

CFR Connection

2015 Issue 3



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Is Nature Play Worth the Risk —Yes!

It is so important that children learn to be resilient in our society today. There are many ways parents, providers, and those who care about children can assist them in gaining this attribute. An accompanying article on page 4 gives many ideas how we can do this. This article is going to delve into one aspect of this - nature play. Since it is the time of the year that we can actually be out in nature without lots of extra clothes it seems fitting to investigate how playing in nature can build resilience. It comes down to one word - risk!

According to Ken Finch, President of Green Hearts Inc, our society today seems to be what he terms "risk paranoid." We don't want our children to get hurt. This is a natural feeling. As he goes on to state, "Life itself is dangerous. Life is full of risks, and we should hope that it remains so. Without risks, no child would ever learn how to walk or ride a bike. No adult would ever take up a new sport. No company would ever create new products. Risks are an integral part of progress. Thus, the goal shouldn't be to eliminate all risks from our children's lives, but to manage them and keep them in perspective."

Nature play is dangerous. Children can and do get hurt in nature-based play. They have throughout human history; and they always will but is this a reason to keep kids away from nature play? No. In fact, most injuries in nature play are relatively minor.

The bottom line is that children need risk. Why? Risk is a powerful catalyst for growth. It helps a child develop good judgement, persistence, courage, resiliency, and self-confidence. Examples may include jumping across a stream or climbing a tree. Initially, the child jumped from boulder to boulder on dry land or climbed the tree to the lowest branch. As they master those skills they have the confidence to take the risk and try the next step. For many proceeding generations, children grew up in nature as a source of challenge and adventure. It was a great place to test themselves and their abilities. Often these tests included risks.



Many of our children today do not have or aren't given these same type of opportunities. If they are not allowed to fall down, skin their knees, jump up and return to play, they may not develop the same resilient behavior when something goes wrong in school.

The type of nature play mentioned is not structured play in an outdoor venue. It is open, it is free from rules, there are no time clocks, and possibly little interference from adults. It is child centered. It is the type of play where children run through a field, play in a creek, explore under a rock and climb trees. Each experience leads to a child wanting to test themselves more and more. For more information and ideas for parents and providers go to www.greenheartsin.org.

staff & site...

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

****Canandaigua office hours are Monday-Friday, 10:30-4:30**

Website: www.cfresources.org

Like us on [Facebook](#)

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Penn Yan Center*

263 Lake Street
Penn Yan, NY 14527
315-536-1134
Fax: 315-536-9918

Children's Center

Yates County Courthouse
Monday, Tuesday, Thursday
415 Liberty Street
Penn Yan, NY 14527
315-531-3438

Geneva Center*

671 S. Exchange Street
Geneva, NY 14456
315-781-1491
NEW Fax: 315-789-2524

Gorham ECE

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Gorham, NY
585-526-6351

Seneca Falls* Center

115 Fall Street
Seneca Falls, NY 13148
315-568-0945
Fax: 315-568-0978

Canandaigua ** Center

514 S. Main Street
Canandaigua, NY 14424
585-919-2476
Fax: 585-394-2078

agency highlights...



LOOKING FOR A PRE-SCHOOL PROGRAM??

There are still openings for the Early Childhood Programs at both the Gorham and Penn Yan sites. For more information contact Rhi Murphy at 315-536-1134, ext 2301. Programs run from September through June.

ADDITIONAL OPEN HOURS AT THE CHILDREN'S CENTER!!

The Center (located at the Yates County Courthouse) is now also open on Wednesday afternoons from 1-4pm. Parents with court business are eligible to use The Center for free drop-in care.

Congrats to our 2015 CDA class participants!
Another CDA success and a fond farewell to Child & Family Resources's Tammy Bursley.



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

It's A Wonderful Life committee in Seneca Falls for their donation to our Seneca Falls programming.

Erica Sorce for her donation to the Penn Yan Early Childhood Program

Keuka College students Megan Geariety, Ashley Terry, Ben Schreiber, Joe Petrie, Lee Bottoni, Maura Gosson and Rickessa Fields for their time and energy helping us clean up around our Penn Yan office for Celebrate Service, Celebrates Yates day of volunteering.

Donations from our mail campaign:

Penn Yan American Legion
Lakeview Organic Grain, LLC.
St. John's Episcopal Church
Finger Lakes Bone & Joint Center
Mr. Jorge Diaz-Herrera
VR Food Equipment, Inc.
Penn Yan Elks Lodge
Seneca Lake Duck Hunters Assoc.
Walmart
Angel's Family Restaurant

See p. 8 for additional incredible donors!!

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.

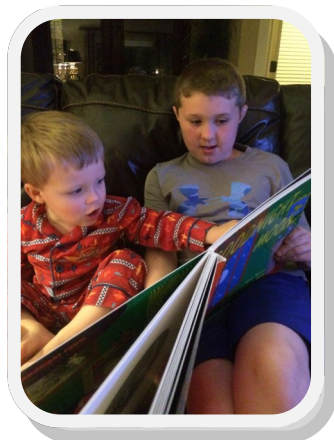
Ideas For How You Can Teach Your Kids Resilience

We can not protect our children from everyone and everything in their lives; however, what we can do is teach them how to protect themselves, teach them how to bounce back when life does not go as they want, and to teach them to be the kind of child and adult who is kind and gentle to others. Most children will not experience trauma in their life but all will experience another child being mean, a bad dream, not winning in a competition and/or not getting the recognition they think they deserve.

The following is a partial list of ideas for how you can teach resilience to your children or the children in your care based on an article by Chelsea Lee Smith.

As she mentions at the beginning of her article “this list is not your typical “do” and “don’t” list but rather a set of prompts to begin reflecting on ways you can teach your children resilience through simple interactions every day.”

- ◇ Teach your child to identify struggles as challenges to overcome, not tests to avoid and teach them phrases such as “this too will pass” or “every challenge makes you stronger” to spark this outlook.
 - ◇ Remind your child to be patient with a younger sibling’s or playmate’s interference with their toys: teach them relationships are more important than “things”.
 - ◇ Resist the urge to run to your child’s rescue immediately, such as when you see them having trouble putting on clothes or feeding themselves.
 - ◇ Introduce new experiences to your child which will help them step outside their comfort zone, such as playing with children who speak another language or trying new foods.
 - ◇ Do not give in when you set a limit, such as an amount of TV they can watch or how much dessert they can have.
 - ◇ Remind your children to do their best on school work, even if it means taking longer than they would like or staying up later than normal.
 - ◇ Require that responsibilities be completed even when your child does not feel like it, such as making beds, taking a bath, feeding the pets and brushing teeth.
 - ◇ Let your child own their feelings even if they are challenging, by not belittling the emotions but giving them a way to maintain perspective through phrases such as “Every challenge makes me stronger” or “A rainbow will come after the storm.”
- To read the full article this list was posted with, visit: <http://creativewithkids.com/25-ideas-for-teaching-your-kids-resiliency/>





Dear Child Care Providers,

As a licensed or registered child day care program, you are aware that the state established rules and regulations to help promote the health and safety of children in care.

In the regulation booklet, take notice of the **Program Requirement** section. This section addresses activities each program is required to incorporate into their daily schedule. Such activities include but are not limited to indoor play, outdoor play, meal times etc. Each activity must accommodate the varying age group of children in care. Well planned and thought out activities help to build a child's developmental skills and interests.

So, what does an indoor activity look like? It could be playing with musical instruments. What developmental skill is being addressed? Maybe it could be fine motor skills such as grasping, shaking, and strumming. Does the activity include all children? For infant participation you can hold out a finger encouraging the infant to grasp on, and then swaying the infant's arms to the music. Or show a toddler how to hold onto a pair of maracas to shake and make music. Preschoolers may make music on a drum using their hands while school agers may strum a guitar. The activity is interactive, explorative, imaginative and filled with language experiences. All of which provides children with positive learning experiences.



Children who are provided with positive learning experiences will:

- Learn to trust others and feel secure
- Discover and establishing a positive self-image
- Develop communication skills and experience the responsiveness of others
- Use memory and acquire the basics of self-control
- Learn to separate thinking from feeling through experiencing opportunities to make choices
- Become aware of limits
- Create personal solutions to simple problems
- Learn to distinguish between reality and make believe

All of these experiences help children develop skills necessary to meet the challenges of today's world. Children who have positive experiences to draw from will be better equipped to make difficult decisions later in life. That is why, your role in promoting the health and safety of children is so important. To learn more about developmentally appropriate activities, contact our professional development training department. Inquire about intensive technical assistance training in which training may be delivered to you in your program. This is a free service which supports your training needs.

Remember to have fun!

Warm Regards,
Mary Jepsen, Registration Coordinator

Did you know?

...that caring for 3 or more unrelated children for more than 3 hours per day per child is considered illegal care according to NYS law?

Call:
315-536-1134
Ext. 2313
for more
information

New
CACFP
Providers:

*Carol
Cartwright*

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"](#)

Before enrolling be sure class is OCFS
approved.



**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.**

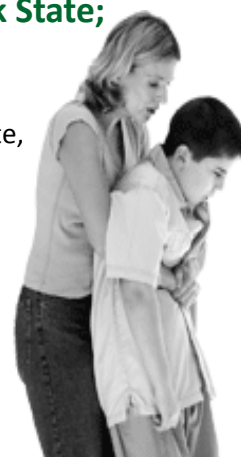
- ♦ Classes below are offered with our American Red Cross Certified trainer at our Geneva Site,
- ♦ Class fees: \$125 per person.
- ♦ To register for Child & Family Resources' classes contact Rhi @ 536-1134, ext. 2301

August 11th and 18th — 6:00—9:00

September 19th — 9:30—4:30

Please bring a lunch for the Saturday trainings

Geneva site only



child care training reminders ...

CACFP

Child and Adult Care Food Program

**September 16, 6:00-7:30 @ Geneva
Magnificent Meals**

**(This is your last chance for CACFP training
for this CACFP 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. No Walk-ins.

Please contact:

Amanda Hines, CACFP Administrator
at 315-536-1134, ext. 2310 to register

SUNY Teleconferences

Geneva & Seneca Falls sites

All sessions: TIME: 6:45-9:15 pm

There is no cost to providers for this training.

**September 3, 2015:
Moving and Grooving in Your Child
Care Program (OCFS: PD)**

For conference topic descriptions go to:

www.ecetp.pdp.albany.edu

You must register ONLINE at the address above

(Child & Family Resources cannot
take registrations for these classes)

*Please only register for the teleconferences that are
applicable to your setting and that you plan on
attending.*

Designing Programming for Children with Special Needs (CD, PD)

**September 15th, 6:30-8:30pm
Penn Yan Site, \$35 per person**

Are you looking for resources to plan programming for special needs children in your program? This training will examine strategies for programming that meets the needs of children with ADD/ADHD, Autism and Asperger's, and Sensory difficulties. Learn how to plan a variety of activities that encourage social, emotional, physical & cognitive development. Walk away with a basic understanding of children with special needs and how to include them in your programming. Bette Somerville is a NYS certified Special Education teacher with 25 years of experience to share.

(Identified Audience – FDC, GFDC, DCC, SACC, LE)

CBK: 1, 2, 3, 4 ELG: 1, 2, 3, 4

Trainer: Bette Somerville, Credential #14269

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

**November 12th, 6:30-8:30 pm,
Geneva Site, \$35 per Director**

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.

(Identified Audience – DCC & SACC Directors)

Trainer: Bette Somerville, Credential # 14269

Celebrating Provider Appreciation Day

A BIG THANK YOU

to the following local businesses for contributing to this year's Provider Appreciation recognition!!

In honor of National Provider Appreciation Day, Child & Family Resources received many generous donations of goods and services from businesses and community members in Ontario, Seneca and Yates counties. Because of these generous donations we were able to recognize 40 local child care providers for their hard work and dedication to the children in their care by offering random drawings for child care programs for several weeks via CFR's Facebook page. Child care programs submitted children's art which was also shared on the page. So, what would you do without child care?

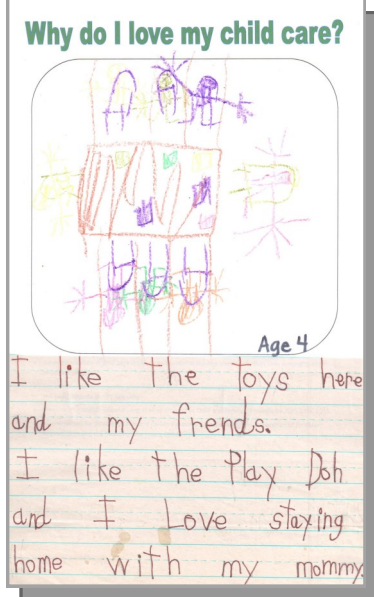


Posh
Ramada Inn
Super Casuals
Tammy Bursley
Zotos International
Bristol Valley Theater

Arby's Restaurant
Pizza Hut
The Renaissance Shoppe
Unique Toy Shop
BJ's Wholesale
Finger Lakes Family Chiropractic & Wellness
Pizza Hut



Antique Inn
Flying Colors
Judy's Flower Cart
Keuka Candy Emporium
Seneca Farms
The Nest Egg
Downtown Deli
Parker's Grille & Tap Room
Sinicropi Florist & Gift Shop
The Copy Shop
The Gould Hotel
Olive Garden Restaurant
Target
Ciccino's Pizzeria & Restaurant
Connie's Diner



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



Fruits and Vegetables:

Summertime is a great time to explore farmer markets, plant your own garden or shop at local roadside stands.

Fruits and vegetables are an important part of healthy living and daily eating habits. Fruits and vegetables contain vitamin and minerals which keep our hearts, nerves and muscles working, our bones and immune systems strong, our eyes, skin, and hair healthy, and our digestive systems functioning. In addition, they contain fiber and other substances known as phytochemicals.

Try these tips to eat more fruits and vegetables:

- Drink 100% fruit and vegetable juices.
- Add berries, bananas, peaches, or raisins to your cereal.
- Add fresh, canned, or dries fruit to yogurt, pancakes, and waffles.
- Snack on carrot or celery sticks.
- Make fresh fruit smoothies.
- Have a salad for lunch or a salad with dinner every night.



Ever wonder how many fruits and vegetables there are?
Try a new fruit or vegetable every week!

Fruits: Apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew, kiwi, mangos, nectarines, oranges, papaya, peaches, pears, pineapple, plums, raisins, raspberries, strawberries, tangerines, watermelon, etc.

Vegetables: Bok choy, broccoli, collard greens, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress, acorn squash, butternut squash, carrots, hubbard squash, pumpkin, red peppers, sweet potatoes, tomatoes, cassava (yucca), corn, fresh cowpeas or field peas, green bananas, green peas, green lima beans, plantains, potatoes, taro, water chestnuts, black beans, black-eyed peas, chickpeas, kidney beans, lentils, navy beans, soy beans, pinto beans, white beans, split peas, artichokes, asparagus, avocado, bean sprouts, beets, brussel sprouts, cabbage, cauliflower, celery, crooked neck squash, cucumbers, eggplant, green beans, green peppers, onions, zucchini, etc.



Which ones will you try?

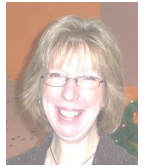
**Check out a listing of local Farmer's Markets in the
Get Connected section on page 11!**

Teamnutrition.usda.gov



Next CACFP training: Check page 7 for the next training

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



Fostering Resilience through Stories and Books

Several of our articles are focusing on assisting children to build resilience. This page will offer 2 craft ideas and books that parents and providers can use with their own children.



The first is to make a **dream catcher**... These can be as elaborate or as simple as you want. It depends on the age/ability of the child. All you need is something round, yarn, beads and feathers. The picture displayed is one that a preschool child can make.

As the name suggests, a dream catcher is to catch all the bad dreams that a child has. The following is just one story that can be told to the children.

Many years ago, in little village, all of the children were visited night after night by bad dreams. People tried to do all sorts of things to rid them, but nothing helped at all. One night a little boy dreamt about a spider that spun a beautiful web. It had beads and feathers in it. The beads and feathers caught bad dreams and good dreams passed right through. When dawn broke, the bad dreams that had been trapped in the web were gone. They had evaporated and disappeared. When the boy woke up he told his friends about his dream. All the rest of the children in the village made a web just like the one that appeared in the little boy's dream, and they hung them above their beds. The dream catchers caught all the bad dreams and let the good dreams pass through the sleeping child. At first light all the bad dreams disappeared. If something bad still managed to survive until morning the children thought he should tell his loved ones, and together, they would work things out. This worked and

all the village children slept fine after that and had good dreams. To this day, many children still make dream catchers to catch their bad dreams.

Another idea is to have children make a **treasure box**... This box is unique to each child. It is made however the child pleases. In this box, the child puts treasures that are important to him. No one has the privilege of looking in this box, only the child. What may seem unimportant to someone else can carry strong emotions and meaning for a child. This box can become a symbol of security, happiness, safety and memories. I have known children to use this same box year after year. When they get older and look back into the box, the treasures bring back memories that only the child can have.

This following list is a very short list of the many books that are available to help build a child's emotional vocabulary and generate good conversation: *(appropriate ages are noted)*

- 📖 *The Grouchy Ladybug* by Eric Carle (1-6)
- 📖 *The Pout Pout Fish* by Deborah Diesen (3-5)
- 📖 *Franklin's Bad Day* by Paulette Bourgeois and Brenda Clark (5-8)
- 📖 *Llama Llama Mad at Mama* by Anna Dewdney (2-5)
- 📖 *The Rain Came Down* by David Shannon (4-8)
- 📖 *I Am Not Going to School Today* by Robie H. Harris (4-8)
- 📖 *Bear Feels Sick* by Karma Wilson and Jane Chapman (3-5)
- 📖 *Goodbye Mousie* by Robert Harris (3-8)
- 📖 *Don't Let the Pigeon Stay Up Late!* By Mo Willems (2-7)
- 📖 *It Wasn't My Fault* by Helen Lester (4-7)
- 📖 *I Can Do It Myself (A Sesame Street Series)* by Emily Perl Kingsley (2-4)
- 📖 *I'm in Charge of Me!* By David Parker (3-5)

get connected ...

...TO YOUR LOCAL FARMER'S MARKET...

Canandaigua Farmers Market & Bid

Season: June through October - Saturdays, 8:30 AM to 12:30 PM
@Corner of Mill and Beaman Streets, Canandaigua.

Branchport Farmers Market

The Summer market is located at the Branchport Fire Hall Pavilion at 3686 Rte 54A and is open weekly on Tuesdays from 4-6:30 pm, from Late May - Late October. [Branchport Farmers Market](#) or email branchportfarmersmarket@gmail.com

Geneva Farmers Market & Bid

Mid June through Early October. Thursdays, 7:30 AM to Noon
@Exchange St. Parking Lot (across from Lyons National Bank)

Hammondsport Farmers Market

Season: Mid June through October - Tuesdays & Saturdays, 9 AM - 5 PM
@Liberty Street Park, Hammondsport

Seneca Falls Farmers Market

Season: June 17th through October 28th.
People's Park, canalside, near Seneca Falls Community Center.
Wednesdays, 9AM to 2PM

Yates CO-OP Farm and Craft Market

Open-air market. Season: Late May through Mid October - Saturday, 7:30 AM to 12 Noon @ Downtown Penn Yan, on sidewalk, East side of Main St. at Elm St.

The Windmill Farm & Craft Market

This is more a craft market than a Farmers Market as there are only 15 farmers out of the 250 vendors, so it might not feel as earthy as the other farmer's markets. But if you are by Dundee or Penn Yan (northeast part of Keuka lake) it is worth a look.

babycafé
Canandaigua



www.babycafeusa.org

Do you have
parenting
questions?

Pregnant and
interested in
breastfeeding?

Want to
meet other
local moms?

Baby Café is a FREE drop-in for all families!
Lactation Counselors are available to help you!

Child and Family Resources
514 South Main Street
Canandaigua

Relax and join us for coffee,
support & information!

Every 1st & 3rd Wednesday
10:00-11:30am
All are welcome!

*Healthy siblings welcome (no childcare provided)

*Closed on all Canandaigua School holidays, breaks & snow days.



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



2015 — Year of the Sheep

July 2015 *National Blueberries Month*
July 3rd— **CFR Offices closed for holiday**

July 24—**CFR Offices closed at Noon**

August 2015 *National Breastfeeding Month*
August 5 & 19—Baby Café Canandaigua, 10-11:30am

Come join us at: **Finger Lakes Riesling Festival,**
Canandaigua Pier, August 8-9, 10am-5pm

August 28—**CFR Offices closed at Noon**

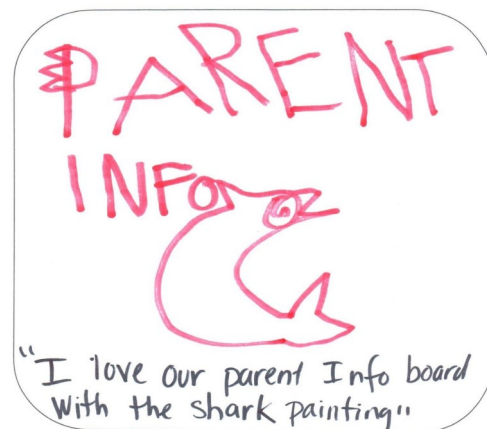
September 2015 *National Hispanic Heritage Month*
Sept. 2 & 16—Baby Café Canandaigua,
10-11:30am

Sept. 7 — **CFR Offices closed** for Labor Day



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!!

Why do I love my child care?



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



Child & Family Resources, Inc.
263 Lake St.
Penn Yan, NY 14527

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Persistence and resilience only come from having
been given the chance to work through difficult
problems.
Gever Tulley, writer



Community Partner

