

CFR Connection

2018 Issue 1



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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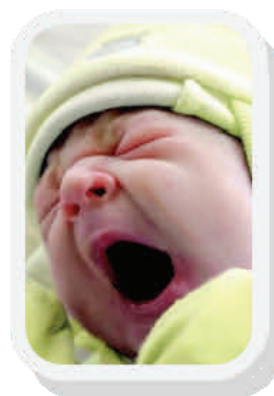
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The Importance of Getting Enough Sleep

Are your children or the children in your care getting enough sleep? Are you? Sleep is a vital indicator of overall health and well-being. Most of us, children included, know that a good night's sleep is important but too few of us get the amount that we need.

The following is a list of recommended hours needed per age:

- **Newborns (0-3 months):** Sleep range 14-17 hours
- **Infants (4-11 months):** Sleep range 12-15 hours
- **Toddlers (1-2 years):** Sleep range 11-14 hours
- **Preschoolers (3-5):** Sleep range 10-13 hours
- **School age children (6-13):** Sleep range 9-11 hours
- **Teenagers (14-17):** Sleep range 8-10 hours
- **Younger adults (18-25):** Sleep range 7-9 hours
- **Adults (26-64):** Sleep range 7-9 hours
- **Older adults (65+):** Sleep range 7-8 hours



It is understood that for the younger ages these hours do not come all at once. There is now discussion that children 3-5 should eliminate naps and get all of their sleep at night. The longer sleep they experience at night, the more restorative that sleep is. The concern may be, though, that many children begin each day very early so that parents can get to work on time.

So how do both the children and you get enough sleep? Here are some ideas:

- ♦ Make sleep a family priority. Understand the importance of sleep. Be a role model and go to bed yourself!
- ♦ Stick to a sleep schedule even on the weekends. This includes a bedtime routine especially for your children. It can be as simple as pajamas, brushing teeth, a book and then bed. (Check out *Big Hands Little Hands* on page 10 for a few recommended books.)
- ♦ Monitor screen time. The recommendation is that all devices should be shut off one hour before bedtime.
- ♦ Create a sleep-supportive environment: dim lights, lower temperature, calming sounds, if any.
- ♦ Avoid overscheduling—this can include both activities as well as homework. Both you and your children need time to wind down.
- ♦ Beware of hidden sleep stealers—caffeine, alcohol, sweets.

It is also important to talk to your child's teacher or child care provider to see if sleep problems may manifest in the daytime. A child who does not have enough sleep may "zone" out or exhibit challenging behaviors. Both of these will make it difficult for your child to learn.

Resources: *National Sleep Foundation and healthychildren.org*

staff & site...

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

****Children's Center hours are:**

Monday, Tuesday, Thursday 9:00am-5:00pm

Wednesdays 1:00pm-4:00pm

Website: www.cfresources.org

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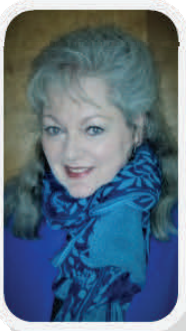
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Fax: 585-394-2078

agency highlights. . .



WELCOME BACK!!

Hello....I am Terri Knight-Miller and the new Office Manager at our Canandaigua site. Some of you may know me, as I previously worked here as a Legally Exempt Coordinator and Registrar. My background also includes over 20 years' experience working with youth and families. During that time, I served as site director for

2 after school programs, ran youth groups, taught music and art to challenged youth and served as an administrative assistant in the mental health field. I am very happy to be back with my work family, and look forward to serving you in my new position at the agency!



The Children's Center at the Yates County Courthouse Celebrates 10th Anniversary on March 21st @ 3:30pm!!

On March 12, 2018, The Children's Center at the Yates County Courthouse celebrates its 10th Anniversary. The Children's Centers in the Courts was a project initiated in 1994 by the New York State Permanent Judicial Commission on Justice for Children, and is currently administered by the Office of Court Administration Division of Professional and Court Services, Office of Alternative Dispute Resolution and Court Improvement. Since inception in 2008, the Children's Center at Yates County Courthouse has been operated by Child and Family Resources, Inc. The Children's Center is a free, drop in child care center for children whose caregivers have business in the courthouse. Since opening, The Children's Center has served over 2000 children! Current hours of operation are: Monday, Tuesday and Thursday, 9-5 and Wednesday, 1-4. For more information, call (315)531-3438. [Join us for our anniversary celebration!!](#)

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

Budding Readers
Thrifty Threads Store
Keuka College Students and Staff - Angel Tree
Modeste Bedient Memorial Library – Branchport, NY
Community Reading Partnership – Little Red Bookshelf

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.



Structure and Routine Does it Really Make a Difference

Children need to play and grow in order to develop to their fullest potential. But should this play be structured? Do I really need a routine in place?

The easy answer is “YES” it really does make a big difference. You can look at two separate classrooms and know immediately which one has structure and routine in place. Structured environments just seem so much more at peace and easy than environments that only have unstructured free play. This is not to say that children do not need unstructured free play because they do. It is hard to find just the right balance between the two.

What is structured play and unstructured play? What is the difference? The easiest way to explain structured play is that it is adult directed with an end goal in mind. Unstructured play is where children have free open play and no end goal is previously planned. However keep an ear open during free play, many teachable moments can come out of free play.

In my opinion the best activities are the ones that start as a structured activity that the caregiver is in control of the flow and initial idea. Then once children get the idea, and can form their own idea, the caregiver takes a back seat and lets the children take over to make the activity their own. So the activity starts structured and ends as unstructured free play.



Your day goes so much smoother when children know what to expect next. Hence routine. “A predictable routine allows children to feel safe, and to develop a sense of mastery in handling their lives.”

The unknown is scary. Routines offer a sense of security. When children’s lives have a sense of predictability they feel safe to venture out and try new things. These new adventures are what help children to grow and develop.

A routine allows children to feel safe and secure in this ever changing world. Having some control over what is happening can be a life saver. Once you get children used to a routine they will be tell-

ing you what is going to happen next in their day. This gives children a sense of power over their own little world.

In this day and age of busy and sometimes chaotic home lives and some children not knowing what to expect from day to day, a little thing such as structure and routine in daycare is essential to the little ones we care for.

Resources: <http://playgroupsa.com.au/publications-blog/structured-vs-unstructured-play-226.html>
<http://www.ahaparenting.com/parenting-tools/family-life/structure-routines>



Greetings Child Care Providers,

I hope this letter finds you well and ready for the Spring season! In the last few months OCFS has focused on Health and Safety topics specifically in their December 2017 Dear Provider letter. Health and safety topics are always important, worth mentioning and acting upon when needed. I suggest you read the letter, in the event you did not do so before now. My piece in this issue will not focus on health and safety topics but rather renewing your license or registration.

When it is time to renew your license or registration did you know there is guidance in the regulations as to which documents are required? You can find this guidance in **Child Care Regulation, Section 2: Applying for and Renewing a License or Registration**. Look at Item **(d) for FDC/GFDC** or **item (e) for DCC/SACC/SDCC - Renewal**, which states the renewal application must be submitted to your licensor or registrar at least 60 days in advance of the expiration date of your registration. Keep in mind not having your application submitted for review and approval by this timeline may result in a violation or denial of licensing or registration. **Subsection (d)(1) or (e)(1)** requires **submission of agreement by the provider to operate the day care program in conformity with applicable laws and regulations**.

Ever wonder what those applicable laws and regulations are? Here is what I learned. **Section (d)(2) or (e)(2)** addresses the need to submit the **Child Obligation Statement** in accordance with Section 3-503 of the **General Obligation Law, Section 3-503**:

Every applicant for a license or renewal (that's you) thereof shall provide his or her social security number on the application, (this is generally completed in your initial application). Additionally, every applicant for a license or renewal thereof shall certify in the application in a written statement under oath, duly sworn and subscribed, that as of the date the application is filed he or she is (or is not) under obligation to pay child support (hence, why the statement must be notarized) and that if he or she is under such an obligation, that he or she does (or does not) meet one of the following requirements:

- a. he or she is not four months or more in arrears in the payment of child support; or
- b. he or she is making payments by income execution or by court agreed payment or repayment plan or by plan agreed to by the parties; or
- c. the child support obligation is the subject of a pending court proceeding; or
- d. he or she is receiving public assistance or supplemental security income.

Therefore, per the law stated above, the **Child Obligation Statement** must be completed and notarized before submitting the document to your licensor or registrar.

The next document worth mentioning is the **Applicant Compliance Agreement**. When you sign this document, you are agreeing to compliance on several topics: **1. Program Qualifications Statements:** a.) you are 18 years of age or older. There are also required educational and experience qualifications that must be met; b.) an applicant must read and understand the New York State Child Care Regulations. If you do not have a clear understanding of a regulation, please call your licensor or registrar. If you question their response, you can always contact the licensor or registrar's supervisor; c.) an applicant must understand their responsibility to report to the State Central Register any incidents of suspected child abuse or maltreatment. Reporting is mandatory. There may be consequences if an incident is not reported not only for the alleged victim, but the other children in your care as well as yourself and staff. **2. Labor & Tax Statements:** a.) I am not an employer or b.) I am an employer... Do you know your responsibility to the labor and tax law when employing a substitute or assistant? Check with our training department for trainings that specifically provide this information. Remember it is your responsibility to comply. **3. Statement of Accuracy and Authenticity:** in this section, you are signing in agreement that the statements made in the application are true and accurate, the documents are not forged or altered and if anyone other than yourself has completed the application.

These documents are as important to your program as caring for and supervising children. Please take the time to read and understand what you are signing before completing the application.

Sincerely, Mary Jepsen

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 Spruill-
New GFDC*

*Boys & Girls
Club -
Goodman Site
New SACC*

*Pinnacle
Athletic Campus
New DCC*

child care training reminders...

Emergency Medication Administration Overview : EMAO

- ♦ **EMAO: \$85** → Learn how to safely administer emergency medications in child care, including: Epinephrine Auto-Injectors, Diphenhydramine with the Epinephrine Auto-Injector, Asthma Inhalers, & Nebulizers. All sessions held at our Geneva Site.
- ♦ **Add on Module 8 to STOCK EPINEPHRINE in Your Program: included in above price**
→ Satisfies DOH requirements for child care programs to stock non-patient-specific epinephrine auto injectors in accordance with §3000-c of Public Health Law - additional .25 hours delivered the same day.

May 14 (6:00—8:30)

Trainer: Heather DeRuyter, RN

Topic area covered: 2(NH), 4(SS), 7(SDC)

Registration required online at :

<https://www.ecetp.pdp.albany.edu/findtraining.aspx>

Keyword: emergency. Follow online directions to complete registration. You should receive a confirmation email regarding registration and payment.

FCC 5 Plus+

6:30—8:30

Geneva Site

**February 26 (re-scheduled date), April 9,
June 11, August 13,
October 1, December 10**

This series is for family and group family providers who have had 5 or more years in the child care field, all modalities. Providers who attend will set the topics at the first session. At the end, all 9 topics will be covered. Due to the nature of this series it is not eligible for EIP funding.

\$250 for 15 hours of training—all topic areas

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

Contracts and Policies –

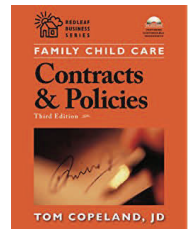
Tom Copeland

5 (BR), 7 (SDC)

6:30—8:30

Geneva Site

April 24



Two of the greatest tools for both the family child care provider and the parents are the written contract and policies. With this training, the provider will be able to create or modify the contracts and policies. The provider will receive information on what needs to be a part of each, how to incorporate these into written form, how each of these are exclusive to the individual program as well as legal issues that may occur with the contract. The information presented in this training is based on the expertise of Tom Copeland, nationally recognized expert in the field of the business of family daycare.

Fee: \$70—EIP and CSEA eligible

CBK: 5,7

Trainer: Barb Owens, Credential 14334

What is Best Practice for Babies OCFS: 1 (CD), 2 (NH), 3 (PD), 7 (SDC), 9 (SBS)

6:30—8:30

Penn Yan Site

March 27

FREE

Several topics related to babies will be discussed in this training, however the main focus will be on program development. Topics such as: promoting movement, circle time, and free toys. Also in this training several infant topics will be highlighted such as: freedom of movement; sudden infant death; purple crying; shaken baby; nutrition; health needs; infant care; infant development and red flags to look for. Come share your ideas on infant movement as well as infant care.



CBK: 1, 4, 5, 6

ELG: 1, 2, 3, 4

Trainer: Tracy Killigrew

CACFP Training

Saturday, May 19th, 9:30-11:30am

Geneva Site

CACFP Participants are Free

Non Child & Family sponsored participants are \$15.00

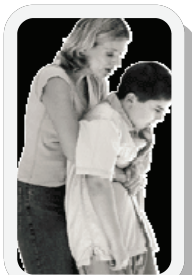
Registration Form required to attend.

Questions— Call Amanda Hines 315-536-1134, ext.2310

child care training reminders ...

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 our classes contact Heather Fiero
@ 315-536-1134, ext. 2306

Geneva Site Only

April 21st 9:30—4:30 (bring lunch)
July 21st 9:30—4:30 (bring lunch)

MAT is back!

Medication Administration Training

This class is for child care providers and staff who want to administer medication to children in care. (2NH, 4SS)

Class held on Saturday:

February 10

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

Trainer: Heather DeRuyter, RN, Health Care Consultant

Register at

ecetp.pdp.albany.edu.findtraining.aspx
keyword 'MAT'

Attention Child Care Center Directors...

All new directors hired since October 1, 2017 are now required to take the Health and Safety training :

Competencies in Child Care for Day Care Centers and School-Age Center Directors.

*Child and Family Resources will be offering this class.

*Although this class is designed for new directors, established directors will also benefit.

*This class is different from the basic health and safety course, and is designed so that directors can modify and/or create effective health and safety policies that will lead to Best Practice.

*EIP eligible for those who qualify. Class is \$250 per person

*Directors will need a copy of "Caring for Our Children", Third Edition (available on Amazon if you don't have it), a copy of their regulations and a copy of their policies.

Contact Barb Owens at barb.owens@cfresources.org with questions.

Note: Current class already in session. Additional dates will be set per demand. Please let us know if you are interested so we can set up future trainings!

CPR and First Aid Blended Learning Course

A combination of online learning and in-person skills session. Learn the material at your own pace online, then attend the following in-person skills sessions with our American Red Cross Certified trainer to complete your requirements for Infant, Child and Adult First Aid/CPR/AED .



Skills testing held at our Geneva Site.

April 21 (2:30—4:30)
\$70.00

Unless otherwise noted on training, please contact Heather Fiero at: 315-536-1134 ext. 2306 to register for classes or for questions.



Early Literacy



Early literacy is one strategic area of focus of Child & Family Resources. When working with families within the community, support workers are able to take books into families' homes thanks to organizations like Budding Readers, The Red Bookshelf, Literacy Volunteers, and Geneva Reads.

In 2017 Budding Readers initiated a partnership with the Healthy Families program by donating 200 new children's books a year to be provided to families during home visits. Geneva Reads has donated a Spanish-English baby book for the bilingual families that we serve. Since the start of 2018 we were able to add a Red Bookshelf at our Canandaigua office. The Red Bookshelf organization provides a bookshelf and a continual stock of gently used books. These books are free for the public, and are able to be taken to home visits as well. Literacy Volunteers have partnered with us by donating new

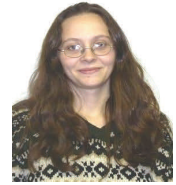
books to our Yates County programs. Along with these books, educational and developmental information is also supplied and reviewed with families, and reading is modeled and encouraged within the home visit. Thanks to a grant from the William G McGowan Charitable Fund, Yates families are also able to borrow Literacy Kits which include a children's book along with fun games, toys or puzzles and easy parent activities related to the book's theme. It is this type of community support that creates positive change within the family system.

Reading to children is not only a great way to build literacy skills; it is also a fantastic way to create opportunities for positive interaction. Parents/caregivers and children who look at books and read together are building a connection to one another and encouraging a life-long love of learning. There is no right way to read together: Reading by flashlight with children under a blanket fort, making up stories to go along with pictures in a book, talking about favorite parts of a storybook at dinner time, pairing a book with a craft or game, encouraging creative play while you read a story together are a variety of ways to build a relational and literary connection with children. Mixing it up and creating new experiences keeps children excited about reading.

Betsy Outman, a local parent, comments *"Hooray for Healthy Families bringing a constant flow of books into homes!"* When asked what makes her passionate about reading to her children she shared, *"When discussing the benefits of daily reading for children we are naturally drawn to two focal points: books encourage creativity and books develop literacy. Between the confident power bestowed by literacy and the joyful freedom nurtured by creativity, we do well to remember a third beneficial point of daily reading; relationships are strengthened while turning pages."* Betsy encourages families to, *"Delight in the joy of sitting together with a child and Beatrix Potter. In a not-so-tiny way, while we contribute to the healthy upbringing of our children, we also contribute to a valuable investment in the future. Reading collectively develops healthy relationships between the reader and the listener. Best yet, when a child reads independently, the reader may not be aware of setting a positive example for all."*



It is never too early, nor too late for that matter, to read with children. The Healthy Families home visiting program continues to provide families with educational information and support from pregnancy through early childhood. If you would like to know about this service or donate books please contact Sarah Scorsone at our Canandaigua office.



Happy Winter!

Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz. serving.
- A 20 oz. soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz. milkshake.
- Children over the age of 2 should drink 1% or skim milk.

It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

Winter Stew

- 1 cup winter squash (diced, 1/2 can or 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, or 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 1/2 pounds cooked stew meat
- 1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

In a large pot, combine all ingredients except beef and apricots and mix well. Bring the pot to a boil for 5 minutes. Cook over low to medium heat for 30 minutes. Stir every 15 minutes. Add beef and apricots to the pot and mix well.

Cook over low heat for 10 minutes.

Recipe from USDA Mixing Bowl

Inside Fun: Movement in Winter

Mitten Match – Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the kids move around to complete the task.

Masking Tape Fun – You can use masking tape to make lines (Straight and curved), designs (zigzags, grids) hopscotch/obstacle course, alphabet mazes, and large tic-tac toe boards all of over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

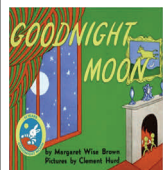
Resource: <https://www.cacfp.org/resources/tools-providers-centers/#tabs-6>



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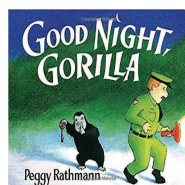
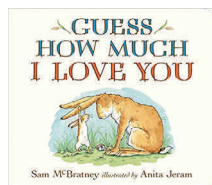
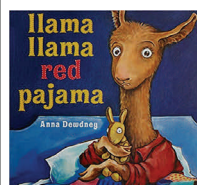
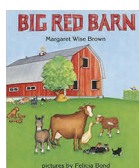
Bedtime Books—for naps and night-time

An earlier article talks about the importance of sleep. Lack of sleep can lead to physical and behavioral issues in both children and adults. Establishing naptime and bedtime routines can be a first step to getting the restorative sleep that we all need. Routines are a signal that it is time to rest. Taking the time to read before either a nap or bedtime can relax and calm an active body and mind, no matter how old. The following is a list of books to help.

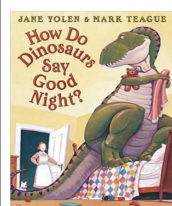


We all have favorites that we have read over and over. The book **“Goodnight Moon”** by Margaret Wise Brown is one that most parents can know by heart. It continues to be a

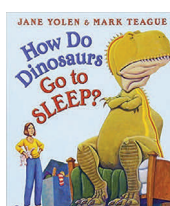
child’s favorite. Another book by the same author is **“The Big Red Barn.”** At the end of this book all the farm animals head back into the barn at nighttime to sleep for the night.



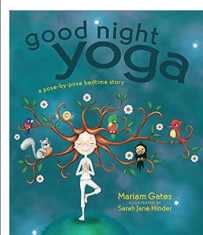
Other classics include **“Llama Llama Red Pajama”** by Anna Dewdney, **“Guess How Much I Love You”** by Sam McBratney, and **“Goodnight Gorilla”** by Peggy Rathman



Here are some books that you may not be familiar with. They come with great reviews by both children and their parents.



“How Do Dinosaurs Say Good Night?” and **“How Do Dinosaurs Go to Sleep?”** by Jane Yolen



“Good Night Yoga” by Miriam Gates This book is rated for children 4-8, however younger children will also enjoy it. This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature.

“The Midnight Farm” by Reeve Lindberg A child is initiated into the mysteries of the dark hours of midnight at the farm. Ages 4 +



“One Sleepy Night” by Sebastian Braun



“On the way home at the end of the day, two bears see how the rest of their world settles down for the night. They watch the fish in a sparkling stream, see badgers snuggled up together, and hear the soft wind calling them to bed” - 5 years

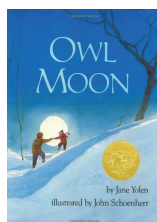


“Dream Animals: A bedtime Journey” by Emily Winfield Martin A beautifully illustrated book about children and their stuffed animals. Preschool

“Ira Sleeps Over” by Bernard Weber This book was written in 1975 but still is relevant today. Ira is all set to have a sleep over with a friend when his sister questions whether he should take his teddy bear. Ages 4-7



And one of my favorites: **“Owl Moon”** by Jane Yolen Late one winter night a little girl and her father go owling. The trees stand still as statues and the world is silent as a dream. Whoo-whoo-whoo, the father calls to the mysterious night-time bird.



There are so many books to read along with your child. These are just a few. These books are also the quiet read type of books that calm and relax whether it is naptime or bedtime. Enjoy! I know that you will love these, too.

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Flu Advice for Caregivers of Young Children

For advice on protecting against flu read the online article at:
<https://www.cdc.gov/flu/protect/infantoare.htm>



Storytime at Your Local Library

Most local libraries offer Storytime for children. This is a great way to spend some quality time with your little ones. The events are free and can be instrumental in getting your children excited about reading at a young age. Below are just some of the Storytimes that are being offered at local libraries.



Canandaigua Library- Preschool Storytime – Jan 3-Feb 22, 10:30-11:00am Registration required.

Geneva Library – Preschool Storytime – Tuesdays at 10:30am

Penn Yan Library – Saturday Storytime – Feb 3, March 3, April 7, May 5, 9:30am

Penn Yan Library – Baby Storytime – Every Wednesday Jan 10 – May 23, 10am & 11am

Seneca Falls Library - Preschool Storytime – Every Wednesday at 10am

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February — April 2018

February

19th President's Day—Offices closed

March

10th Geneva Library Basket Raffle 10-12

11th Daylight savings time begins

April

14th Geneva Reads Book Fest 12:30-3pm

Geneva Community Center

14th Pinwheels 10-12pm

Seneca Falls Library



**More Pinwheel
Dates Coming !**

Parenting Meetings and Support!!

Together Time 2018 (Penn Yan site)

Mondays, 9:30-11:00am

February 5, 12, 26 (no session 2/19 holiday)

March 5, 12, 19, 26

April 9, 16, 23, 30 (no session 4/2 break)

Free for Parents and children to play & learn together!

Baby Café

Baby Café Canandaigua

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

Baby Café Penn Yan Public Library (new site)

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

and 4th Saturday 9:30-11am each month

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

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Penn Yan, NY 14527

*Children are likely to live up to
what you believe of them.
Lady Bird Johnson*



Community Partner

