

CFR Connection

2018 Issue 3



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Childhood
Experiences—
ACEs** pg. 1

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Adverse Childhood Experiences - ACEs

Between 1995 and 1997, a study was conducted by the American health maintenance organization Kaiser Permanente and the Centers for Disease and Prevention. As a result of that study, and other studies that followed, we currently have what is known as the ACEs rating system. ACE stands for Adverse Childhood Experiences. There are 10 questions commonly used to rate how many ACEs a person has experienced.

Was it somewhat or very often hard to get by on family income?

Was your parent/guardian divorced, separated or lost to you?

Did you lose a parent/guardian in death?

Did a parent/guardian go to jail?

Did you witness violence in your home?

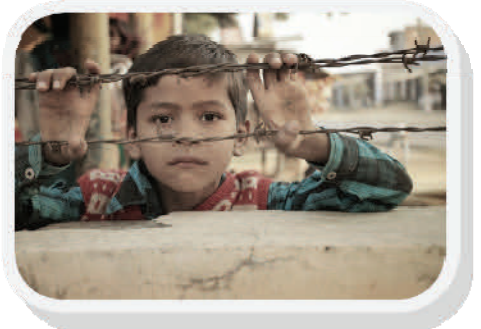
Were you a victim of violence or sexual abuse?

Did you witness violence in your neighborhood?

Did you live with anyone mentally ill, suicidal or depressed?

Did you live with anyone who had an alcohol or drug problem?

Were you often treated or judged unfairly due to race or ethnicity?



Studies have shown that children who have experienced one or more adverse situations or experiences many times have trouble coping in other areas of their lives. Children who have been exposed to adverse childhood experiences may become overloaded with stress hormones, leaving them in a constant state of alertness to environmental or emotional threats. It may be difficult for them to focus at school or on school work. ACEs can also affect a child's memory making it more difficult for them to learn. These children can have trouble trusting teachers and other adults. They often exhibit behavioral problems. Traditional punishment does not work for children who have suffered ACEs. Better results can be achieved through a kindness approach and positive reinforcement.

Currently there is a movement to train schools and other supportive agencies in trauma informed care. Rather than traditional punishment, students are taught to recognize their reaction to stress and to learn to control it. As caregivers it is too easy to react to a child's negative behaviors instead of trying to understand what is behind the behavior. An elementary school in San Francisco, where trauma informed practices were put in place, saw an 89% reduction in suspensions! One experience I witnessed was with a girl age 5 who was acting up very badly one day. Instead of punishing her, I asked her if everything was ok. At that point, she shared that her grandmother had died the day before and she burst out crying. While I have always believed you need to approach children from kindness, that incident really brought it home for me. Many times in my experiences working with young acting out children, I have found if you calmly and kindly ask them what is going on, you will find out that the behavior is related to issues that the child is going through.

Some key findings in one study showed the rate of children across the U.S. with one or more ACEs was from 38.1 % to 55.9%. Those are pretty telling percentages. So what can we do to help? The most effective ways to address trauma and the stress that comes with it, is to engage children in resiliency skills. Approaching our children from a calm place is a good start. Then we need to really listen to what they are feeling.. Once they are calm, we can process their behavior and the choices made.

Continued.....page 8

staff & site...

Penn Yan Staff

Julie Champion — Executive Director, ext. 2304
Heather Fiero — Director of Operations, ext. 2306
Tiffany Higgins — Healthy Families Supervisor, ext. 2309
Amanda Hines — CACFP Administrator, ext. 2310
Mary Jepsen — Registration Coordinator, ext. 2313
Tracy Killigrew — CCRR/Infant-Toddler Specialist ext. 2314
Terry McDonnell — Finance Director, ext. 2302
Barb Owens — Professional Development Coordinator, leave messages at ext. 2301
Colleen Scott — Family Support Worker, ext. 2308

The Children's Center Staff

Tracy Killigrew — Early Childhood Assistant, (315) 531-3438
Abby Townley — Director/Early Childhood Educator, CACFP Monitor, (315) 531-3438

Geneva Staff

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Heather DeRuyter — Health Care Consultant, (585) 613-5783
Courtney Johnsen — Registrar, ext. 2210
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Tina Pierce — Family Support Worker, ext. 2506
Sarah Scorsone — Healthy Families & Canandaigua Site Coordinator, ext. 2507

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

Like us on [Facebook](#)

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Penn Yan Center

263 Lake Street
Penn Yan, NY 14527
315-536-1134
Fax: 315-536-9918

Children's Center

Yates County Courthouse
415 Liberty Street
Penn Yan, NY 14527
315-531-3438

Geneva Center

671 S. Exchange Street
Geneva, NY 14456
315-781-1491
NEW Fax: 315-789-2524

Seneca Falls Center

115 Fall Street
Seneca Falls, NY 13148
315-568-0945
Fax: 315-568-0978

Canandaigua Center

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

agency highlights. . .



In April the agency held **Pinwheel Events** in Canandaigua, Seneca Falls, and Penn Yan with community partners CareNet, Finger Lakes Dental Care, Canandaigua Fire Department, Seneca Falls Library and the Penn Yan Library. We thank our community partners for all their work and dedication to making these joint events special. The Seneca Falls event included crafts, snacks, music and pinwheel planting. In Canandaigua there was a pancake breakfast, crafts, and family gifts and in Penn Yan, crafts, snacks and pinwheel planting. Events were held to celebrate the Month of the Young Child & Child Abuse Prevention Month. Many families participated and a great time was had by all!



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

Thank you.

This issue we are sending out a special thank you to those who generously gave donations for our Provider Appreciation Month gifts. The providers loved them!

Abigail's Restaurant
Angel's Family Restaurant
Antique Inn
B.J.'s Wholesale
Cam's NY Pizzeria (Penn Yan)
Ciccino's Pizzeria & Rest. (Waterloo)
Connie's Diner
Crown Jewelers
Domino's Pizza (Geneva)
Downtown Deli
Finger Lakes Coffee Roasters

Finger Lakes Gift & Lounge
Knapp & Schlappi
Long's Cards & Books
McDonald's Rest. (Penn Yan)
Parker's Grille & Tap Room (Seneca Falls)
Party House
Ramada Inn (Geneva)
Seneca Farms
Seneca Shore Wine Cellars
Sinicropi Florist & Gift Shop
Tammy Bursley

Target (Victor)
The Copy Shop
The Gould Hotel
The Renaissance Shoppe
The Wagner
Timmy G's
Tops Markets (Penn Yan)
Uncle Joe's Pizzeria
Unique Toy Shop
Ventosa Vineyards

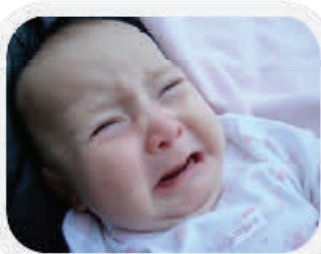
Our Mission Statement

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.



Five Things NOT To Do To Babies

Don't Ignore Them- The first three years of life is a time when babies are growing and developing the fastest. They start learning how the world works. If we ignore our babies, they will not form secure attachments. Without secure attachments from those they are closest to, they may not feel as if they can depend on the world or the people in it.

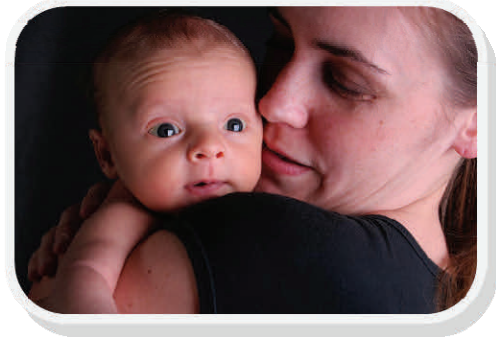


Don't Let Them Cry- Imagine being in pain or needing something from the people that are supposed to love and care for you and having those people just let you cry. Babies will not learn that they can count on people if their needs are not met. This can affect their relationships for a lifetime. Some people think that letting a baby cry it out will make them more independent and able to figure things out for themselves. The opposite is true. Babies that are nurtured are the ones that feel secure enough to be dependent and strive for new experiences in their life.

Don't Leave Them Alone- Humans are made to be social creatures. Being left alone when you cannot care for yourself is very scary and does not leave you with a sense that you can count on any one. Leaving a child alone can also have catastrophic safety issues. Never leave a baby alone in a home or a car.

Not Hold Them Whenever Possible (*please hold them*)-

Babies grow from being held. Babies are meant to be held. Studies have been done with plants, where one plant was talked to and another was not. Both were given the same water, light, and fertilizer. The plant that was talked to grew larger, stronger, and faster than the other. This is just an example of a plant. Imagine how it works with children who are by nature are very social. Holding and nurturing your child, singing to them and talking to them creates a sense of safety for them, helps with their vocabulary development and important aspects of their social development.



Don't Punish Them - Some parents spank or hit their babies. Corporal punishment might be an immediate release of frustration for the caregiver but, like most aggressive acts, it has long term negative effects. Warm, responsive parenting is one of the best predictors of positive child outcomes. Babies do not act out in the form of crying or fussing just to be bad. Babies do not have the cognitive ability to act in this way. When babies cry, or are fussy it is because they are in need of something.

Reference: <https://www.psychologytoday.com/us/blog/moral-landscapes/201404/five-things-not-do-babies>



Dear Child Care Providers,

.11 Health and Infection Control is the largest section in regulation. The requirements are the minimum standards you are to follow to ensure children are safe and healthy. Yet, there are so many to follow. Yikes!

OCFS-LDSS-7020, 7021, 7022 – Do you know what document this is? It is your program's Health Care Plan. It is your program's guide to promoting the

protection and health of children. The document offers a simple format to follow. The items you chose as policy and procedure must be followed. Your Health Care Plan must be readily available to you, your staff, assistants, substitutes, and volunteers as well as by parents and OCFS representatives .11(c)(1).

Your plan will describe how you conduct and document daily health checks, indication of illness, injury, abuse or maltreatment .11(c)(2)(i) **...yes, daily health checks on all day care children is required**; how a record of illnesses, injuries and signs of suspected abuse or maltreatment will be documented and reported .11(c)(2)(ii); how professional assistance will be obtained in emergencies .11(c)(2)(iii); how a child will be cared for who develops symptoms of illness or injury during your care, and how the parent(s) will be notified .11(c)(2)(iv); who is designated to administer medications .11(c)(2)(v); the contents of your first aid kit .11(c)(2)(vi) and so on.



Summer is upon us and outdoor activities increase as a result. Your health care plan covers who, when and how children will be protected from exposure to the sun and insects, as well as scrapes and bruises. Please take the time to review your plan. Avoid complacency. Make sure the policies and procedures set forth in your health care plan are being followed. These are in place to ensure the health and safety of day care children as well as your own children and grandchildren. And they protect you as the child care provider. If you find a policy or procedure is not working for you, consult with your licensor or registrar and health care consultant for those approved to administer medications. Changes can be made to your plan. However, the changes must be approved by your licensor or registrar before you can put new policies and procedures into practice.

Have a fun filled summer!

Sincerely,
Mary Jepsen, Registration Coordinator

Did you know?

...that caring for 3 or more unrelated children for more than 3 hours per day per child is considered illegal care according to NYS law?

Call:
315-536-1134
Ext. 2313
for more information

New CACFP Providers:

*Krystal
Woodruff*

child care training reminders...

Supporting Infant Toddler Success PT. 1 (Based on the Pyramid Model)

OCFS: 1 (CD), 2 (NH)

FREE

6:30—8:30
Geneva site
August 21



It is our job as caregivers to support each child's social emotional development by individualizing the level of care to meet the child's and family's needs. To support this goal, the pyramid model was developed. The pyramid

model is a conceptual model of evidence-based practices for promoting young children's social emotional competence and preventing and addressing challenging behavior.

(Identified Audience: new and experienced providers -FDC, GFDC, DCC)
Trainer: Tracy Killigrew

Department of Health Series

Updates from Our Partners at Public Health

FREE

2 (NH)

6:30—8:00

Yates County Office Building
October 23

Yates County Public Health Nurses will present updates that concern both children and adults. Bring questions, too!

CBK:5

Trainer: Yates County DOH, Barb Owens

Enhancing Your Family Child Care

OCFS: 1(CD), 2 (NH), 3(PD), 4 (SS)

6:30—8:30

Geneva Site
September 25

"What makes your program special?" How do you answer that question when a new family contacts you? The goal of this training is to discover ideas that will enhance your program and continue to make it unique to you. Providers will have the opportunity to reflect and evaluate their home environment including the materials, space, interactions, activities and structure. We will discuss the importance of the relationships you have with the children's families and the impact this has on your family child care program. At the end of this training you will be able to answer confidently when asked- "This is what makes my program special!"

Identified Audience: new and experienced providers —FDC, GFDC

Cost: \$70—CSEA and EIP eligible

CBK: 1,3,4,5

Trainer: Barb Owens, Credential #14334

ELG 1-5

M.A.T. (Medication Administration Training)

The MAT course is a skills-based training to help you administer medication safely in your program. The 8 hour course includes lecture, video and hands-on demonstration. Child-care providers **must** successfully complete this class in order to administer prescription medication.

Certification is valid for 3 years.

The training provides:

- An overview of medication effects
- The handling, storage and safe disposal of medication
- Permission and instruction requirements
- Preparation and administration techniques
- Asthma; emergency care and special situations.

**Classroom Courses: \$200 Geneva Site
August 11 (8:00-5:00)**

\$50.00 — Materials/non-refundable fee due at registration

\$150.00 — Course fee due 3 business days prior to training in order to confirm your spot

Registration required online at :

<https://www.ecetp.pdp.albany.edu/findtraining.aspx> Click MAT. Click Rochester and look for Child & Family Resources. Follow online directions to complete registration. You should receive a confirmation email regarding registration and payment.

Certified MAT Instructor: Heather DeRuyter, RN

FREE

Directors Coalition

September 20-Victor Child Care Center 11:00-1:00

Directors Coalition consists of child care directors from Ontario, Seneca, and Yates Counties, with the goal to have a professional networking system for support and training. The meeting focus is determined by the directors. Presenters are provided by CFR and training hours are offered. The group is composed of new directors and those with many years of experience. Different centers host the meetings and provide lunch.

(Identified Audience: Child care Center and School Age Child Care Center Directors.)

To register contact Barb Owens ,
barb.owens@cfresources.org

child care training reminders ...



CACFP Training Sept. 19th 6:00-7:30pm Canandaigua Site

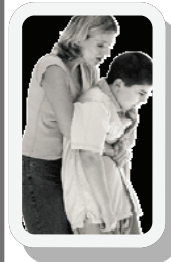
CACFP Participants are Free
Non Child & Family sponsored
participants are \$15.00

Registration form required to attend.

Registration Deadline 9/12/18

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

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.

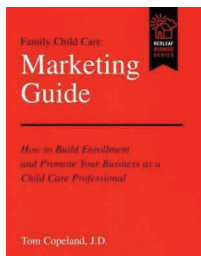
Class fees: \$125 per person.
To register for our classes
contact Heather Fiero
@ 315-536-1134, ext. 2306

Seneca Falls Site
July 21st 9:30-4:30 (bring lunch)

Geneva Site
October 20 9:30-4:30 (bring lunch)
2 (NH), 4(SS)

Trainer: Heather DeRuyter, RN

Marketing Your Family Child Care Business



OCFS: 5 (BR)

6:30 - 8:30
Penn Yan Site
July 25

Marketing the family daycare business is usually the last thing that a provider would like to do. There is good competition in our field, so how does each provider set themselves apart? What benefits and features do you have? In this training, the provider will learn the definition of marketing and how to develop a marketing strategy that will promote each individual program. Using information from Tom Copeland, nationally known expert in the field of the business of child care is a central part of this training.

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

\$70—CSEA and EIP eligible

CBK: 2, 7

Trainer: Barb Owens, Credential #14334

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 unless noted.



July 21 (2:30-4:30) @
***Seneca Falls site**

October 20 (2:30-4:30) @
Geneva site

Fees: \$70.00
2(NH), 4(SS)

Trainer: Heather DeRuyter, RN

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

for parents...

Community Baby Shower Events!

Free celebration for parents-to-be and brand new parents!

Welcoming a new baby into your life? Just had a baby?

Come gather beneficial information about pregnancy, caring for a baby, and the helpful resources in your community!

Every expectant or new family will receive a fully stocked DIAPER BAG!



Date: July 21st

Time: 10:00am - 11:30am

Location:

**Geneva Public Library
244 N. Main St. Geneva, NY**

For Questions Contact: Child & Family Resources
585-919-2476



Date: July 14th

Time: 10:00 am - 11:30 am

Location:

**Keuka Emporium Event Venue
131 Main St. Penn Yan, NY**

For Questions Contact: Child & Family Resources
315-536-1134



Continued from page 1...

If they are old enough, it is good to ask them what better choices they could have made. This teaches them to start thinking about their stress triggers and how to take control of their actions. Research shows that professionals who work with children can make a difference when they practice mindfulness skills such as being open, calm, mentally and emotionally present, flexible and responsive during interactions with children. The earlier we nurture children's well-being, the more likely they will have the love and support needed to achieve lifelong health and happiness.

References: http://www.cahmi.org/wp-content/uploads/2017/10/aces_brief_final.pdf
https://en.wikipedia.org/wiki/Adverse_Childhood_Experiences_Study



Happy
Summer



Did you know that your CACFP child care provider helps ensure the body systems work correctly with encouraging proper hydration?

As a CACFP provider, your child care home knows the importance of water and fluids to maintain a healthy body. Did you know the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry water away from cells and assist in regulating body temperature. We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups!

As the summer sun heats up, make sure to drink plenty of water. Stay hydrated!

Water Fun: Movement in the Summer

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

Drip, Drip, Splash - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that is it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

Sponge Bullseye - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

Car Wash - Those bicycles and toy cars need a good washing. Get out sponges and buckets and let the kids wash away all the dirt.

Summer Salsa

- 16-oz. strawberries, diced
- 2 kiwi, peeled and diced
- 1/2 cup blueberries
- 1/2 cup raspberries
- 3 tablespoons sugar-free Apricots preserves or jam

Mix all of the diced ingredients and the whole berries with the sugar free jam. Chill. Serve the salsa with whole grain pitas or make your own whole grain cinnamon chips. To make cinnamon chips use whole grain tortillas. Spray tortillas with cooking spray and cut with pizza cutter into triangle pieces. Sprinkle all the pieces with a little sugar and cinnamon and bake at 350 for 8-10 min. Cool and dip into your delicious summer salsa!



CACFP is an indicator of quality child care.

www.CACFP.org

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Cooking With Children



I recently did a training at a child care center on cooking with children. This is an adventure for children whether they are at home, in a family/group family day care or

a child care center. Often times we, the adult, struggle with this as it takes time, lots of patience, and creates a mess! What the child and you experience, though, is both educational and fun!

What can children do? From approximately age 2 on up, children can be involved in food preparation. There are safety issues, of course, no sharp utensils or heat but children can mix, wash veggies and fruits, tear lettuce, break up bread, spread butter/cream cheese/peanut butter, cut with a plastic knife, mash, squeeze, measure, stir and on and on.



Cooking also involves lots of learning and this learning is fun. We all know that children learn best when they are interested and actively involved in the process. Here are some examples of what children learn when we cook with them:

Literacy: new vocabulary, reading recipes whether it is a pictorial recipe or a written one, writing the grocery list;

Food knowledge: understanding where food comes from (and not the grocery store!!). This actually helps children to be more adventurous in trying new foods;

Brain development: all sensory experiences stimulate brain development – cooking is sensory rich;

Motor skills: both large motor (stirring, kneading, whisking as examples) and fine motor;

Math: measuring, numbers, sequencing, concepts such as large and small;

Science: hot/cold, changes in state as in melting cheese, mashing potatoes;

Self-esteem and life skills: “I did it myself” as well as learning to take turns, patience, working together, problem solving.



Probably the most important aspect of cooking with children is that you are together. It is a time to talk with each other, laugh with each other, and even be quiet with each other. Relationships with a child whether it is our own or children in your program has a huge impact on a child's social/emotional development. Knowing that you care to give them the time gives them security and stability that you are someone they can count on.



Pull out the bowls, plastic knives, cutting boards and have a great time!!!

get connected ...

Canandaigua Art & Music Festival

July 20, 21, 22 10am — 5pm - By the Lake

Art, Music, Food, Fun Family Activities



Ontario County Fair

July 25 — July 29 - Ontario County Fairgrounds

Art, Music, Food, Fun Family Activities



Phelps Sauerkraut Weekend

August 3, 4, 5 Downtown Phelps Area

Parade, Food Court, Games, 5 & 20 K Race & more.



Naples Grape Festival

Sept. 29-30 — 10am to 5pm

Naples High School

Art, music, food, wine, community vendors and more.



Summer Fun Activities

- Write fun ideas on popsicle sticks and pull one out daily
- Put up a daily activity calendar with pockets and pull out an activity each day
- Glue craft sticks to the back of a paper plate. Blow up a balloon and play balloon tennis.
- Hang a large white paper on a clothesline. Have the children shoot the paper with water guns filled with thinned out tempura paints.
- Sidewalk chalk drawings

Community Health Survey



Ontario County Public Health and Common Ground Health are conducting a health survey. We use responses to guide our programming and to improve the health of our community.

Please go to this link to complete the survey.

Survey in English:

<http://www.myhealthstory2018.com/>

Survey in Spanish:

<http://mihistoriadesalud2018.com/>

Survey closes on July 31, 2018

Thank you!

Your Opinion Counts!

If you would like a paper survey please contact
Ontario County Public Health
585-396-4343



Public Health
Ontario County, NY

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



July — September 2018

July

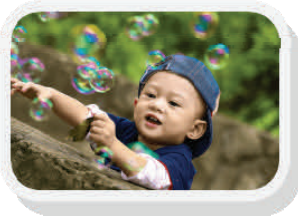
- 14 Community Baby Shower - Keuka Emporium
Event Venue 10 - 11:30am
- 21 Community Baby Shower - Geneva Library
10 - 11:30am
- 22 Parent's Day

August

- 11 Rushville Annual Community Health Fair
11am-2pm — 2 Rubin Dr. Rushville

September

- 3 Labor Day
- 9 National Grandparent's Day
- 20 Director's Coalition -Victor Child Care Ctr.



Parenting Meetings and Support!!



Baby Café

Baby Café Canandaigua

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

Yates Baby Café - Penn Yan Public Library

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.
263 Lake St.
Penn Yan, NY 14527

Children are not things to be molded,
but are people to be unfolded.
Jess L.



Community Partner

