

CFR Connection

2015 Issue 4



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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8 Tips for Getting Children Off to School

School has been in session for a few months... Still, there can be rough mornings as you are trying to get your children or the children in your care out the door each morning. The following are tips adapted from an article by Elizabeth Austin from Parenting.com that may make your morning a little bit less stressful.

1. Getting Enough ZZZs By far, the most important school health issue for most kids is getting enough sleep --about 10 to 11 hours a night for elementary school-age children. That sounds simple, but the trouble is, it's not always easy to make your child's sleep patterns mesh with their new school schedule.

When parents work late, children's bedtimes often get pushed back to create a window of family time. How can you argue with that? Don't be surprised if your child comes home from school exhausted, especially in the first few weeks, says Greg Prazar, M.D., a pediatrician in Exeter, NH. "It's a huge adjustment for children," he says. "Lots of kids will need a nap after school to help them revive." If your child doesn't want to sleep, settle for 30 to 45 minutes of quiet time --with no television.

2. Testing Eyes and Ears You can't expect a child to learn if they're having trouble seeing the blackboard or hearing the teacher. So have your pediatrician screen for vision and hearing problems during your child's back-to-school checkup. Remember: You can't assume your child has 20/20 vision just because he never complains about not being able to see; children with vision problems may not realize the world isn't blurry to everybody else. If your child often has headaches, tilts their head to one side to read schoolwork, or holds objects unusually close or far away to view them, it could be a sign they have a vision problem.



3. Lunchtime! You may be planning healthy, well-balanced lunches to pack in your child's shiny new *Pokemon* lunchbox. Just don't be surprised if those turkey sandwiches and carrot sticks come back untouched. Eating in new surroundings and under tight time constraints can make some children's appetites evaporate.

Don't worry too much if your child only nibbles on lunch at school, Dr. Prazar says. Instead, focus on providing a protein-filled breakfast. "It doesn't matter what it is, as long as it has some protein. It makes a real difference in your child's energy level." With a little bit of fat and fiber from complex carbohydrates, your child will be ready to start the day. You should also take time to eat breakfast with your children, Dr. Prazar adds. "I know it's tough, but parents are the most important role models. Why would your kid eat breakfast if you don't?"

It's a good idea to lay down some nutrition rules before your child heads into the lunchroom. Otherwise, he may end up trading his healthy lunch for a short stack of Twinkies. "Parents ought to know what their kids are eating at school -- so ask them.

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staff & site...

Penn Yan Staff

Alicia Avellaneda — Early Childhood Educator, ext. 2311* new ext.

Julie Champion—Executive Director, ext. 2304

Heather Fiero—Director of Operations ext. 2306

Debra Hartman—Referral & Outreach Coordinator, leave messages at ext. 2301

Amanda Hines—CACFP Administrator, ext. 2310

Mary Jepsen—Registration Coordinator, ext. 2313

Forrest Keeton—PSP Family Educator, ext. 2312

Tracy Killigrew — CCRR /Infant Toddler Specialist, ext. 2314

Cheonna Miller—PSP Supervisor/Family Educator, ext. 2308

Rhi Murphy—Office Manager/CCRR Specialist-LE, ext. 2301

Alissa Norman—PSP Family Educator, ext. 2305

Anetta Oppelt—Finance and Administration Director, ext. 2303

The Children's Center Staff

Carrie Pulver—Early Childhood Assistant, (315) 531-3438

Abby Townley—Director/Early Childhood Educator, CACFP Monitor (315) 531-3438

Geneva Staff

Natalie Ball—Family Support Worker, ext. 2219

Amanda Everett — Family Educator, ext. 2205

Terri Knight-Miller—Legally Exempt Coordinator/Registrar, ext. 2210

Tina Pierce—PSP Family Educator, ext. 2222

Dawn Waite— Geneva Site Coordinator/PSP Supervisor, ext. 2201

Gorham Staff

Abby Parsons — Early Childhood Assistant

Barb Owens—Early Childhood Coordinator/CCRR Specialist-Training & ITA

Seneca Falls Staff

Teresa Bryan — Office Manager, CCR&R Specialist-Referral & LE, ext. 2401

Shelly Wilcox— Seneca Falls Site Coordinator/Seneca & Ontario Registrar, ext. 2403

Canandaigua Staff

Jinilee Hildebrandt—Office Manager, CCRR Specialist-Referral — ext. 2501

Teresa Kennedy — Family Assessment/Support Worker, ext. 2506

Sarah Scorsone — Healthy Families & Canandaigua Site Coordinator ext. 2507

Alison Snyder — Family Support Worker, ext. 2508

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

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

Website: www.cfresources.org

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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
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315-781-1491
NEW Fax: 315-789-2524

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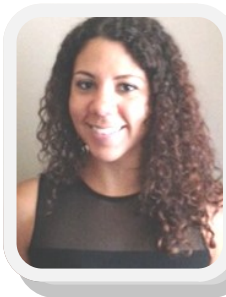
Seneca Falls* Center

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. . .

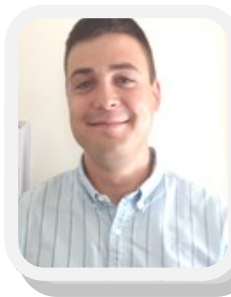


Hello All! My name is **Tina Pierce**, and I recently started my career with CFR as a Family Educator in July of 2015. I am very grateful for this opportunity, and look forward to growing with the Child and Family Resource family. I am currently in the process of completing my Associate's Degree in Human Service, and then I plan on continuing my education by obtaining a Bachelor's degree in Psychology.

Throughout the years I have worked in various settings. I have been an office manager, a customer service supervisor, a pre-school special education assistant, a TBI program assistant, and a life skills educator. I have always had a passion for helping others, and look forward to doing just that within this new chapter of my life.

I also am a full-time parent of two beautiful little ladies, and one fur baby (a dog). My wonderful fiancé and I enjoy spending fun, unique, quality time together as a family. We enjoy hiking the beautiful Finger Lakes, summer camping trips with my family, road trips to visit out of state family and friends, un-plugging with family movie/game nights (no phones allowed), and the occasional cruise to the tropics. My personal hobbies include photography, "dates" with the girlfriends, peacefully enjoying the beauty of the city of Canandaigua where I was raised, and where I currently reside. I also practice and embrace the study of wellness for the mind, body, and soul with a holistic approach.

Hello my name is **Forrest Keeton**. I am the new Family Educator in the Penn Yan office. I am married and I live in Geneva with my wife who teaches kindergarten. I have an Associate's Degree in Human Services from Finger Lakes Community College and a Bachelor's degree in Social Work from Keuka College. I enjoy spending time with my wife and our nephew; he is



a year old and is hysterical. If I have any spare time after that I enjoy working with my hands. I especially enjoy sharpening and repairing old pocket knives and hunting knives that I find at garage sales and auctions. The thing that I enjoy the most about working at Child and Family Resources is the people. I feel that I am supported by a great team of co-workers. I further enjoy

meeting and working with people in the diverse community that we serve. If you think of a way that I might be helpful in the future please don't hesitate to let me know.

Hi , my name is **Tracy Killigrew**. I am the new CCRR/Infant -Toddler Specialist. I am currently working out of the Penn Yan location. I started working professionally with children back in 1999 as a teacher's assistant in the 4 year old room of a child care center. I quickly moved from being an assistant at the center to being a licensed Family Child Care (FCC) provider on military bases for 7 years. I received many awards, and went to many trainings, including the NAFCC (National Association for Family Child Care) annual conferences. After I received my CDA and Accreditation I became a mentor to new FCC providers. I enjoyed being a mentor to the new providers very much. This is what started me on my journey to one day be a trainer. My first step was to get a Bachelor's Degree in Early Childhood Education. It took many years and many moves but I finally completed my goal and received my degree from Ashworth University in 2011. I look forward to meeting and working with all of you.

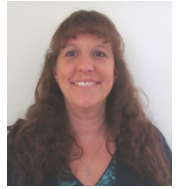


*We extend our sincere gratitude to every person who supports Child and Family Resources with contributions of time, goods and money.
Thank you.*

Angel's Family Restaurant, Penn Yan
The Once Again Shoppe, Penn Yan
Seneca Falls "It's A Wonderful Run" for Seneca Falls programs
Seneca Foods Foundation, Marion
Seneca Lake Duck Hunter's, Dresden
Walmart, Waterloo

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.



**FOR OUR
BABIES**
A CALL FOR BETTER BEGINNINGS

For Our Babies is a national movement promoting healthy development in U.S. children from conception to age 3. We advocate for the types of environments, experiences, and relationships that infants and toddlers need in order to thrive.

To capitalize on the opportunity that rapid human brain development provides, and to realize the benefits that healthy children provide to all of us, For Our Babies advocates for the following:

Prenatal Care:

- ♥ Prenatal health care coverage for all families, regardless of income, including home-based support and counseling during pregnancy.
- ♥ Affordable intervention services for at-risk pregnancies.

Paid Leave & Well Baby Care:

- ♥ Paid leave for parents for the first nine months of their child's life.
- ♥ Affordable visits to the homes of all newborns for the first two years that include guidance by professionals trained in parenting and healthy development, along with counseling on early emotional, social, intellectual, linguistic, and perceptual/motor development.

Screening & Follow-up Services:

- ♥ Affordable developmental screenings to identify physical and behavioral needs, with referral to affordable help when needed.
- ♥ Affordable services for children with identified special needs.
- ♥ Free intervention services for families in crisis.

Quality Infant/ Toddler Care:

- ♥ Child care regulations that ensure that care is provided in safe, engaging, and intimate settings.
- ♥ Training, compensation, and professional stature for infant and toddler teachers at the same level as K-12 teachers.
- ♥ Childcare subsidies for all families.

Why Act Now?

The human brain grows to 85% of its adult size between conception and age 3. This simple biological fact has direct implications for the support of human development during the earliest years of life. Compared to other industrialized nations, the U.S. does little to proactively nurture brain development between conception and age 3. A focus on ensuring healthy development during this timeframe will pay dividends throughout life. Delayed, damaged, or insufficient development is very difficult and expensive to correct later in life. If we ignore the earliest years, we do so to the detriment of our children, families, communities, and nation.

Go to <http://forourbabies.org/> for more information and act...for our babies!!



Dear Child Care Providers,

Below is a message from the Office of Child and Family Services on Emergency Preparedness. In light of the past snow storms and floods New York has experienced, this is a good reminder to be prepared and leave nothing for chance.

CHILD CARE PROVIDERS URGED TO REVIEW EMERGENCY PLANS

All licensed and registered programs are required to have lockdown and shelter-in-place procedures, primary and secondary evacuation sites, and ways of communicating and reuniting with families.

If phone lines are jammed, consider using text messaging or social media as a backup means of reaching parents and caregivers. Programs should also remember that notification to OCFS is required once a program has the emergency situation under control.

Providers should also consider the needs of their own families and staff during an emergency. You may want to think about adding an employee assistance program to your plan.

This is a great time to remind families of their role in the preparedness process. This can include sharing information about your child care program's plan, providing information on how they can develop their own family plan, and how to find support and resources in your local community.

There are many resources available to help your program and the families you serve. They include New York State **Aware Prepare**, the New York State **Citizen Preparedness Corps**, and **NY-Alert**, the state's all-hazards alert and notification system for the general public.



Sincerely,
Mary Jepsen

*Did you
know?*

...that caring
for 3 or more
unrelated chil-
dren for more
than 3 hours per
day per child is
considered
illegal care ac-
cording to NYS
law?

Call:
315-536-1134
Ext. 2313
for more infor-
mation

New
Daycare
Providers:

*Carol
Cartwright*

*Mackenzie
Meckley*

New
CACFP
Providers:

*Christine
Cooper*

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
Resolving Conflicts with Parents
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

Spotlight Focus on:

Resolving Conflicts with Parents (1hr)

Being able to resolve conflicts successfully is important in establishing a positive and long-term relationship with parents.

In this lesson, you will learn:

Why it is important to resolve conflicts with parents
Why conflicts may occur
The feelings parents have that contribute to conflicts
How to avoid conflicts with parents
How to use listening to prevent conflicts
The steps to follow in resolving conflicts

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.**



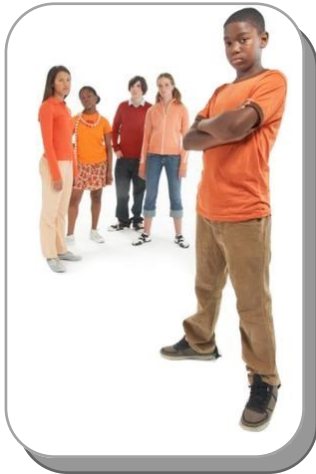
child care training reminders ...

LOOKING FOR ONLINE TRAINING DURING THE WINTER MONTHS?

Need access to a web-based online training course at any time, 24 hours a day, 7 days a week?

Check out https://www.ecetp.pdp.albany.edu/elearn_catalog.shtm

Here's a sample of the coursework available...



School Age Child Care (1.5 hrs)

During this fully narrated course trainees will learn important information pertaining to school age child care programs. Learning points of the training are enhanced throughout using video clips and interactive exercises. As you complete each 10-15 minute section, the application saves your progress and allows you up to 30 days to complete the entire course.

Course fulfills the following OCFS training requirements:

Principles of childhood development, (focusing on the developmental stages of the age groups for which the program provides care)
Child day care program development
Safety and security procedures

This training also fulfills the following CDA Content Areas:

Planning a safe, healthy learning environment
Strategies to manage an effective program operation
Principles of child development and learning

Supervision of Children (1.5 hrs)

During this fully narrated course trainees will learn about the importance of properly supervising children in child care programs, including information on types of injuries, ratio, supervision techniques, supervision in different scenarios, staff absences and consequences of inadequate supervision. Learning points of the training are enhanced throughout using video clips and interactive exercises. As you complete each 10-15 minute section, the application saves your progress and allows you up to 30 days to complete the entire course.

Course fulfills the following OCFS training requirements:

Safety and security procedures

This training also fulfills the following CDA Content Areas:

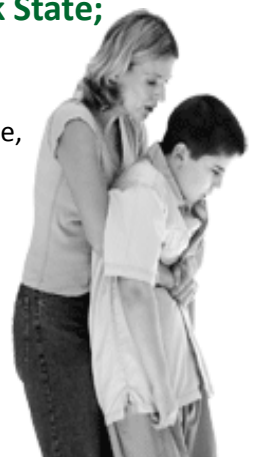
Planning a safe, healthy learning environment

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

December 5 — 9:30—4:30
February 25, 2016 & March 3, 2016 6-9pm

Please bring a lunch for the Saturday trainings
Geneva site only



8 Tips for Getting Children Off to School—continued

4. Bathroom Break Adjusting to classroom life can be overwhelming for a child who's a little embarrassed about asking to go to the bathroom, and there's nothing more humiliating than an "accident" at school. To help your child avoid any problems, have a talk ahead of time about school bathroom rules -- taking breaks as scheduled, and raising your hand for permission to leave the room.

If you think your child may have wetting problems in school, take preemptive action, David A. Cimino, M.D., director of adolescent medicine at All Children's Hospital in St. Petersburg, FL advises. Before school starts, schedule regular bathroom breaks during the day, so your child gets used to going when directed. Continue with this during the weekend and days off. It's also a good idea to talk with the teacher before that stressful first day of school.

5. Scrub-a-Dub-Dub The first day of school brings new friends, new activities -- and a bunch of new germs. That's why good hand-washing habits are critical for school-age children. Children (like adults) need to wash their hands after they go to the bathroom and before they eat. "Kids hate to wash their hands, but they can understand that germs can be bad for us," Schiff says.

If your child rockets out of the bathroom without stopping at the sink, consider sending her to school with a packet of antibacterial wipes. They're not as effective as soap and water, but they may have more appeal for young children. (You can also check how many towels are left at the end of the day, to see whether your child is really using them.)

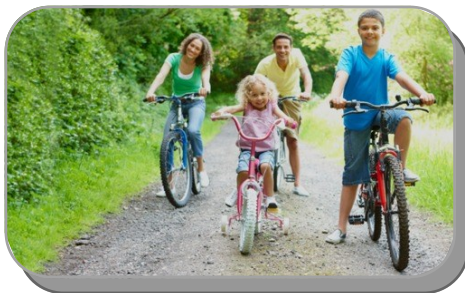


6. Calling in Sick No matter how much you emphasize personal hygiene, your child is bound to get a cold during the school year. To make the first morning your child wakes up with the sniffles easier, study in advance a copy of your school's guidelines on when to keep a sickly child at home. "Don't wait until your child's first illness," says Linda J. Rufer, M.D., a pediatrician in Chicago. If you're not at home during the day, you'll need to prepare a battle plan to provide reliable backup child care for unexpected sick days.

7. Stay Safe When a child starts school, it's often the first time he's out from under your watchful eye for any length of time. So it's important to review basic safety rules. If your child will be walking to school, go over the route together ahead of time to check out possible hazards, such as busy streets. Don't let a young child walk to school alone, and don't expect a slightly older brother or sister to provide adequate safety supervision, Dr. Schiff says. "There are just too many distractions for 7-, 8-, and 9-year-olds," he adds. "Their ability to take responsibility is limited."

In carpools, seat belts should be a given, but remember to check out other drivers' safety standards well ahead of time. For safe bus trips, tell your child to stay seated quietly while the bus is in motion. If you can't take your child to the bus stop, arrange for an adult or responsible child to get him on and off the bus safely.

To protect your child from strangers, avoid writing her name on the outside of her backpack or jacket. However, Prazar warns against overstating the risks of child-directed crime, so you don't make your child too scared. "Some parents obsess about it," he says. "Talk about it with your child once at the beginning of every year, and that should do it."



8. Get Moving As your child blasts through the backyard like a whirlwind or jumps across the sofa-turned-lava pit, making sure she gets enough exercise may seem like the least of your worries. But once she enters school, she'll be spending most of her day sitting at a desk -- and you can't assume that recess and gym class are giving her all the daily activity she needs to stay healthy and happy.

"Kids need 20 to 30 minutes of regular, nonstop exercise a day," Dr. Prazar says. Physical education classes and after-school sports may not be enough.

"At softball or in gym class, most kids are standing around, waiting for the ball to come to them," he adds. Plan weekly bike rides and nature walks, and your whole family will benefit.



What's Shakin'?

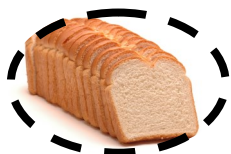
Did you know that 90% of children consume too much sodium?



The top sources are:



Pizza



Bread



Cheese



Lunch Meats



Chips

And Purchase low sodium or no salt products.

Instead: use HERBS & SPICES :

- 5 teaspoons onion powder
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 tablespoon ground mustard
- 1 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/2 teaspoon celery seed

New Rates :Rates are effective July 1, 2015 to June 30, 2016.

Contact Amanda if you have any questions, 315-536-1134 ext 2310

	Breakfast	Lunch/ Supper	Snacks
Tier I	\$1.32	\$2.48	\$0.74
Tier II	\$0.48	\$1.50	\$0.20



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INITIATIVE ON REDUCING SCREEN TIME — CHOOSE HEALTH YATES

The following information was sent to Child and Family Resources by Choose Health Yates Coalition Members. We want to share this with you.

Choose Health Yates is working to reduce the amount of time children spend in front of screens. According to the Henry J. Kaiser Foundation, children ages 8-18 spend the following amount of time in front of the screen each day:

- ☐ Approximately 7.5 hours using entertainment media
- ☐ Approximately 4.5 hours watching TV
- ☐ Approximately 1.5 hours on the computer
- ☐ Over an hour playing video games

These lie in stark contrast to the **25 minutes per day** that children spend reading books.



In an effort to promote awareness within the community about reducing the amount of time children spend in front of screens and increase physical activity, Choose Health Yates has developed some information material and activity sheets

Pause to Play — Reduce Screen Time

For many of us, limiting our computer use and getting away from all screens can be a challenge. "Screen time" means television screens, computer monitors, and even the handheld devices we use for checking email, listening to music, watching TV, and playing video games on the go.

Health experts say screen time at home should be limited to two hours or less a day. The time we spend in front of the screen, unless it's work- or homework-related, could be better spent being more physically active.

As a parent or caregiver, you can set a good example for your kids and set rules that limit their computer time, TV watching, and video game playing to reduce how much time they spend in front of a screen. Here are two tools that can be used to help reduce the time your kids spend in front of a screen.

COUPONS

1. Make your own coupons or print the coupon sheet found on our website, www.cfresources.org, or the one at the end of this article. Cut out the four coupons. Each of the four coupons represent the number of minutes spent in front of a screen (60 minutes, 30 minutes, and two 15 minute sessions for a total of two hours per day).

2. Give the coupons to your child, explaining that when they want to have screen time, they will need to turn in one of their coupons.

3. Children turn in each of the coupons when they would like to have screen time each day. Once the child has used all four of their coupons for the day, they are not allowed any more screen time (total of 2 hours per day, recommended).



ACTIVITY JAR

1. Print the activity jar sheet found on our website or the one at the end of this article and cut out each of the activities listed.

Examples of these are "**Play** Red Light/Green Light", "Go for a **walk**", Go **fly** a kite", "**Play** Simon says", and "**Dance** to your favorite music". There are numerous blank boxes for your child to write their own ideas in to the "Create Your Own" sections. You can easily make your own, too. Be sure to add activities that your child likes to do as well as introduce new activities to the paper strips.

2. Place all of the activities into a jar or container. For an additional fun activity, have your child decorate a jar or container to put the activities in.

3. Each day, have your child pick an activity out of the jar to do. This provides new, fun ideas for children to reduce screen time and be more physically active. This activity can also be helpful when a child has used all of their screen time for the day (instead of more screen time, have them pick an activity out of the jar).

For additional coupon or activity jar sheets, visit

www.s2aynetwork.org/choose-health-yates.html.

For more information on Choose Health Yates, call **Yates County Public Health at (315)536-5160**.

Choose Health Yates is a collaborative effort within Yates County to promote healthy living. The mission of Choose Health Yates is to... Create a model community that engages community members and organizations in healthy eating and active living through support, advocacy and education.

get connected ...



Child & Family Resources was at the Fall into Canandaigua event along with the awesome *Uke Nuts* of Barrel of Fun Productions. On this cold blustery Saturday families were able to enjoy the interactive musical entertainment, crafts for kids, scarecrow food and face painting. For more information on the *Uke Nuts* go to <http://www.bofproductions.com/>.

You will find Child & Family Resources at Penn Yan's Starshine and Dundee's Touch of Christmas in December!!

babycafé
Canandaigua



www.babycafeusa.org

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

November

November 11 — **closed** for holiday

November 26,27 — **closed** for holiday

December

December 25 — **closed** for holiday

December 28– January 1 — **closed** for holiday week

2016

January

January 18th—**closed** for the holiday

**Merry Christmas
and Happy New Year!!**



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585-238-8531 www.ocfs.ny.gov



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

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Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.
Henri Frederic Amiel



Community Partner

