

CFR Connection

2017 Issue 2



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

Friendship

pg. 1

**Agency news
— meet our
new staff**

pg. 3

**Infant/Toddler
— outside
exploration**

pg. 4

**Registrar's
Corner**

pg. 5

**Childcare
Training**

pgs.
6-7

**For Parents:
Empathy**

pg 8

CACFP

pg 9

**Big Hands/
Little Hands –
Friendship
games**

pg 10

Friendship — sometimes we have to teach it

Cesar is one of the more popular children in his preschool class. He shares toys and materials, often proposing a trade that works for all. Cesar laughs a lot, he is enthusiastic, and he almost always says, “yes” when a classmate asks him to play or he has a different play idea. He also says nice things to his classmates. When it is time to choose a friend for an activity Cesar is always in demand.

Chloe is one of Cesar’s classmates. She spends most of her time in preschool staying close to her teacher, occasionally hovering around a gang of children playing together. She doesn’t say much to her classmates and they in turn seldom speak to her. Chloe, in fact, has lots of skills. She knows what to do with toys and utensils; she knows the usual “scripts” that emerge in imaginary play. Chloe is seldom chosen by another classmate to participate together.

The difference is profound. Temperament and home environment may be a factor however, their development of social emotional skills are on different paths.

So what behaviors do children engage in that are directly related to having friends?

- ◇ *Organizing play — with preschoolers these are usually “let’s” statements. “Let’s play trucks, Let’s make lunch.”*
- ◇ *Sharing — which can take many forms from asking to share to sharing what they are playing with others.*
- ◇ *Assisting others — physically helping another child, showing another child how to do something, helping a child who is distressed.*
- ◇ *Giving compliments — these do not occur a lot with younger kids but if they have learned this skill it has a powerful impact on other children.*

to have reciprocity from another child. The child needs to respond to what ever the first child is doing/saying. In time, the second child needs to start the interaction. As time progresses these interactions become more lengthy.

What can we do to assist those children who are struggling with friendship skills? Modeling— both in our interactions with children and other adults and embedding friendship activities into play.



Here are some ideas:

- ⇒ *Puppet play showing friendship*
- ⇒ *Sports that include 2 people working together, such as playing catch.*
- ⇒ *Dramatic play*
- ⇒ *Board games*
- ⇒ *Children’s literature*
- ⇒ *Interactive circle activities that include all children*
- ⇒ *Group art projects, such as a mural*
- ⇒ *Involve child in passing out materials, backpacks, snack, etc.*
- ⇒ *Cooperative toys for outside play such as swings, wagons*
- ⇒ *Pair up partners using various items such as matching feathers, matching cut hearts, matching shoe colors, etc.*

For more game ideas check out the games on page 10.

Resource: *The Center on the Social Emotional Foundations for Early Learning*

In order for friendship to form, a child needs

staff & site...

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

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

Website: www.cfresources.org

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Penn Yan Center*

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Children's Center

Yates County Courthouse
Monday, Tuesday, Thursday,
9:00-5:00 and
Wednesday, 1:00-4:00
415 Liberty Street
Penn Yan, NY 14527
315-531-3438

Geneva Center*

671 S. Exchange Street
Geneva, NY 14456
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agency highlights. . .



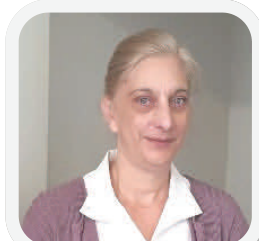
Hi! My name is Jeannine Thomas. I am the new Office Manager at Child & Family Resources in the Canandaigua Office. Prior to this job I was a teacher assistant at Honeoye Central School for 11 years and most recently was the high school secretary. I also previ-

ously provided day care in my home and that is where I first learned about Child and Family Resources and all that they offer! I have two grown sons and a 13 year old stepson. I enjoy gardening, cooking and spending time with my husband and our two dogs.



Hello! My name is Tiffany Higgins and I am the new Program Supervisor for the Healthy Families Program in Ontario/Yates Counties. I have over 18 years of experience working with children and families in a home based setting, with my most recent position

being that of providing outreach to individuals who received managed Medicaid insurances. I've made many referrals to the Healthy Families Program in my last position, and feel strongly about the strength-based program model it provides. I live in the Geneva area with my 10 year old son, Matthew. When we are not busy with work, school, sports and extra-curricular activities, you might find us riding bikes outside or running in a 5K.



My name is Eileen Kiesinger, I am a Family Educator (PSP) in the Geneva office. Prior to coming to CFR I have worked various positions in child/adolescent Mental Health and Adult Addictions, most recently at Adirondack Medical Center as a Crisis Clinician. I am excited

about working with families in Ontario County from start to finish. I currently live in Ontario with my two children and our Siamese cat, Thai.

On March 12th The Children's Center at Yates County Courthouse celebrated its 9th Anniversary!



The Children's Center, located in the 1st floor of the Yates County Courthouse, is a free, drop-in child care center available to parents and care-

givers who have business in the courthouse. It also provides referrals to many different programs such as WIC and Food Stamps, as well as parent education and resource materials based on an individual family's needs. Since the inception of the Center, the staff has served over 1700 children and families. The current operating hours are Monday, Tuesday, Thursday, from 9-5 and Wednesday, from 1-4. Please contact the Children's Center at (315) 531-3438 for information.

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

Thank you.

Penn Yan Presbyterian Women's Exercise Group for their generous donation to help support our Penn Yan families.

It's a Wonderful Run 5K committee for again supporting us with a donation for our work in Seneca County.

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.

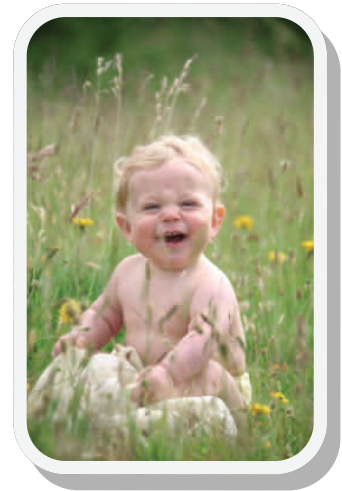


Outside Exploration

Now that the weather is nice it is time to get outside and explore! Stretch those limbs that have been bottled up inside all winter long. However, there are some risks to be aware of with outside exploration for infants and toddlers.

What are the **RISKS** to babies and toddlers in outside exploration?

- ⚙ **Sunburns-** make sure to use sunblock
- ⚙ **Risk of dangerous objects-** going into the mouths
- ⚙ **Surfaces getting to hot-** possible burn from crawling on surfaces
- ⚙ **Stings and Bites-** from bugs and other animals
- ⚙ **Water Hazards-** Risk of drowning



What are the **BENEFITS** to babies and toddlers in outside exploration?

- ⚙ **Large Muscle Development/ Climb/ Jump/ Run**
- ⚙ **Fresh air (less germs)/ Sunlight for Vitamin D**
- ⚙ **Builds Independence**
- ⚙ **Enriches Language development-** giving children something to talk about
- ⚙ **Builds Cognitive Development-** giving children a different environment to use their senses on

The benefits are worth the risks when it comes to the growth and development of our children. We just need to be aware of these risks and look out for them when having children outside. It is a good idea to look over the area for any dangers before allowing children to play. For additional helpful information and tips check out this link:

<https://www.ucy.ac.cy/nursery/documents/importance-of-taking-infants-toddlers-outdoors.pdf>

Just the Facts... Way's to boost Babies IQ

- 😊 Turn off the TV and Read a Book— never too young to read a book with someone
- 😊 Cuddling & Eye Contact (breast-feed if you can) - Babies need to feel safe in order to learn
- 😊 Singing- babies love to hear you sing
- 😊 Happy tone of voice & Talk about normal everyday things
- 😊 Count out loud while pointing to objects
- 😊 Respond to baby's need's in a timely manner
- 😊 Play peekaboo; look in a mirror or any other games & tickle toes

- 😊 Give your baby choices
- 😊 Get out of the house and see and experience other things
- 😊 Give your baby a break if they get over stimulated

There are several apps that give you ways to build your baby's brain with everyday routine interactions.

Democrat & Chronicle January 17, 2017 "Baby Smarts"



Check out **vrom** information in our Get Connected section on page 11 for exciting ways to build your baby's brain!!



Dear Child Care Providers,

Ahhhh... Spring!

To me, Spring is a welcomed sight especially as flowers and trees blossom splashing the brown earth with color!

To some, Spring may be a time to clean house, eliminate clutter or add a fresh new look to your home with paint. To others, it may mean rainy days and muddy shoes. I'll leave the meaning of Spring up to you to decide while also offering a gentle reminder to continue to provide an indoor/outdoor environment that is safe, fun and hazard free for the children you serve.

Shifting now to nutrition...I'd like to draw your attention to **Child Care Regulation .12 Nutrition**. This section pertains to your program - no matter what modality of care you provide. In brief, here is the essential requirement for this section.

- ♦ Your program must provide nutritious snacks and/or meals depending on the amount of time children are in your care. If your program doesn't furnish meals, adequate supplemental food must be available.
- ♦ Accommodating food preferences for personal, religious or medical reasons must be furnished.
- ♦ Portion size must be suitable for the size and age of the children in care.
- ♦ Safe drinking water must be available.
- ♦ Fluid milk, 100% juice and water are the only approved beverages. Low-fat or fat-free milk (1% fat or less) must be served to children two years of age or older.
- ♦ Your program must share with children and parents' information on healthy food and beverage choices.

So, you say...I know all of this...I'm following the regulations!? Wonderful, keep up the good work! Let's reflect for a minute on the season of Spring. Have you given any thought to the meaning of Spring in terms of fresh fruits and vegetables such as strawberries, lettuce, peas, and asparagus to name a few? **.12 Nutrition** sets the stage for providing children with nutritious meals, snacks and beverages. What better way than to serve food that offers the most nutritional value that fresh fruit and vegetables provide.

Are you familiar with **Child and Adult Care Food Program (CACFP)**? **CACFP** participation will assist you with menu planning. The best part is that it will support your continued compliance with **.12 Nutrition**. Okay you're correct, purchasing fresh fruits and vegetables are expensive. However, you'll be reimbursed your grocery dollar for serving **CACFP** approved meals.

Consider **CACFP** as a resource not only by obtaining regulatory compliance with **.12 Nutrition** but also with obtaining regulatory training hour/topic areas when attending **CACFP** sponsored training. Child and Family Resources can help you register for **CACFP**. (See p.9)

Lastly, when attending **CACFP** training with other child care professionals you gain the latest information about nutrition, new menu ideas and suggestions for getting the most out of participating in **CACFP**. This is a win – win situation for you, your program and children.

Thank you for caring for the children in our counties of Ontario, Seneca and Yates. Your continued service and commitment is much needed.

Thank you,

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:

Jessica Egre

New
CACFP
Providers:

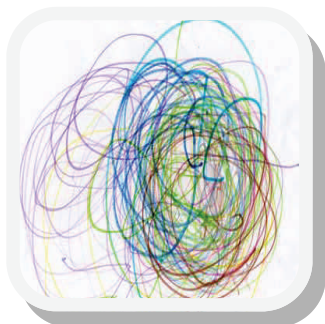
Jessica Egre



specialized training...

Free Art Fun, (3-PD)

April 24, 6:30-8:30, Penn Yan Site



This hands on and make 'n take will be a fun filled night with ideas of how to present free art to the children in your care. We will discover how much more the children learn from these experiences versus product art. Wear clothes that you don't care if they get messy!!

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

\$70 per person

Trainer: Barb Owens, #14334

CBK:4 ELG:3.4.5

CACFP Training



**Thursday, May 18th,
6:00-7:30pm
Canandaigua site
“Let’s Surf!”
great websites for
CACFP participants**

Tuesday, July 18th
6:00-7:30pm
Seneca Falls site
"Let's Be Healthy!"

**To register call Amanda
at 315-536-1143**

SUNY Video Conference

More Than Just “Use Your Words”:

Promoting Positive

Communication with Children

June 1, 6:45—9:00

Geneva and Seneca Falls sites

Online registration at

www.ecetp.pdp.albany.edu





Must be made 2 weeks before training.



Early Literacy Project (ELP) for Family Day Care Providers

OCFS: I-CD, 3-PD, May 16, 6:30—8:00, Penn Yan Site

This project will give Family Child Care Providers:

-  A minimum of 9.5 training hours
-  20+ children's books
-  Early Learning Connections binder with curriculum for infant, toddler, and preschool aged children using creative and stimulating activities
-  Knowledge on how to prepare the children in your care for school readiness using the "whole child" approach

After the **FREE** 1.5 hour information session, if you are interested in the full program, you will receive 8 hours of training, books and curriculum (a \$400 value) for a fee of only \$25!! *(Further training dates will be determined by providers attending the info session.)*

Register with Heather Fiero at 315-536-1134, ext. 2306 (registration required)

CBK: 1,4 ELG: 1-5 Trainer: Barb Owens #14334 ITA: Tracy Killigrew

**For all FDC and GFDC in Ontario, Seneca
and Yates Counties.
Limited curriculum so register soon!**

specialized training

NAEYC & NAFCC Accreditation (3-PD) Overview Session **6:30-8:30pm, May 9– Geneva Site**

Research shows quality matters! Learn more by joining us for this overview session on why accreditation matters. Participants will review and become familiar with the process and requirements to achieve accreditation along with meeting the program standards and maintaining NAEYC and NAFCC accreditation. We will explore the characteristics of a high quality program, as well as the steps in the current NAFCC and NAEYC accreditation process. Ample time for questions and answers.

(Identified audience – experienced providers FDC, GFDC, DCC, SACC)

CBK: 6 Trainer: Tracy Killigrew

FREE

MAT is back!

Medication Administration Training

This class is for child care providers and staff who want to administer medication to children in care. We welcome Heather DeRuyter as our Health Care Consultant.

Classes held on Saturdays:

May 13

June 10

July 8

August 12

All sessions: 8:00 - 5:00 at the Geneva Site

Non-refundable registration fee is required.

All fees must be paid 3 days prior to the class.

Registration/materials fee \$50.00

Course fee \$150.00

**Contact Heather Fiero 315-536-1134, ext. 2306
for more information and registration form**

Breastfeeding Friendly Child Care (2-NH, 4-SS)

6:30-8:00pm, May 1st — Penn Yan Site

6:30—8:00pm. June 7— Canandaigua Site

FREE



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 County Public Health and Angela Druker—Yates County Public Health

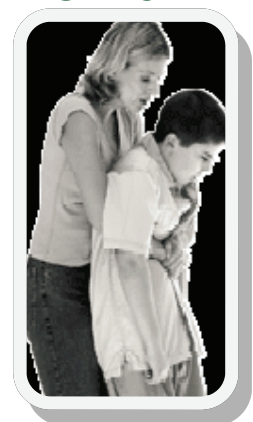
CPR and First Aid are a requirement for Child Care programs in New York State; at least one certified staff must be on site at all times.

- ♦ Classes below are offered with our American Red Cross Certified trainer
- ♦ Class fees: \$125 per person.
- ♦ To register for Child & Family Resources' classes contact Heather Fiero @ 536-1134, ext. 2306

June 5th and 12th: 6:00 — 9:00pm

NEW DATES !! August 7th and 14th: 6:00 — 9:00

Geneva site only



Teaching empathy??



Empathy is one of those strange qualities – something almost everyone wants, but few know how to truly give or receive it. In a world where self-gratification is emphasized, it is in short supply but high demand. This is all the more reason to teach the next generation what it means to have empathy for those around them.

What Is Empathy?

Many people confuse sympathy and empathy, but they are two distinct values. Empathy is not just the ability to understand someone's feelings; criminals often take advantage of people by appearing to understand their feelings and subsequently gaining their trust. Empathy is more than that. Not only is it the ability to recognize how someone feels, but it also values and respects the feelings of another person. It means treating others with kindness, dignity, and understanding.

Kids Need To See Adults Show Empathy

While some children are gifted with naturally kind hearts, in most cases kids need to see empathy modeled by the adults around them. It begins with the way parents relate to their children. Parents who show an interest in the things that matter to their kids and respond to emotions in a positive and caring way are teaching the skill of empathy.

Meet Emotional Needs

When children have their emotional needs met, two things happen. They learn how to meet the emotional needs of others and they are anchored in what they are receiving, meaning that they are secure enough to give to others when the need arises but first they need to receive. An empty jug cannot fill a cup.

Talk To Kids About Emotional Needs

Many adults find it hard to talk about emotional needs or anything related to emotions. Consequently, they spend

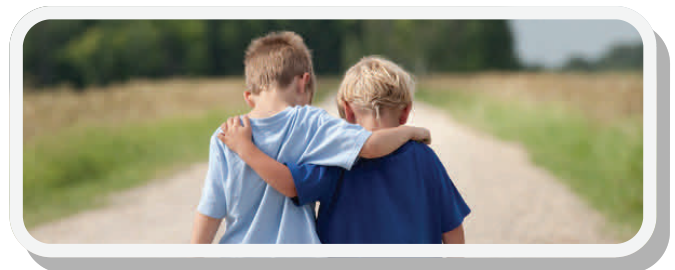
their lives tiptoeing around the subject of emotions. These are people who don't know how to handle the emotions of others and are uncomfortable with any situation that calls for an emotional response. Sometimes they are afraid of their own emotions because they have never learned how to deal with emotional needs. It's a good idea to talk to kids about emotions and how other people experience them. Give their emotions names (for example, jealousy, anger, and love) and teach them that these are normal. Talk to them about how to handle emotions in a positive way and point out situations where other people are experiencing emotions. Teach them about respecting the emotions of others and show them how to act in a situation where a response is required.

Look for Real Life Situations to Practice Empathy

There is nothing like a real life example to model what you are teaching. Look for situations that affect another person and talk to your kids about what it means to the people involved and how they might feel. For example, if you see an ambulance speed past, talk about how the family members of the sick person might be feeling.

Play Games

Younger kids in particular love to pretend that they are someone or something else. You can use these fun times for teaching empathy. Get your kids playing the role of another person. This might be a character in a book or on TV, or even someone you know who has been through a significant experience lately. You can act out the story together and ask your kids to stop and imagine how their character might have been feeling at any given moment. This will focus their attention on the emotions that another person might experience when in that situation. You can ask them to make faces that reflect the feelings of their character.



Continued of page 10



Are you a Legal Exempt Child Care Provider providing subsidized care?

Would you like to be reimbursed for the meals/snacks that you provide to the children in your care? The Child & Adult Care Food Program (CACFP) is here for you! This program is designed to help reimburse providers for a portion of the meals/snacks provided. Providers are eligible to claim up to two meals and one snack or two snacks and one meal per child per day.

Participating in the CACFP program is a Win! Win! Win! Situation:

- ☺ *The children WIN because they're eating nutritious meals and snacks*
- ☺ *Your child care business WINS because families looking for child care will appreciate knowing that their children are receiving well balanced meals.*
- ☺ *You WIN because the financial reimbursement helps you with your food expenses.*

Program Benefits:

- ☺ *You receive a monthly reimbursement check for a portion of the meals you provide and could include meals served to your own children during day care hours*
- ☺ *You are offered a supply of recipe and nutrition activity resources*
- ☺ *All forms and papers necessary to participate will be supplied by us, your sponsor*
- ☺ *Training and guidance on nutrition standards are available to you when you need them*
- ☺ *Your CACFP Administrator is only a phone call away to answer any questions you may have*
- ☺ *You will also benefit from one-on-one visits to your home*

Reimbursement Rates:

Reimbursement rates are divided into a Tier system.

Meal	Tier I	Tier II
Breakfast	\$1.31	\$.48
Snacks	\$.73	\$.20
Lunch/Supper	\$2.46	\$1.49

The table below indicates the amount a provider could earn at the Tier I rate with two children in care.

	2 children			
	Day	Week	Month	Year
Tier I Breakfast & Snack	\$4.08	\$20.40	\$81.60	\$979.20
Tier I Breakfast, Lunch & Snack	\$9.00	\$45.00	\$180.00	\$2,160.00
Tier 2 Breakfast & Snack	\$1.36	\$6.80	\$27.20	\$326.40
Tier 2 Breakfast, Lunch and Snack	\$4.34	\$21.70	\$86.80	\$1,041.60

Interested? Join today! Call us at 315-536-1134 to schedule a sign-on visit.

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."

Games to teach Friendship and Empathy

There are numerous games for children to play that teach friendship and empathy. Surprisingly, these games are well known — we just didn't realize what we were learning!

The Good Friend List

This is a simple, straightforward activity in which children are asked to list what qualities make a good friend. For example, someone who shares toys, someone who doesn't yell, etc.

And for the older children this version of the same game

Friendship Chain

Each child is given a slip of construction paper. On their paper, they write what they think is the most important quality in a friend. Those slips then get taped together to form a chain, which can be hung and referred to throughout the year.



That's Me!

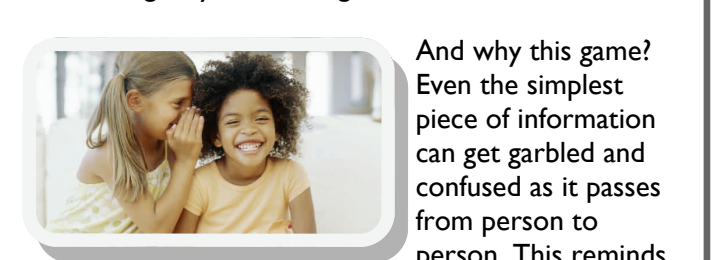
One person stands in front of the group and shares a fact about themselves, like their favorite color or favorite animal. Everyone who also shares that favorite thing stands up and yells, “That’s me!” Kids love this game because it’s interactive. They get to share their favorite things, there’s fun in not knowing what each child is going to say, and there’s yelling.

Red Rover

This is a classic game that's great for preschoolers to learn their classmates' names when they ask to "send so -and-so over." They'll practice teamwork by holding hands and trying to stop the other person from breaking through. This also gives active preschoolers a reason to get up and move around

Telephone

This is another classic children's game that teaches a great lesson about gossip. Children sit in a circle. The starting child picks a sentence or phrase to pass around the circle via whispers. The last child says the sentence out loud, and the whole group laughs about how much the wording may have changed.



kids not to believe everything they hear, and to go to the source if they want the truth.

Continued from page 8

Develop Their Inner Moral Compass

Teaching your kids the difference between right and wrong from a young age gives them a strong internal moral compass that will direct them to make good choices. In situations that require a decision, help them to see how our choices and behavior affect others. Talk to them about how wrongdoing harms others and help them to see the hurt and damage that it causes. It's a good idea to talk to them about the little things such as calling a sibling an unkind name that hurts her feelings or refusing to play with their brother when friends visit. When building a strong moral foundation, start small and begin with the basics.



Empathetic Kids: Givers Not Takers

By raising your kids to understand and practice empathy, you're giving them the gift of giving. In a world where great emphasis is placed on looking out for your own interests, people who are givers are all too rare. But they are the ones who enjoy the greatest satisfaction from life, live the most meaningful lives, and enjoy more rewarding

relationships. Teaching your kids empathy is a worthwhile investment for their own futures and for the world they will inhabit. *From Parenting Today Staff 2.6.17*

get connected ...



What is Vroom?

New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up—it's their brains too. In these moments, half a million neurons fire at once, taking in all the things we say and do. We can't see it happening, but it's all there, all at work. That's why Vroom is here.

Vroom turns shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds

**Every parent has what it takes
to be a brain builder.
YOU already have what it takes!**

This is a great website and app for parents of children infant to age 5. Activities, tools, and information provide parents with wonderful opportunities to play an important role in supporting your child's brain development journey.

Get it today and have fun!
www.joinvroom.org

Attention FDC and GFDC Providers CSEA/VOICE Professional Development Opportunity

CSEA/VOICE has a Professional Development Program that will pay for your training. Our agency, Child and Family Resources, is one of the participating organizations. What this means for you is that you can attend our specialized trainings for free! Go to <http://voicecsea.org/cseavoice-professional-development-training-program/> for more information. We are in the process of developing new trainings based on your interest. Please email Barb with topics that you would be interested in at barb.owens@cfresources.org



**PROVIDER
APPRECIATION DAY
MAY 12, 2017**

Let your child care provider know how thankful you are for being there for your child and you.

Watch our Facebook page for provider celebrations and gifts of appreciation donated by local businesses who know that without great childcare parents wouldn't be able to work!!

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



April 2017— July 2017

April

14th — Offices Closed — Good Friday

22nd — **Pinwheel Spring Fling Events!**

Penn Yan and Geneva sites

10am-12pm

Join us for some fun!!

May

11th — **Yates Baby Café Celebration**

10-11am, Penn Yan site

29th — closed for Memorial Day

June

10th — 11th Come see us at the Keuka Arts Festival in Penn Yan!!

July

3rd & 4th — closed for July 4th holiday

Parenting Meetings and Support!!

Together Time 2017 (Penn Yan site)

Sessions 2/6-5/15 & 9/18-12/18

Mondays, 9:30-11:00am

Free for Parents and children to play & learn together!

Parenting For Life (Penn Yan site)

Wednesdays - 6-7:30pm, free ongoing parenting group

(Child Care Provided-Registration Required)

Baby Café (Canandaigua & Penn Yan sites)

Baby Café Canandaigua,

1st & 3rd Wednesdays, 10-11:30am

Baby Café Yates

1st & 3rd Thursdays, 9:30-11am

Free breastfeeding and parenting support!

Families In Transition (FIT)

Assisting Children in Transition (ACT)

Dates and locations vary all year long.

Parenting class for separating, divorcing and co-parenting parents. (fee scale available)

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

"A child's own story is a dream, but a good story is a dream that is true for more than one child." Margaret Wise Brown, May 23, author of Goodnight Moon and many others

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Community Partner

