

CFR Connection

2016 Issue 2



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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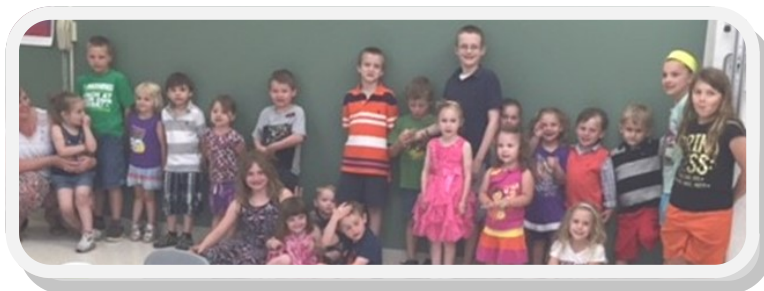
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A fond farewell...

With much thought, analysis and sentiment, the board and staff at Child & Family Resources has made the difficult decision to end its Early Childhood programs in the Marcus Whitman area. The preschool program served multi generations with programming designed to give local preschool age children an opportunity to grow socially and emotionally, learn through play and be ready for school. Our founding program, Valley Preschool, started by Nancy Stanton-Multer, was a cooperative preschool in a church basement, that then moved on to 'the yellow house' on Gibson Street in Rushville. Many local residents may also remember Susan Prestia, who was with the program for 21 years and who even had the children of past graduates attending her program. The preschool program moved to the Marcus Whitman High School and finally to the Gorham Intermediate School offering First Steps and Time For Two's programming. With the initiation and now expansion of the free (state-funded) Universal Pre-K program, enrollment decreased. Costs have also risen over the years. More and more parents are working outside the home, have less funds to spend and transportation to our programming became more difficult for parents. All of these factors weighed in our decision to close programming.

With pride, one thing that continued throughout all the years and sites is the excellence of the programs. As the scope and size changed and evolved over the years to meet the community need, the needs of the children were always the utmost goal. In a letter to the program, one parent writes about her daughter's experience, *"She was able to socialize with people her age, create projects, make friendships, learn to speak up for herself, and experience time away from family in a nurturing space, with the guidance of Lynette Gage, Abby Parsons, and, of course, Barb Owens."*



2016 Celebration with our most recent and past program alumni

A heartfelt thank you to all of the parents, members of the community, school district and supporters who helped make our programs a success.

Thoughts from our teacher, Barb Owens...

I had the privilege to lead this program the last 10 years. One of the great things that happened when we made the move to Gorham is that I was able to see how the children I first met as 2 year olds (or younger) grew up to be happy, energetic 3rd through 5th graders. One child in particular visited me once a week the last 3 years to give me a hug and fresh flowers when in season. Those hugs will be greatly missed. His family has raised a fine young man.

Continued on page 3

staff & site...

Penn Yan Staff

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
Rhi Murphy—Certified Lactation Counselor, (315) 719-2798
Alissa Norman—PSP Family Educator, ext. 2305
Anetta Oppelt—Finance and Administration Director, ext. 2303

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TBD— Early Childhood Assistant, (315) 531-3438

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Joan Diaz—Office Manager/Legally Exempt Administrator, ext. 2201
Amanda Everett — Family Educator, ext. 2205
Courtney Johnsen—Registrar, ext. 2210
Tina Pierce—PSP Family Educator, ext. 2222
Dawn Waite— Geneva Site Coordinator/PSP Supervisor, ext. 2204 **new ext.*

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 Deacon— Family Assessment/Support Worker, ext. 2506
Barb Owens — Professional Development Coordinator,
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

Like us on [Facebook](#)

Board of Directors

Joyce Archer
Tracy Marchionda
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Scott Ostrowski
Renee Owen
Mary Jo Shrey

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

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115 Fall Street
Seneca Falls, NY 13148
315-568-0945
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Canandaigua ** Center

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

agency highlights...

Continued from page 1...

To be an early childcare teacher one must have a passion. One of the greatest joys is to watch children grow. We are often the first person that a child spends time with that is not family. Children come into the program scared, clingy, and nervous. Our job is to make the child feel safe and secure when away from mom and dad. We need to have lots of hugs to offer during those times. As the months advance, they can't wait to come to school.

Also from a parent... "He was quiet and clingy, still having health issues. Barb and Lynette brought out the learner in him. He started to become calmer and coped with being away from family much better as the year went on, completing projects, trying new foods – a huge thing for him, and making friends. His teachers were incredible with including us, reassuring us, and letting him grow in his own times. At times, we weren't sure he would thrive but he did. He's doing better than we could've imaged. He gained so much confidence through the program."

I can't say how much I have loved playing with the children of the ECE programs. They were a reason to get up each morning. Many days they gave me much more than I could possibly give them. Seeing the joy in their faces, the ah-ha moment as they grasp a new concept, the "I did it" when their bodies did what their minds wanted it to do, watching them pick up

books to read, learning how to paint, use scissors, doing Mrs. Barb's messy projects, singing and dancing. I will never forget ending each class with "We are the Dinosaurs" – it allowed us to yell in school!!!



I have also been very lucky with my assistants the last 10 years. Thanks to Deb Baldwin, Lynette Gage, Bonnie Coulson (Mrs. C.) and Abby Parsons. They were always there for the kids, and for me and they were another positive aspect of this program.

In ending I have to quote another parent, "She has blossomed so much. You are the first teacher she had that had patience with her and actually taught her."



Staff at the
Geneva
Reads
Book Fest

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

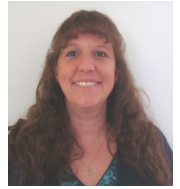
We extend our sincere gratitude to every person who supports Child and Family Resources with contributions of time and money. This newsletter special thanks go to:

United Presbyterian Women of the First Presbyterian Church of Penn Yan for their generous donation to support young families in the Penn Yan community.

It's A Wonderful Run in Seneca Falls for again supporting our work with families in the Seneca Falls area.

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.



The Raising of America

The Raising of America is an hour long documentary about raising a child in the United States. An 11 minute trailer can be viewed at: www.raisingofamerica.org/

“We are one of the largest, wealthiest Nations in the world and we rank at only 18th in the dimensions of children’s well-being; One in four of our children are born into poverty; Our childcare ranks 16th on affordability; 22nd in quality; and we rank 31st in availability.” We need safe; nurturing; affordable environments for our children, but looking at these numbers -it is not happening.

Why is this and what can we do about it?

Why is it other countries can offer PAID leave for mothers that have babies and the United States cannot?

Why is it LAWS that will make caring for our children better have been vetoed time and time again?

Why did it take so many years to even get the Family Medical Leave Act passed and that it only offers 12 weeks of UN-PAID leave? (There is a campaign called for our babies that is trying to change this. You can sign the pledge here to help make a difference for our babies:

www.forourbabies.org/get-involved/sign-our-pledge/ .

If we are not able to afford living with a paycheck how are we going to live with no pay? No one can live on minimum wage and not many people working two jobs are doing any better. How can we afford better quality care for our children?

“Many studies suggest that investments which improve a child’s, her family’s and her neighborhood’s circumstances in the earliest years of a child’s life help put that child on a strong developmental path—better learning, earning and mental and even physical health.”

No one is disputing these studies but also no one is doing anything to change the circumstances either. We need to convince large corporations and legislators that our children are where we need to invest. Investing in our children in the early years ends up saving money and resources later for everyone.

Children are our future we are not only investing in the children we are also investing in our own future.

Infant Care Update: The “Feet to Foot Rule” (placing infants feet at bottom of crib with blanket tucked around) is *no longer recommended*. The new guidelines recommend that no blankets be used at all until the child is one-year old. Sleep sacks are the only item needed for sleeping.

registrars' corner...



Mary Jepsen
Registration Coordinator



Dear Child Care Providers,

Being aware of additional opportunities for outdoor play and activities means being aware of the additional safety precautions child care providers and children need to practice. Below you will find safety tips to follow - which also means compliance to the New York State Child Care Regulations.

Outdoor Play Equipment

Materials and play equipment used by the children must be sturdy, free from rough edges & sharp corners

Outdoor equipment such as swings, slides and climbing apparatus must be assembled in accordance with the manufacturer's specifications

*There must be a cushioned surface under all outside play equipment that present a fall hazard. Surfacing may **not** include concrete, asphalt, grass or other hard compacted dirt*

Equipment must be in good repair and be placed in a safe location



Residential outdoor play equipment manufactured for home use may be used by children in family-based programs and must be used specifically for its intended purpose

Equipment and apparatus may be used only by the children for whom it is developmentally appropriate

Large outdoor play equipment is not needed or required for outside fun. Below are a few examples of activities to engage children when playing outdoors.



Gather balls, hula hoops, jump ropes etc. and ask your children how the toys can be combined to invent a new game. Record their responses and then put their suggestions to test. For example, a child may suggest tossing a ball over and under a jump rope. Once a game has been chosen, discuss the rules of the game and talk about safety.



Gardening is a great activity for children, just make sure you are using non-poisonous plants and child safe gardening tools



Moving around the yard like animals – calling out directives such as jump high like a kangaroo, run fast like a fox, hop like a rabbit etc.

Transportation

- ⇒ *Never leave a child unattended in a vehicle or other form of transportation*
- ⇒ *The child must board and/or leave a vehicle from the curb side of the street*
- ⇒ *All children must be secured in child safety seats or with safety belts (depending on age of the child and according to New York State Law)*
- ⇒ *Drivers must be 18 years of age or older*
- ⇒ *Drivers must hold a current valid license to drive the class of vehicle they are operating*
- ⇒ *Use of mobile phones or other electronic devices while operating a motor vehicle is prohibited*

Develop a basic safety plan when out and about. Review the plan with all children prior to going outdoors. Remind the children of the plan if things start to get forgotten. Modeling the safety plan and verbally drawing attention to best practice will help children grow and learn to be safe too.

Enjoy!
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 Child Care Providers:

Brandi Corino

Country Kids

Melinda Lapp

Lil' Sweethearts

Ready to Grow

*Kimberly
Webster*

Kerry Wilkinson

New CACFP Providers:

*Lindsay
Loiacono*

Brandi Corino

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 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

September 24 (9:30– 4:30)
Please bring a lunch for the
Saturday trainings
Geneva site only



specialized training ... \$35 unless otherwise stated

Early Childhood Professionals! NEED Resources?

A great benefit for [NYSAEYC](#) members is SharedSource ECNY. [SharedSource ECNY](#) is a collaboration between the [New York State Early Childhood Advisory Council](#), NYSAEYC and the [Early Care and Learning Council](#).

What is Shared Source ECNY?

- Professional resources on a single site for easy access that will help in your every day work.
- In addition to daily resources for classroom teachers and program administrators, it also offers buying power by joining a nationwide pool of purchasers. Members are able to enjoy savings such as 20% off child care products from cribs to puzzles and up to 93% off office products provided by Office Max and Staples. This inherently helps to lower operating costs and create a more efficient work environment.
- Click on the Shared Source link above for more information.

Dealing With the Stress of Being a Child Care Provider

(1-CD, 3-PD, 6-CA, 9-SBS)

August 30—Geneva Site 6:30-8:30pm

STRESS.....

There is a lot of stress doing daycare in the home. Blending your family and the daycare family, everyone wants and needs something different from you. The children need individual one on one time with you. The baby needs to be fed; Joey needs to be changed; the 2 year olds want to color; the 4 year old wants you to read him a book; the dog wants to go out; your child wants to play with her toys in her room; your other children are coming home from school and want to talk to you about their day. And then there is all the paperwork that is required. Finding time to do everything is exhausting and very; very stressful. This training is about stress management; things that *will work in the moment* and ways to avoid ongoing stress. (*Identified Audience – new providers, experienced providers, FDC, GFDC, LE*)

CBK: 5, 6, 7 ELG: 2 Trainer: Tracy Killigrew

This class is not eligible for EIP funding.

Temperamentally Speaking (1-CD, 3-PD) August 23, 2016 — Geneva Site 6:30-8:30pm

So often, providers struggle in their programs with children that are “challenging”. Providers often are at a loss, as they try to discover the root of the problem. The provider may start to question themselves and why they are struggling with this child. They may wonder if the parents are not telling them all the issues they are seeing; they may even start to resent the child for the choices they are making.

This class is designed to help discuss another option to the “challenging” child...Temperament. A child’s temperament can be responsible for much of what we see and struggle with on a daily basis. Temperament is a part of a child’s personality. It is an inborn trait that influences how a child behaves. Learning a child’s Temperament can help you **work with** the child, not **against**. In this class we will discuss what temperament really is; How to determine a child’s temperament; How to work with the needs of the child, to strengthen their sense of self, and how to reestablish harmony in your programs. We will also spend time on how to communicate this learning to parents to help establish a healthy balance for the children between home and program. (*Identified Audience – new providers, experienced providers, FDC, GFDC, DCC, SACC, LE*)

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

Trainer: Heather Elisofon, Credential #1383

Pinwheel event fun !!!



In recognition of the Month of the Young Child and Prevent Child Abuse NY Pinwheels for Prevention campaign, CFR hosted its annual *Pinwheel Connection Events* at several sites during the month of April. A BIG Thank you to the Seneca Falls Library, Cheshire Creamery and the Children's Advocacy Center for collaborative efforts.

This year's "*Pinwheel Gardens Barnyard Bash*" farm themed activities, petting zoos, musical entertainment by the Uke Nuts and more provided much free fun for young children and families in our Canandaigua, Penn Yan, Gorham and Seneca Falls communities.



Pinwheels for
PREVENTION

Prevent Child Abuse
New York



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:
(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.

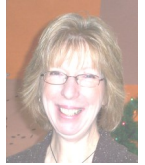
	2 children				8 children			
	Day	Week	Month	Year	Day	Week	Month	Year
Tier 1 Breakfast & Snack	\$4.08	\$20.40	\$81.60	\$979.20	\$16.32	\$81.60	\$326.40	\$3,916.80
Tier 1 Breakfast, Lunch & Snack	\$9.00	\$45.00	\$180.00	\$2,160.00	\$36.00	\$180.00	\$720.00	\$8,640.00
Tier 2 Breakfast & Snack	\$1.36	\$6.80	\$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

- ☉ 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 and 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)



"The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department."

"If you need to file a complaint, USDA uses specific language. Therefore, If you wish to file a Civil Rights program complaint of discrimination, you must complete the USDA Program Discrimination Complaint Form, found online http://www.ascr.usda.gov/complaint_filing_cust.html, or call any USDA office. You may also call 866-632-9992 to request the form. A letter can be written, however it must contain all the information present on the form. Send your completed complaint form or letter to: USDA Office of the Assistant Secretary for Civil Rights 1400 Independence Ave, SW, Stop 9410 Washington, D.C. 20250-9410 or E-mail address: program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities can contact USDA through the Federal Relay Service at Local or Federal relay: (800) 877-8339 Spanish relay: (800) 845-6136."



Traditional Backyard Games

In past issues I have written about the importance of getting outside. It is important that we allow children to experience everything that the outdoors and nature present to them. However, it is also important that children learn to participate in group games and follow rules when it is developmentally appropriate. What a better way to learn this than playing backyard games! This is also a great way to keep children from getting bored in the summer. The following are just a few of the ones that are fun and cost nothing to play!



Tag — of course!!! Everyone knows the rules of this game. Add variety by playing **Freeze Tag**: Just like tag, one person is designated as "it" while the other players must run away and not get tagged by "it." If the "it" player does tag another player they are to freeze in the exact spot they are tagged in no matter what they are doing. Another player can un-freeze them by tagging them and making them melt. If the "it" player can freeze all the other players they win the game and someone else is chosen as "it."

Kick the Can (a favorite in my neighborhood when I was a kid): This is a combination of **hide and seek** along with tag. Ideally, you should have at least 3-4 players for the game. You will need a can or a bucket to place in the middle of the playing area. A person or a team is designated as "it" and must close their eyes and count while the other players go and hide. Once counting is over the "it" person must find and tag the players that are hiding before they can kick the can. If "it" is able to tag them before



they kick the can they are captured and must wait until someone on their team kicks the can or "it" tags all the hidiers and the game is over.

wards younger children, but can also be made fun for older kids as well. You will need at least 3 players for the game as well as big enough space to play the game. One person is made the traffic light controller and the rest of the players start at a designated starting line straight across from the controller. The length that they are away depends on how much room you have and the age of the children. The traffic light controller starts with their front facing the other players and this is known as "red light." They then turn around and say "green light" while the other players race to get to the controller first. The traffic light player can turn around at anytime and yell "red light" and everyone else must freeze in place. If they see a person moving that player is sent back to the starting line. This is continued until a player tags the traffic light controller and wins the game.

And don't forget these classics:

- Red Rover
- Mother, May I?
- Hopscotch
- 4 Square
- Simon Says
- Duck, Duck, Goose
- Kickball
- Catch



Red Light, Green Light: This game is geared to-

get connected ...

Did you know that learning starts before birth?

Healthy Families can provide support to families that are having a baby or have a newborn.



PRENATAL SUPPORT:

- ◆ Information regarding prenatal development
- ◆ How to care for yourself before and after baby is born
- ◆ Providing answers to your questions about labor, delivery & breastfeeding.
- ◆ Connects families with community services and resources

Healthy Families Ontario



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

We are here to support you with:

- ◆ Breastfeeding information, options & common concerns
- ◆ Helping your child learn about the world through play
- ◆ Positive support and reinforcing the strengths of your family
- ◆ Positive parenting options and ideas
- ◆ Encourages parents to reach their unique goals
- ◆ What to expect next: infant feeding, teething, sleep routines, walking, potty training, preparing for school
- ◆ Information and activities to promote child safety and development

What do the families in Healthy Families Ontario have to say?

"Thanks to Healthy Families Ontario I've become a more patient, understanding, and fun Mom!"



"Healthy Families Ontario helps me with all my questions, concerns, do activities, and make sure my kids are developing on time."



"I don't know what I would have done without my support worker! She has helped me in so many ways, and always assures me of my ability to be a great

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

August:

8/22—Penn Yan Together Time begins!

8/26—Offices closed 1-4:30pm

September-National Blueberry Popsicle Month!

9/5—Offices closed for Labor Day

9/23—Offices closed from 1230-430pm

October-National Pizza Month!

10/10—Offices closed for Holiday



Have you liked our page on Facebook?
And when you like what you see...let us know and click on LIKE!!

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?

Join our Facebook group by requesting an invite on:

www.facebook.com/groups/974669009246256/

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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*"There is more treasure in books than in
all the pirate's loot on Treasure Island."
Walt Disney*



Community Partner

