying Prevention Month

October 31 — Halloween

November 2014 — National Family Literacy Month

November 1 — Penn Yan Fall Harvest Fest — 10-12

November 4 — Election Day

November 8 — Seneca Falls Family Connection—
10:00-12:00 — SF Library

November 11 — **CFR closed** — Veterans Day

November 20 — International Children's Day

November 26— no ECE classes

November 27—28 — **CFR closed** — Thanksgiving

December 2014 — Month of Giving

December 22—31 — no ECE classes—classes resume
week of January

December 25, 26 — **CFR closed**

January 1 — **CFR closed**



Have you liked our page on Facebook? You will discover some great ideas, thought provoking articles, news you can use and the latest in recalls. It is a great way to stay connected to other providers as well as Child & Family Resources...And when you like what you see... let us know and click on LIKE!!

Parenting Meetings and Support!!

(Child Care Provided-Registration Required)

Penn Yan Site:

Wednesdays - 6-7:30pm, ongoing group

P4L — Parenting For Life

“Play is the only way the highest intelligence of humankind can unfold.”

Joseph Chilton Pearce

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 www.ocfs.ny.gov



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