

CFR Connection

2016 Issue 1



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Talking with Children in Today's World

The world today that children are growing up in is not the same world as their parents and grandparents. For all the pluses and positives, many children seem to be growing up more frightened with events in their lives even if it is not directly related to their own lives. The following is from Fred Rogers website.

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world."

Fred Rogers



Some Scary, Confusing Images The way that news is presented on television can be quite confusing for a young child. The same video segment may be shown over and over again through the day, as if each showing was a different event. Someone who has died turns up alive and then dies again and again. Children often become very anxious since they don't understand much about videotape replays, close-ups, and camera angles. Any televised danger seems close to home to them because the tragic scenes are taking place on the TV set in their own living room. Children can't tell the difference between what's close and what's far away, what's real and what's pretend, or what's new and what's re-run. The younger the children are, the more likely they are to be interested in scenes of close-up faces, particularly if the people are expressing some strong feelings. When there's tragic news, the images on TV are most often much too graphic and disturbing for young children.

"Who will take care of me?" In times of crisis, children want to know, "Who will take care of me?" They're dependent on adults for their survival and security. They're naturally self-centered. They need to hear very clearly that their parents are doing all they can to take care of them and to keep them safe. They also need to hear that people in the government and other grownups they don't even know are working hard to keep them safe, too.

Helping Children Feel More Secure Play is one of the important ways young children have of dealing with their concerns. Of course, playing about violent news can be scary and sometimes unsafe, so adults need to be nearby to help redirect that kind of play into nurturing themes, such as a hospital for the wounded or a pretend meal for emergency workers. When children are scared and anxious, they might become more dependent, clingy, and afraid to go to bed at night. Whining, aggressive behavior, or toilet "accidents" may be their way of asking for more comfort from the important adults in their lives. Little by little, as the adults around them become more confident, hopeful and secure, our children probably will, too.

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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, NY 14527

315-531-3438

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671 S. Exchange Street

Geneva, NY 14456

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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...

**Congratulations to our very
own Teresa Deacon!**
**Recipient of the 2015
ATHENA Young Professional
Leadership Award!**



This annual award recognizes the accomplishments and contributions of young professionals who serve the Canandaigua community. Teresa was nominated for her work as the Assessment and Family Support Worker for the Healthy Families Ontario program at Child & Family

Resources; providing resource education and home visitation services to expectant families and families with young children. She is a dedicated professional who is enthusiastic and inspirational in her approach with the families she serves. Teresa rises to each and every challenge; using a strength-based approach and consistently affirming the potential of every individual she comes in contact with. In addition, Teresa is a Certified Lactation Counselor and facilitator of the Baby Café - Canandaigua. In this role, Teresa provides support to all parents of infants, with an emphasis on educating and supporting breastfeeding mothers in our community. Teresa is an advocate for every family she works with, empowering them to achieve their potential without pressure or judgement. It is an honor to have Teresa Deacon on our team of staff at Child & Family Resources. Thank you Teresa for your dedicated contributions to the communities we serve!

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

Mary Ann and Brad Anderson for their generous donation to the Brad Anderson Memorial Fund supporting early childhood programming in the Marcus Whitman school district.

Wendy Gifford and the ladies in her group who collect money and donate to a worthy cause and selected us in September. Those funds help early childhood programming in the Penn Yan site.

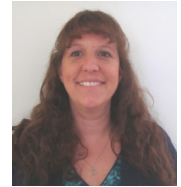
The Geneva Rotary for their grant to support purchasing car seats in the Geneva area.

EFPR Group (formerly Toski and Co, PC) for their Jeans Day donation to the agency, again assisting the early childhood program in the Penn Yan site.

Presbyterian Women of the First Presbyterian Church of Penn Yan for their donation to aid in the work of serving young families in the Penn Yan community.

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.



We Need High Quality Care for Our Babies

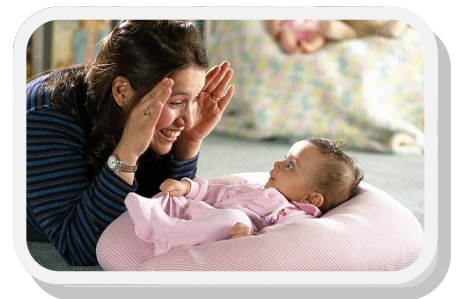
“Study after study show that in the majority of U.S. infants care settings babies are not talked to or played with enough and do not have the kind of comfortable, secure relationships with caregivers that promote healthy emotional development (Starting Smart, 2000)”

Our babies go through many developmental changes by the time they are three years old. As these developments occur the brain is changing and growing. In order for the brain to grow and develop properly we need to play with and talk to our babies because babies learn through play and socialization. By the time our babies have reached three years old their brain are 85% fully developed. Many of the developments that the brain goes through during this critical time will shape the characteristics of the adult the baby grows into. If we miss the all important milestones in the baby's life there is no getting those back.

With the way the world is now many families need to be a two income family. This puts children in child care for longer periods of time and puts the majority of the high quality care on the providers of the children. Be it family of the child, friends of the child, registered family providers, registered group providers, or child care centers we all need to work hard to provide high quality care for the babies that are in our care. *“About half of New York's children are in these unregulated settings.”*

The State of New York has adopted **10 Components of High Quality Care:**

- 1** Child Care Programs Following Appropriate Health and Safety Practices
- 2** Staff Well Trained in Early Childhood Development (0-3)
- 3** Age Appropriate Environments
- 4** Small Groups with Optimal Adult/ Child Ratios
- 5** Primary Caregiver Relationships and Continuity of Caregiver Over Time
- 6** Active and Responsive Care Giving To Support Children's Development
- 7** Curriculum, Observation, and Individualized Programming
- 8** Support of Emerging Language and Literacy
- 9** Family Involvement and Cultural Continuity
- 10** Comprehensive Support Services



For childcare referrals, contact us at 1-800-881-5786 or
online at www.cfresources.org - click on 'Child Care Search' button

registrars' corner...

Mary Jepsen
Registration Coordinator



Dear Child Caregivers,

Are you getting ready for renewal? Did you know that the regulations outline the documents needed to be submitted for renewal? This may be a good time to open up those regulations. Refer to .2 of Part 414, 416, 417, 418-1, 418-2 of the regulations. This section outlines the time frame which renewal documents are due to your registrar and licensor. Also, it will address the specific documents required to be submitted.

If you do not have a **private water system such as a well or fuel burning system** which requires an inspection, you still are required to submit the document from your renewal packet. This is also true of the **environmental hazards inspection form**. For those of you located in Zone I and **radon testing** was required with your initial application, a second testing is not required.

In the renewal packet, there is the application for fingerprinting, the statewide central registry database form (SCR) and the staff exclusion list document. These documents only need to be submitted if there is a **new household member 18 years of age or older**, who has recently moved into the home and has not been cleared. The same is true for the **household member medical statement**. Please note however, the medical statement would need to be submitted for any age person who recently moved into your home.

The renewal packet includes the **emergency plan form**. This form does need to be updated and submitted for approval. In the past we were trained to evacuate the day care facility in the event there was a fire. Now evacuation may be necessary due to weather conditions which pose a great safety risk such as a flood or severe snow warning. Therefore, it may be necessary to evacuate to a location off of your property or neighborhood. The **shelter-in-place plan** was expanded to include more specific information. Remember -sheltering in place may occur for weather conditions, chemical spill, and/or armed persons in the area or vicinity of the home. Let's be prepared.



There may be **program documents** not included in your renewal packet that your registrar or licensor will require to be updated. The documents will be sent to you separately from your registrar or licensor. May of this year, I believe all OCFS program documents were updated with the intent of a finalized document. For family and group family child caregivers, if you were asked to update your **health care plan back** in May of 2014 or November 2014, you will not be required to

update to the May 2015 form. If however, your plan has not been updated since May of 2014, then a new plan is required.

For more information, contact your licensor or registrar.

Sincerely,

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
Daycare
Providers:*

*Lindsay
Loiacono*

*New CACFP
Participants:*

*Mackenzie
Pacyliak*

Jennifer Ford

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

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

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

Before enrolling in any distance learning class, check to 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 Heather @ 536-1134, ext. 2306

**February 25, 2016 &
March 3, 2016 6-9pm**
(both nights required)

Geneva site only



specialized training ...

Breastfeeding Friendly Child Care (2-NH, 5-SS)

**February 18, 2016 - Canandaigua Site
6:30-8:00pm**

If you care for infants, (or are thinking of caring for infants in the future) you will not want to miss this worthwhile training! You will learn about the many benefits of breastfeeding for babies, moms, and day care providers, (including the financial advantages). Topics to be covered will include: best practices to handle and store breast milk, behaviors and unique feeding needs of a breastfed baby, steps to becoming a Breastfeeding Friendly Day Care Home and the NYS regulation regarding breastfeeding. All participants will also receive a free toolkit!

(Identified Audience – new providers, experienced providers, FDC, GFDC)

CBK: 1, 2, 5 ELG: 1,2

Trainer: Tracy Killigrew

Christy Richards– Ontario Public Health

FREE

Music & Movement

(1-CD, 2-NH, 4-PD)

April 5, 2016

6:30-8:30pm, \$35 person

Geneva Site

Children love to move. Children love music. When we put these together, a child's world opens up. Children who experience their world where music and movement are an integral part are healthier - emotionally, socially, cognitively and physically. Providers who attend this training will leave with new ideas and activities for incorporating movement and music into their daily programming both spontaneously and planned. Wear comfortable clothes and be ready to move! (Identified Audience: new providers, experienced providers, potential providers, FDC, GFDC, DCC)

CBK: 1, 4 ELG: 1, 3, 5 *Trainer: Barb Owens Credential # 14334*

Family Child Care 5 Plus +

For Family and Group Family providers with 5 or more years in the child care field

Have you been in the child care field for five years or more?

Would you like to meet with other experienced providers?

Would you also like to learn more than the 'same old stuff'?

...Then the "FCC Five Plus+" is the place for you! Every other month starting in February we will meet to discuss topics that you choose!

You will receive 15 hours of training in all 9 topic areas for \$200! Because this series' topics are driven by participation and due to EIP time requirements for submission of training organization sessions, this series does not qualify for EIP funds.

Bonus: If you enroll and complete our Early Literacy Program you may attend FCC 5 Plus + for only \$100!
(Child and Family Resources will refund \$100 once ELP is completed)

To sign up or if you have any questions contact Tracy Killigrew at 315-536-1134, ext. 2314

Geneva Site, 6:30-8:30pm

February 9th, 2016

April 12th, 2016

June 14th, 2016

August 9th, 2016

October 11th, 2016

December 13th, 2016

(Identified Audience – experienced providers, FDC, GFDC)

CBK: 1, 2, 3, 4, 5, 6, 7 ELG: 1, 2, 3, 4, 5

(1-CD, 2-NH, 3-BR, 4-PD, 5-SS, 6-CA, 7-SBS, 8-SCA, 9-SDC)

Trainer: Tracy Killigrew



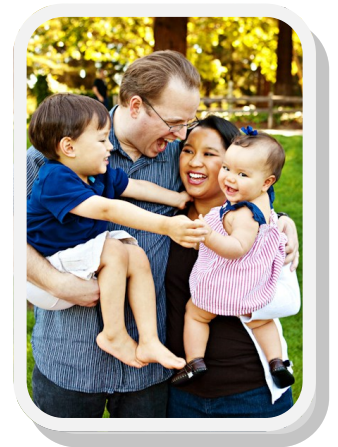
Turn Off the TV When there's something tragic in the news, many parents get concerned about what and how to tell their children. It's even harder than usual if we're struggling with our own powerful feelings about what has happened. Adults are sometimes surprised that their own reactions to a televised crisis are so strong, but great loss and devastation in the news often reawaken our own earlier losses and fears – even some we think we might have "forgotten" It's easy to allow ourselves to get drawn into watching televised news of a crisis for hours and hours; however, exposing ourselves to so many tragedies can make us feel hopeless, insecure, and even depressed. We help our children and ourselves if we're able to limit our own television viewing. Our children need us to spend time with them – away from the frightening images on the screen.



Talking and Listening Even if we wanted to, it would be impossible to give our children all the reasons for such things as war, terrorists, abuse, murders, major fires, hurricanes, and earthquakes. If they ask questions, our best answer may be to ask them, "What do you think happened?" If the answer is "I don't know," then the simplest reply might be something like, "I'm sad about the news, and I'm worried. But I love you, and I'm here to care for you." If we don't let children know it's okay to feel sad and scared, they may think something is wrong with them when they do feel that way. They certainly don't need to hear all the details of what's making us sad or scared, but if we can help them accept their own feelings as natural and normal, their feelings will be much more manageable for them. Angry feelings are part of being human, especially when we feel powerless. One of the most important messages we can give our children is, "It's okay to be angry, but it's not okay to hurt ourselves or others." Besides giving children the right to their anger, we can help them find constructive things to do with their feelings. This way, we'll be giving them useful tools that will serve them all their life, and help them to become the worlds' future peacemakers -- the world's future "helpers."

HELPFUL HINTS

- ◇ Do your best to keep the television off, or at least limit how much your child sees of any news event.
- ◇ Try to keep yourself calm. Your presence can help your child feel more secure.
- ◇ Give your child extra comfort and physical affection, like hugs or snuggling up together with a favorite book. Physical comfort goes a long way towards providing inner security. That closeness can nourish you, too.
- ◇ Try to keep regular routines as normal as possible. Children and adults count on their familiar pattern of everyday life.
- ◇ Plan something that you and your child enjoy doing together, like taking a walk, going on a picnic, having some quiet time, or doing something silly. It can help to know there are simple things in life that can help us feel better, in good times and in bad.
- ◇ Even if children don't mention what they've seen or heard in the news, it can help to ask what they think has happened. If parents don't bring up the subject, children can be left with their misinterpretations. You may be really surprised at how much your child has heard from others.
- ◇ Focus attention on the helpers, like the police, firemen, doctors, nurses, paramedics, and volunteers. It's reassuring to know there are many caring people who are doing all they can to help others in this world.
- ◇ Let your child know if you're making a donation, going to a town meeting, writing a letter or e-mail of support, or taking some other action. It can help children to differentiate active roles and that we don't give in to helplessness in times of worldwide crisis.





Ways to Encourage Children to Have Positive Attitudes toward Food

Food Preparation and Snack Time Activities are a Shared Responsibility

- ☉ Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and children may influence other children not to try that food.
- ☉ When introducing new food to children, serve a small amount of the new food along with more popular and familiar foods.
- ☉ Include children in the food activities to encourage children to try new foods and also to gain self-confidence.
- ☉ Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods cut smaller are easier for children to handle.
- ☉ Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day, yet eat very lightly the next day.
- ☉ Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity. Therefore, allow children to talk with others.
- ☉ Encourage children to eat food or new foods in a low-key way. For instance, read a book about a new food that will be served that day, and serve the new food at snack time when children are hungrier.
- ☉ Introduce a new food five or six times over a few weeks, instead of only once or twice. The more exposure children have to a food, the more familiar and comfortable it becomes and the more likely they will be to try the food.
- ☉ Offer the new food to a child who eats most foods. Children usually follow other children and will try the food.
- ☉ Eat with the children. Eat the same foods that have been prepared for the children.
- ☉ Do not offer bribes or rewards for eating foods. This only reinforces that certain foods are not desirable. Respect refusals.



Caregivers are responsible for:

What foods are offered
When foods are offered
Where foods are offered

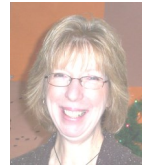
Children are responsible for determining:

What foods they eat
How much, or even if, they eat

CACFP Rates are effective July 1, 2015 to June 30, 2016.	Breakfast	Lunch/Supper	Snacks
Tier I	\$1.32	\$2.48	\$0.74
Tier II	\$0.48	\$1.50	\$0.20



Tips taken from *Healthy Heart Snack Choices*, a facts sheet from the Cornell Cooperative Extension; Cornell University, Plainview, New York



ART Experiences Are Not Necessarily Craft Experiences...

In the field of early childhood we hear the statement "it is the process, not the product." Often, times, however, both caregivers and parents feel the need to still make sure that children have a product that can be given to the parents or the grandparents. The following charts show the difference between process-focused and product-focused art experiences — and what the children learn from both.

PROCESS - focused art experiences...

- * There is no step-by-step instructions
- * There is no sample for children to follow
- * There is no right way or wrong way to explore and create
- * Art is focused on experience and on exploration of techniques, tools and materials
- * Art is unique and original
- * The experience is relaxing and calming
- * The art is entirely the children's own
- * The art experience is a child's choice
- * Ideas are not readily available online

What the children may say

"Look what I made!"

"I'm going to do another!"

"Can I have more time?"

PRODUCT- focused art experiences...

- * Children have instructions to follow
- * The teacher created a sample for children to copy
- * There is a right way and a wrong way to proceed
- * There is a finished product in mind
- * The children's finished art all looks the same
- * The children experience frustration
- * The teacher might "fix mistakes"
- * The whole class took part in project at the same time
- * Patterns and examples are readily available online

What the children may say:

"Can I be done now?"

"Is this right?"

"I can't do it."

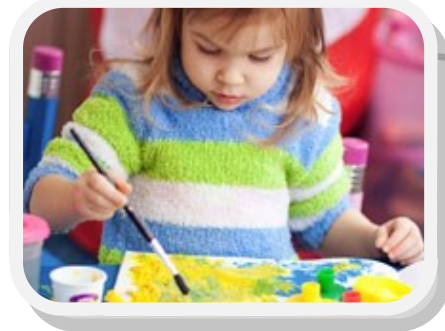
"Mine doesn't look like yours."

Ideas for open-ended creative art experiences...

- * Painting with a variety of colors and brushes — add unusual tools like toothbrushes, scrubbers, potato mashers, natural objects, fingers
- * Homemade play dough
- * Basket of leftover paper — construction paper, tissue paper, crepe paper, magazines
- * Bowl of beads with string
- * Box of yarn, cloth, ribbon
- * Scissors and paper punches
- * Have the above available for children to come and go
- * Make it fun — use as much glue and paint as is needed for the creation (according to the child)
- * Go outside with art
- * Listen to music while creating
- * Provide plenty of room
- * Show children books by Eric Carle and Lois Ehlert whose art is very creative

What children do and learn...

- Social/emotional** -children relax, focus, feel successful and can express their feelings
- Language/literacy** -children may choose to express their art and add print to it — either their own or by dictating to adult
- Cognitive** -children compare, predict, plan, and problem solve
- Physical** -children use small motor skills to paint, write, glue, cut



get connected ...

Attention
FAMILY CHILD CARE
Providers!!!



Have you joined our Facebook group for providers in Ontario, Seneca and Yates Counties?

Have a question?
Need advice from other providers?
Need menu ideas?
Need activity ideas?

Have quick access to all three of
Child and Family Resources trainers ?

Join our Facebook group by requesting an
invite on:
[www.facebook.com/
groups/974669009246256/](https://www.facebook.com/groups/974669009246256/)



babycafé
Yates County



www.babycafeusa.org

Baby Café is a FREE drop-in for all families!

Lactation Counselors are available to help you!
Relax and join us for refreshments,
support & information!

Child and Family Resources, Penn Yan

Every 1st & 3rd Thursday, 9:30-11:00am

*Healthy siblings welcome (no childcare provided)
*Closed on all Penn Yan School holidays, breaks & school closings

*In collaboration with members of The Finger Lakes
Breastfeeding Partnership*

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



2016— Year of the Monkey

February

15th — **closed** for Presidents' Day

15th—19th — **no ECE classes - both sites**

26th—**All sites closed for Staff Development Day**

March

10th-16th—National CACFP Week —

go to our Facebook page for exciting ideas!

18th—**All sites closed for Staff Development Day**

25th — **closed** for holiday

March 28th-April 1st — **no ECE classes - both sites**

April

**Month of the Young Child
Child Abuse Prevention Month**

10th-16th — Week of the Young Child

ALL SITES WILL BE CELEBRATING OUR
ANNUAL PINWHEEL GARDEN EVENT
FURTHER INFORMATION AND DATES
WILL BE COMING SOON!



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. 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

**NON-PROFIT
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PERMIT NO. 6
PENN YAN, NY 14527**

"The greatest gift you can ever give is
your honest self." - Fred Rogers



Community Partner

