



Child & Family Resources, Inc.

SERVING CHILDREN AND FAMILIES IN ONTARIO, SENECA AND YATES COUNTIES

Empathy and our Children pg. 1

Baby Doll Circle Time pg. 4

Registrar's Corner pg. 5

Childcare Trainings pgs. 6-7

Pinwheel Garden pg 8

Why Should I Join CACFP pg. 9

Big Body Play pg. 10

Get Connected pg. 11

Empathy And Our Children

“Empathy is the ability to imagine how someone else is feeling in a particular situation and respond with care.”

There is a great amount of focus on anti-bullying today, as there should be. But as a society, we need to also look at one of the roots of bullying, which is a lack of empathy among youth today.

A study that was led by the University of Michigan reported that empathy has been declining since 1980, with the largest drop in the past 10 years. Moreover, the results also showed that about 75% of students today rated themselves less empathetic than the average student 30 years ago.

So what is the cause of this drop in empathy? Experts feel that society has become less social, more isolated and less likely to join groups. People have also become less trusting. At one time, everyone knew their neighbors, and that is not the case today. Getting to know others in a more personal way, brings out the natural impulse to feel for others, making us more empathetic. Isolating, can have the opposite effect.

Another theory links reading to empathy. The number of adults who read for pleasure sank below 50% for the first time ever in the last 10 years. One study published by a psychologist at the University of Toronto showed that adults who read less fiction, report themselves to be less empathetic. The same study reported that reading stories to preschool children, increases their ability to understand emotions of others, thereby helping them understand empathy.

Tips on Helping Children Develop Empathy: (Also see *Baby Doll Circle Time* article on page 4)

At about 6 months old, a baby will look to a parent or caregiver to gauge his or her reaction to a person or a situation. So role modeling for children is especially important.

- Be a caring role model (Model empathy in your daycare and home)
- Empathize with your child (Are you afraid of the kitty? I will put her in another room)
- Talk about others' feelings (Ann is feeling sad because you took her toy)
- Make suggestions on how children can show empathy (Let's get Susan ice for her boo boo)
- Read stories about feelings to your children
- Validate your child's emotions (Sometimes it is ok to feel mad, when you are mad you can play in the kitchen or help me make lunch; which do you choose?)
- Use pretend play to set examples of empathy (How do you think Mr. Pony feels?)
- Be patient (Remember toddlers tend to focus on the "me". Empathy takes time to develop.)



The good news is that we can hopefully “be part of the change” to make the empathy statistics improve. As a caregiver or a parent working with young children, we can catch them early and help them develop the empathy skills needed to become a caring person. With more empathetic children, hopefully we can help turn around some of the bullying that is currently effecting our children's lives in schools and through social media.

Resources: <https://www.scientificamerican.com/article/what-me-care/>
<https://www.zerotothree.org/resources/5-how-to-help-your-child-develop-empathy>

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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Canandaigua Center

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

agency highlights. . .

Spring is a busy time at CFR!

In April we celebrate the Month of the Young Child— an extended version of NAEYC's Week of the Young Child, April 16-20, 2018. April is also Child Abuse Prevention Month. During the month of April check out [our Facebook page](#) for children's art on why they love their child care. There's also some great tips on

[learning through play](#) on the NAEYC website. In efforts to celebrate families spending time together, Child & Family Resources will also be offering our annual **Pinwheel Family Connection Events** in Seneca Falls, Penn Yan and Canandaigua. See page 8 for additional details.



Provider Appreciation Day is a special day (May 11, 2018) to recognize child care providers, teachers and other educators of young children everywhere.

Started in 1996, [Provider Appreciation Day](#) is celebrated each year on the Friday before Mother's Day. Organizers saw the need to recognize the tireless efforts of providers who care for children of working parents.

Support for this event has grown each year and recognition includes individuals and government organizations throughout the United States. Stay in touch with us through our Facebook page throughout the month of May, and you may be a winner! Child & Family Resources will be pulling a provider name daily (during week days) to win a prize. There are a variety of great prizes donated by our generous community businesses. We will contact the winners and make arrangements to get your prize to you.

*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
It's a Wonderful Run 5K
Little Red Bookshelf
Thrifty Threads Store**

Community Donators for Provider Appreciation (to be listed in next issue)

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.



Baby Doll Circle Time



Baby Doll Circle Time is all about the one on one connections with children that help shape the healthy relationships they have for the rest of their lives. Healthy relationships are based on Attunement, Attachment, and Social Play. Remember the most important toy in the room is always you.

The attachments that are formed in the first three years of life effect how a person shows attachment in relationships the rest of their life. We want children to form secure attachments where the relationship between “I” and “We” is equal. Not putting one or the other above the other. When the relationship of “We” is more important the person worries that the other person might leave or won’t love them. When the relationship of “I” is more important the person feels that they cannot count on other people. You can see why an equal balance between the two is desired. Attunement is needed to form strong positive attachment.

Attunement is all about being in sync with someone. When a child is in distress telling them “you’re fine” or “you will be alright” does not show attunement. To show attunement one must take the time to express what the child is feeling. “I saw Bobby push you, I know that hurt your feelings.” Another part of attunement is during activities. During changing a diaper the child’s attention goes from the conversation that you are having to something across the room. You do not pull the child’s attention back to you, you focus on what the child is doing. “Oh I see you are looking over there...” Must be in sync with the child and get on the same page as them.

Social play are the things that we do every day and do not ever think about them. Peek A Boo, So Big, and Uh-Oh are all social play. The adult’s goal with all social play is to extend it to last just a little bit longer. Every time an activity or social play is extended it increases the child’s attention span just a little bit more. Social play is the foundation of all other play.

There are 5 basic step to the Baby Doll Circle Time curriculum. The curriculum only takes 15 minutes a day. This 15 minutes is a very short time to make such a difference in shaping the healthy relationships that children need to shape the rest of their lives. Contact Tracy if you'd like to learn more about Baby Doll Circle Time for your program.

Resource: <https://shop.consciousdiscipline.com/products/baby-doll-circle-time-1st-edition>

TESTIMONIALS

“One of the most important skills a child can begin to develop at a young age is empathy. This is a very complex skill to develop, so it is important to create experiences to foster such skill development. Baby Doll Circle Time will help create experiences for my students that may not otherwise be encountered. Developing empathy, in conjunction with the many other developmental skill enhancement this program promotes, the children will be more prepared for both social and academic success.”

My favorite quote is credited to George Bernard Shaw for saying, "We don't stop playing because we grow old; we grow old because we stop playing." (Mrs. Darnell/teacher Pre-K-2)

Resource: <https://www.donorschoose.org/project/baby-doll-circle-time-building-connection/1715914/>

Baby Doll Circle Time™ is a must have... Conscious ... Preschool Activities that Foster Caring . What a marvelous way to teach children about connection and **empathy!**

Resource: <https://www.pinterest.com/pin/526991593866521685>





Dear Child Care Providers,

With Spring on its way, many programs begin to take advantage of the nice weather by planning outdoor activities. Outdoor activities may include walks in the neighborhood, active play at the nearest public park, and even trips to the zoo. Best practice for these types of activities which take place out-of-the program should be classified as a field trip. Our regulations address supervision of children, transportation, administration of emergency medications etc. I came to understand that our regulations are the minimal standards to keep children safe. Let's take our minimal standards given in the regulations a step further and develop policy and procedures that make for a quality program.

Consider the following questions as a guide for developing policy and procedures for outdoor activities and field trips. Are your assistants, aides, substitutes, volunteers knowledgeable about child development? Are they familiar with your policy and procedures? Are they given any training on the policy and procedures? How are parents made aware of the policy and procedure? Is parent permission obtained?

Following are excerpts from Caring for Our Children: National Health and Safety Performance Standards. "At least one adult who accompanies or drives children for field trips and out-of-facility activities should receive training by a professional knowledgeable about child development and procedures, to ensure the safety of all children. The caregiver should hold a valid pediatric first aid certificate, including rescue breathing and management of blocked airways... Any emergency medications that a child might require, such as self-injecting epinephrine for life-threatening allergy, should also be available at all times as well as a mobile phone to call for medical assistance. Child:Staff ratios should be maintained on field trips and during transport...the driver should not be included in these ratios. No child should ever be left alone in the vehicle."

"The receipt of such instructions should be documented in a personnel record for any paid staff or volunteer who participates in field trips or transportation activities. Vehicles should be equipped with a first aid kit, fire extinguisher, seat belt cutter, and maps. At least one adult should have a functioning cell phone at hand. Information, names of the children and parent/guardian contact information should be carried in the vehicle along with identifying information (name, address, and telephone number) about the child care center."

"When field trips are planned, all field trip sites should be visited by a member of the child care staff and all potential hazards identified. The child care staff should be knowledgeable about location and any emergency plans of the location. For example, if the children are taken to the zoo, the zoo will have its own emergency procedures that the child care would be expected to follow. This standard also applies when caregivers/teachers are walking with children to and from a destination. A designated staff person should check to ensure all children safely exit the vehicle when it arrives at the designated location. This may include use of an attendance list of all children being transported so it can be checked against those who get out of the vehicle. Also, have another staff member do a thorough and complete inspection of the vehicle to see that the vehicle is empty before locking."

Frequently review your program's health care plan to refresh your knowledge of the policies and procedures you have in place. Review the plan with staff. Talk things over with staff to ensure they have a full understanding of the expectations should an emergency occur. Emergencies can happen at any time for any reason whether it be a child, staff member, or weather related. Planning will help you move through the emergency with confidence that the health and safety of all children and staff are obtained.



Sincerely,
Mary

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:

*Pinnacle
Athletic
Campus
New DCC*

New CACFP Providers:

Sally Woodard

child care training reminders...

Fun and Learning with Active Play

OCFS: 1 (CD), 2 (NH), 3 (PD)



6:30—8:30
Canandaigua Site
May 31

In this training, participants will have fun playing active children's games. They will learn the importance of incorporating active play and the impact it has on the children in their care both physically and mentally. Providers will leave with many new game ideas and ideas for making homemade game props for infants through school-age. One lucky participant will leave with the book, *Active Play!* and DVD written by Dr. Diane Craft. Come to learn and have fun – be sure to wear comfortable clothes and shoes!

(Identified Audience: new and experienced providers —FDC, GFDC, DCC, SACC)

Cost: \$70—CSEA and EIP eligible

CBK 1,4 ELG 1-5

Trainer: Barb Owens, Credential #14334

Emergency Medication Administration Overview

- ◆ **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.
- ◆ **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.

**Geneva Site
May 14th
6:00—8:30**

**Trainer: Heather DeRuyter, RN
Topic areas: 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.

Department of Health Series

Immunizations

2 (NH)

6:30—8:00

Canandaigua Site

June 4

Come have fun learning about immunizations! A great way to find out the importance of these.

Trainer: Ontario County DOH
Barb Owens

CBK: 5

Contracts and Policies

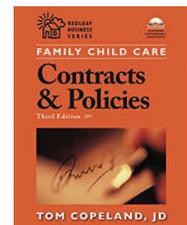
Tom Copeland

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

CACFP Training

9:30—11:00am

Geneva Site

May 19th

CACFP Participants are Free
Non Child & Family sponsored
participants are \$15.00

Registration form required to attend.

Registration Deadline 5/11/18

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

child care training reminders ...

NAEYC & NAFCC Accreditation (3-PD)

FREE

**Overview Session
6:30-8:30pm**

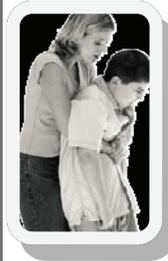
June 19 – Geneva Site

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 what the characteristics of a high quality program are, 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

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 offered by our American Red Cross trainer.

Class fees: \$125 per person.
To register for our classes contact Heather Fiero @ 315-536-1134, ext. 2306

Geneva Site

**July 21st 9:30-4:30 (bring lunch)
2 (NH), 4(SS)**

Early Literacy Project (ELP)

**Introduction to Early Literacy Project! (1-CD, 3-PD)
May 15, 2018, 6:30—8:00, 115 Fall Street, Seneca Falls**

Come learn about the project that 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 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!!

(Training dates will be determined by providers attending the info session)



**Registration is required! Contact:
Heather Fiero
at 315-536-1134, ext. 2306
This program does not qualify for
EIP funding.**

**A limited number of curriculums
are available!!**

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 one of 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.



July 21 (2:30-4:30)

**\$70.00
2(NH), 4(SS)**

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

for parents...

Pinwheel Garden

"Rainbows & Raindrops"

Celebrate the Month of the Young Child &
Child Abuse Prevention Month

Free Family Pinwheel Events!

April 14–Pancake Breakfast–Canandaigua Fire Hall
9-11am – Community Supports, Craft Table & More!

April 14–Pinwheel Garden Event–Seneca Falls Library
10am-12:00 Noon – Crafts, Snacks, Live Music & More!

April 28 – Pinwheel Garden Event – Penn Yan Library
11:30 am-1:00 pm – Crafts, Snacks, Family Activities



These events are a great way for the family to enjoy free fun family events in your community. All children will have the opportunity to plant a pinwheel in the gardens.



CARE NET



Parenting Tips

“The power struggle.” We as parents, have all been there with our children. Getting involved in a power struggle does not work. Here are 4 discipline guidelines that come from a place of kindness.

They are the 4 C’s.

1. Clear Choices: Example: you may not jump on the sofa, but you may jump outside on the grass.
2. Calm Communication: Don’t raise your voice. Children respond better when you stay calm.
3. Clear Consequences: Make the consequence doable & relative to the misbehavior. FOLLOW THROUGH
4. Clear Expectations: If children do not know what you expect, they cannot follow the rules.

Don’t get in a verbal argument with your child. State the facts calmly and what you expect of them. Do not buy good behavior. If you do this, your child will become entitled and expect it every time they behave well.

Resource: <http://childdevelopmentpartners.com/the-four-cs-to-discipline-with-kindness/>



Why should I join CACFP?



The easiest answer is that it will bring you more money with just a little bit of your time. New York State Child Care Regulations requires that you feed your children nutritious meals so why not get money back for doing so?

Although you do have to report the reimbursements as taxable income, using this program is easier than raising your rates! Look at it this way, if you were working for someone else and you were given a raise, you would be excited about this even though you may have to pay more in taxes. Plus, all the food you purchase for your child care is deductible.

Still not convinced? Read the following written by Tom Copeland, the nation's leading expert on family child care business:

- ◇ You are still always better off financially if you join the Food Program. For every \$1,000 you get from the Food Program you will have about \$600-\$700 in your pocket after paying taxes on this income.
- ◇ All providers can use this standard meal allowance rate to deduct their food expenses, whether they receive the higher (Tier I) or lower (Tier II) reimbursement from the Food Program.
- ◇ You can deduct up to one breakfast, one lunch, one supper and three snacks per day per child (if you serve that many) using this rate.
- ◇ If you serve a breakfast, lunch and snack each day you can deduct \$1,170 in food expenses for each child for 2017 and 2018.
- ◇ You don't have to save any food receipts when using the standard meal allowance method.
- ◇ Keep daily records of all un-reimbursed meals and snacks. One snack a day for one child for a year is worth a \$189.80 deduction in 2017 and 2018.
- ◇ Meals and snacks that you are reimbursed for by the Food Program can still be deducted as a business expense.

So, you don't lose any food deductions when joining the Food Program. If you receive reimbursements for your own children you don't have to report this as income. Food served to your own children is never deductible.

The Food Program is a good deal!

The Food Program is a federally funded program that reimburses family child care providers for serving nutritious food. All regulated providers are eligible to participate. Reimbursements you receive from the Food Program are taxable income (with the exception of those you receive for your own children). But, you can deduct these same meals. For most providers their food deduction is larger than the income from the Food Program. It's worth your time to join the Food Program! Most providers spend less than 3 hours per week on Food Program paperwork. If you care for four children you will be earning about \$14 to \$30 per hour for your time! That's more than you earn per hour caring for children!



For information, call Amanda Hines, CACFP Administrator, at 315-536-1134



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Big Body Play - Concerns and Benefits



How many parents and child care providers/staff cringe when they hear professionals who work and play with children promote that we allow children to have fun with boisterous, loud, rough-and-tumble play? And, that there is scientific proof that this is valuable?

What is big, body play? Simply put, according to Frances M. Carlson, author of “Big Body Play” it is

rolling, running, climbing, chasing, pushing, banging, tagging, falling, tumbling, rough-and-tumble, rowdy, roughhousing, horseplay and play-fighting.

She goes on to say it is boisterous, large motor, very physical activity that young children naturally seem to crave. It is the type of play that we say “stop, you are too loud” or “stop, you are going to hurt yourself.”

Numerous studies support the benefits of this type of play. We all know that physical play is important in child development. Big body play (BBP) is an extension of this.

Physical play is important for cognitive, language, social and emotional development as well as their physical development. BBP supports non-verbal communication. BBP is usually between friends—no one dominates. It becomes a give and take. Children also learn to stand up for themselves, learn their own strength, and learn to say “no” when warranted. Although it may look like some types of BBP are activities of physical dominance, it actually prompts children to learn how to restrain themselves for the sake of play and their relationships.

Two primary concerns is that someone may get hurt and that this type of play, especially rough-and-tumble, will lead to fighting. But **there is a major difference between play-fighting and actual fighting.** Statistics show that only 1% of play-fighting escalates to real fighting. This is usually because a child may not understand social expression and know when to quit! As a parent or caregiver we see the difference by the expression on a child’s face. When the smile stops, the play must stop.

All types of play must come with supervision. This is particularly important with physical play whether it is indoors or outside. Physical play comes with risk. The risk needs to be positive not negative. Ways of managing risk includes: limits need to be set, equipment needs to be age appropriate, ground surfaces need to be safe, adults need to be focused on activity, and adults need to be focused on the children, to name a few.

We know that children learn better after active play. We know that children are calmer after active play. Allowing children to have this more intensive physical play greatly assists with these. So, even if you are uncomfortable with rough housing, play-fighting, and rough-tumble play you can still allow BBP. I can relate to this. My ECE program that was housed at Gorham Intermediate at Marcus Whitman had ball fields, open areas, and wonderful hills for rolling. Many times before we came in, the children rolled down the hill. By the time we sat down again they were able to focus. So let your children run, jump, climb, roll on the ground, play tag, play tug-of-war (picture) and most of all, yell. Join them, you will feel better, too!



get connected ...



**Office of Children
and Family Services**



**The Office of Children and Family Services (OCFS)
Division for Child Care**

Meeting for Center Directors & Family Providers

Opportunity for discussion

Hear about OCFS updates

Day Care Center Director Meeting
April 30 – 2:00 - 4:00

FDC/GFDC Providers Meeting
April 30 – 6:30 – 8:30

with the OCFS Division for Child Care
Regional Office Manager - Paulette Walley

This is the opportunity for directors and family providers to have a roundtable type of discussion with a representative of the Division for Child Care. We'd like to hear from you what's going well, what you could use assistance with or feedback about.

Opportunities for discussion:

- ◆ Ideas for Process Improvement
- ◆ Health and Safety of Children
- ◆ Improving Communication
- ◆ Regulatory Compliance
- ◆ Building Partnerships



Geneva Site
671 S. Exchange St.

RSVP by April 25
Contact Heather Fiero at
315-536-1134 ext 2306
or
heather.fiero@cfresources.org

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 — June 2018

Happy Spring!



April

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

14th Pinwheels Event 10-12pm,
Seneca Falls Library

14th Pinwheels Breakfast 9-11am
Canandaigua Fire Hall

28th Pinwheels Event 11:30am - 1pm
Penn Yan Library

May

3rd Taste of Spring 5-9pm
Holiday Inn Waterloo

28 Agency Closed - Memorial Day

17 Director's Coalition 11:00—1:00pm
Our Children's Place

June

9th & 10th Keuka Arts Festival, Penn Yan



Parenting Meetings and Support!!

Together Time 2018 (Penn Yan site)

Mondays, 9:30-11:00am

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 www.ocfs.ny.gov



Child & Family Resources, Inc.
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Penn Yan, NY 14527

Children are great imitators, so give
them something great to imitate.
Anonymous



Community Partner

