

CFR Connection

2018 Issue 4



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Media Management And Our Children



With the holidays around the corner, you may have one or more children who will be asking for media devices as gifts. With children experiencing so much peer pressure to have smartphones, I-pads etc., how is a parent to know what age is appropriate for children to start using these devices? And in fact, how much screen time in general is healthy for our children?

The American Academy of Pediatrics cautions that excessive media use has been associated with obesity, lack of sleep, school problems, aggression, and other mental health and behavioral issues. According to Michael Cheng, a child and family psychiatrist at Ottawa's Children's Hospital of Eastern Ontario, mobile devices can cause the brain to become wired from an early age to crave easy dopamine, which refers to the "feel-good" chemical released by the brain. This is one reason why these devices are so addictive. Cheng also states that it is not the technology itself that is bad for children, but when it is used in such a way that disconnects children from basic needs such as sleep, nutrition, fresh air and physical activity. Children also need to connect face to face so they can read facial expressions which in turn, helps them develop empathy with others. "De-friending" and online bullying can lead to symptoms of serious depression for some youth.

Below are some age guidelines for smartphones and other mobile devices that different experts, including the American Academy of Pediatrics, have put together.

- **Ages Birth to 2** – Experts agree. Children in this age group should not be exposed to any screen time at all, as it is damaging to developing brains. T.V.'s should also be off while moms are nursing babies.
- **Ages 2 to 5** - 1 hour or less per day.
- **Ages 5 to 9** – No smartphones. If parents want their children to have a phone to stay in touch, a regular flip phone is recommended. General screen time recommendation is still no more than 2 hours per day.
- **Ages 10 to 12** – Limited phones without internet.
- **Ages 13 and up** – Supervised smartphones are ok. The Canadian Assoc. of Optometrists still recommend no more than two hours of recreational screen time a day, with teens taking breaks in between their use. However, the American Academy of Pediatrics recognize that in today's society with more homework being done on computers, that parents will have to decide what is best for their family.

Parents and caregivers should also be aware of any signs of cyberbullying that a child might be experiencing. There is a chance that if you punish your child by taking their phone away, they may be more reluctant to share any negative experiences they may be having online with their phones.

Things that parents/caregivers can do to help.

- ♦ Parents and caregivers need to model effective "media diets" to help children make healthy choices in how much media they consume.
- ♦ Make a media use plan and limit screen time – no underage Facebooking.
- ♦ Keep devices out of bedrooms – know your children's habits.
- ♦ Check privacy settings and use filtering software.



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staff & site...

Penn Yan Staff

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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

Like us on [Facebook](#)

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NEW Fax: 315-789-2524

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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. . .

Healthy Families Ontario & Yates Annual Community Baby Showers

were held in Penn Yan and Geneva on two
Saturday mornings in July this year.

Both events had the largest shower turn-out to date!

Donations came in from participating community service organizations in order to help stock diaper bags that were provided by the Healthy Families program. At these events, each participating expectant or new parent received a fully-stocked diaper bag and many other supplies, educational materials and resource information. 54 families were helped at these two events this year! The Healthy Families team hopes to continue to increase participation at these events in years to come as well as connect with expectant families throughout the year at other community outreach events and through program referrals. The Healthy Families program is an excellent resource for expectant families! If you or someone you know is expecting a baby please contact your local Child & Family Resources office to find out more about this free and voluntary support service.

Welcome...



Our new Finance Director is **Terry McDonnell**. He joined CFR in April after retiring from Corning, where he worked for 19 years. Prior to Corning, he worked in finance for several small companies in Vermont. Terry is a CPA and began his career with Deloitte in their Denver office. He later transferred to Boston before moving to a job in Vermont with a client. Terry lives in Bath with his family.

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

**Wegmans
Walmart
Budding Readers**

**Little Red Bookshelf
Thrifty Threads Store
Geneva Public Library**

All of the great vendors who donated to our Community Baby Showers

Our Mission Statement

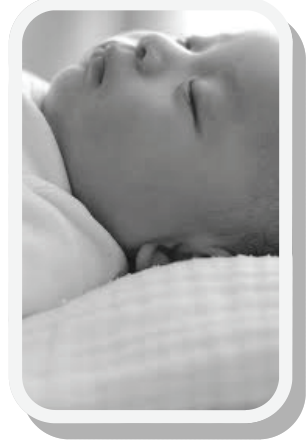
Child & Family Resources is dedicated to providing affordable and accessible programs that enhance and support the education of parents, caregivers, and child care providers, as well as encourage the highest quality of care and positive learning experiences for young children.



Self Soothing Techniques for Babies



Children should not be expected to self-sooth before they are 3 months old.



- **What is self-soothing?**

Self-soothing means the baby comforts them-self instead of depending on the caregiver to comfort.

- **Is it harmful to babies to allow them to self-sooth?**

Researchers found no harm in permitting children to cry for **limited** periods of time while they learned to sleep on their own.



- **How long does it take?**

It may take several weeks before your baby self-soothes to sleep and stays asleep. Some babies may not be ready to self-soothe until later in life.



Techniques to help baby self-sooth:

- ◇ Wait five minutes before appearing and comforting. If the child is still awake, wait 10 minutes before going in to comfort.
- ◇ Lay your baby down when they are drowsy, but not fully asleep.
- ◇ Babies tend to fuss less when they are physically tired. Make sure to do some physical activities to tire the baby out so they are ready for a nap.
- ◇ Make sure babies belly is full, but not too full.
- ◇ Have baby on a schedule. They cannot tell time but they know what to expect next.

Your baby will fall asleep more easily if he/she has a full tummy, is warm (but not too warm), feels safe, and is beginning to feel tired (but not over-tired).





Bonjour Fournisseurs de Services de Garde! French for: Hello Childcare Providers!

Okay, I don't know how to speak or write in French. But the internet does allow for a multitude of search possibilities. And the electronic world allows us a multitude of devices to access such information. Examples of such electronic devices include but are not limited to mobile phones, computers, laptops, desktops, iPads, cameras, Kindles, DVD players, printers, radio and so on.

In the day care world what, when, and how we use such devices is key to maintaining compliance to day care regulations. Let's take a closer look at the regulations to find out how these devices impact our day care lives.

Section .6 Transportation

Drivers are prohibited from using mobile phones or other electronic communication devices, including hands-free devices, unless vehicle is in a legally parked position

Section .7 Program Requirements

Electronic visual media must be a planned activity with educational, social, physical, or other learning objectives

TV and other screen time activities must be turned off when not part of a planned activity

Infants must not be exposed to electronic visual media

Children must not watch television or other electronic visual media during meals

Television and other electronic visual media must be turned off while children are sleeping and during established nap time

A good time to incorporate TV and other visual electronic media is during movement time...dancing, exercising, yoga etc. TV and other visual electronic media is not to be used for supervising children, to calm down physically active children or behavior management for children with special needs. If you need to ask the question, "Is it okay to use a video for...? The answer most likely will be, "No".

Colder months mean more time indoors...start thinking ahead about your activities and plan programming accordingly. If you plan ahead there won't be dead time with nothing to do.

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
Providers:
*100 Acre
Childcare*

*Christina
Guererri*

*Sally
Woodard*

New
CACFP
Providers:

child care training reminders...



CACFP Training **November 8** **6:00-7:30pm** **Seneca Falls Site**

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

Registration form required to attend.

Registration Deadline 11/1/18

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

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. 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.

November 13 (6:00—8:30)
Topic area covered: 2(NH), 4(SS), 7(SDC)
Trainer: Heather DeRuyter, RN

Registration required online at :
<https://www.ecetp.pdp.albany.edu/findtraining.aspx> Key-
word: emergency. Follow online directions to complete
registration. You should receive a confirmation email
regarding registration and payment.

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

FREE

Directors Coalition

November 15—Bristol Mountain 11:00-1:00

Directors Coalition consists of child care direc-
tors from Ontario, Seneca, and Yates Counties,
with the goal to have a professional networking
system for support and training. The meeting fo-
cus is determined by the directors. Presenters
are provided by CFR and training hours are of-
fered. The group is composed of new directors
and those with many years of experience. Differ-
ent 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*

**Unless otherwise noted on training,
please contact**

Heather Fiero at:
315-536-1134 ext.2306 to register for
classes or for questions.

child care training reminders ...

SUNY Teleconference 2018

All sessions:

TIME: 6:45-9:15 pm @ Geneva & Seneca Falls Centers
There is no cost to providers for this training.

October 25, 2018

Special Webcast — Business Case Studies

Expectations of Participants:

Videoconference training allows you to learn from experts and other child care providers while networking and sharing your experience with other professionals.

Co-trainers at each site will guide discussions and help you apply your knowledge and skills.

In order to provide an adult learning environment, all videoconference participants must:

- ☐ Arrive no later than 6:45 p.m., doors will be locked as per SUNY
- ☐ Sign in on the roster, gather all materials and fax in any questions you have about the training topic
- ☐ Be actively involved in the entire training session
- ☐ Successfully pass the 10 question post-test in order to receive a certificate of completion
- ☐ Sign the attestation on the back of the post-test
- ☐ Be considerate of other participants! Limit talking to topic discussion and activity sessions. If participants become too disruptive to others, (this includes texting) co-trainers may ask them to leave the video training and participant will not receive a certificate for the training.
- ☐ Turn off all cell phone ringers

*Videoconference training is an adult learning experience.

*Because of the sensitive nature of some topics, children are not permitted.

*Registration closes 2 weeks prior to the scheduled teleconference.

*Certificates will not be issued to participants who do not meet the expectations above.

Certificates will be mailed to participants by SUNY and cannot be issued the evening of the teleconference.

**If you have questions about this process please call teleconference facilitator:
Tracy Killigrew at 315-536-1134, ext. 2314**

Register at: www.ecetp.pdp.albany.edu

ONLINE registration
through SUNY!!

Go to:
www.ecetp.pdp.albany.edu



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

**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.**

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

Trainer: Heather DeRuyter, RN

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.



Geneva site
October 20 (2:30-4:30)
Fees: \$70.00
2(NH), 4(SS)

Trainer: Heather DeRuyter, RN

Tips for Reducing Stress and Creating Peaceful Holidays During Family Transitions



The holidays can be stressful for every family. This is especially true for families where there have been changes. These changes may be through parental separation/divorce, a death or a major move. The following are suggestions by Dr. JoAnne Pedro-Carroll who is a clinical psychologist in Rochester. Dr. Pedro-Carroll works with families and children who are going through the transition of separation/divorce. These tips can work for making the holidays easier or for other major transitions in a family.

- Talk with your children about their favorite holiday activities and traditions, and include at least some of their suggestions in your holiday celebrations. Doing so, and talking with children about what to expect, helps to reassure them and give them a greater sense of control in the midst of family changes.
- Communicate with your former partner about plans and schedules before the heightened emotions of the holidays set in. This will reduce the potential for conflict between you and help to reassure your children.
- If possible, work together on plans for reasonable gifts for the children to avoid duplication or competition.
- If possible, help your child make a card or gift for their other parents and grandparents. This may be hard to do but it helps to teach children the importance of honoring and respecting important people in their lives.
- Make time for one-on-one time with each child, especially during the busy holiday season. Maintain structure and regular bedtimes as much as possible. "Snuggle time" is a great time to listen to their feelings, and tune into their questions, wishes, hopes and dreams. This is so important for all families.
- Consider doing something with your family for the greater good. This has a double benefit of providing children with a meaningful change from traditions that cannot be fulfilled and at the same time giving to others in need.
- It can be a gift any time of the year, but the holidays offer opportunities for new beginnings and positive changes. Consider compassion and forgiveness as gifts to give this season. You and your former partner will benefit, and your children will witness a positive life lesson.

When a family experiences major changes in their life like a separation/divorce, experts say that it can take at least 2 cycles of major events in order to heal. This means 2 years of Christmas, Thanksgiving, birthdays, etc. It is not just the children who are experiencing these changes, it is also the parents, grandparents and other significant family members.

Years ago, my own family moved 900 miles away from the other family. We had to restructure how we celebrated our holidays. Added to that, my husband worked at a hospital which meant that he worked on major holidays too. We began our own traditions. They were minimal but it was something we looked forward to each year. As an example, Christmas Eve dinner became crab legs – something we had never done before. On Christmas Day when Daddy had to work, my daughter and I went to a movie. New traditions that became meaningful for us. (Crab legs continue to this day – almost 30 years later!)



Visit www.commonsensemedia.org and click the "For Parents" tab for great parent resources around parent's concerns and media.

Continued from page 1...

Talk to your children about online dangers and reputations. Many children don't understand the permanence of putting things like photos out in the online world. Get to know the technology. Plan days, activities and outings where the phones/media cannot be used. School, physical activity (at least 1 hour per day), sleep, homework and social contact should all come before recreational use of devices.


Above all, stay in touch with what your child is doing and keep an open communication with them. When used correctly, the internet and other devices can bring us new knowledge, fun activities and bring families and friends closer together.

References: <https://www.cnn.com/2016/10/21/health/screen-time-media-rules-children-aap/index.html>
<https://www.healthychildren.org/English/news/Pages/Managing-Media-We-Need-a-Plan.aspx>
<https://www.todaysparent.com/family/parenting/an-age-by-age-guide-to-kids-and-smartphones/>

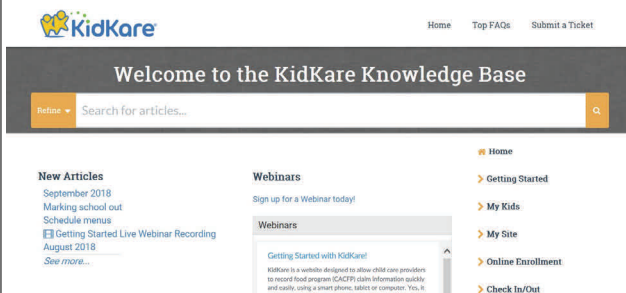


Welcome to KidKare!

New Food Program Software free through Child & Family Resources, helps you to maintain your daily meals, menu planning, maintain compliance and claim submission!

Child & Family Resources, Inc. is excited to announce that CACFP participants will now be using  to submit monthly claims. If you are already participating in CACFP, you should have received the Welcome message, along with a user name and password. Not currently a participant of CACFP, give us a call and we can get you started. Once you are signed on to the program, we can send the welcome message and the claiming can begin.

- 😊 It can be used via tablet, smartphone, desktop or laptop.
- 😊 All paperwork is in one spot
- 😊 You can only chose foods that are creditable.
- 😊 Can record meals and attendance anytime, anywhere.
- 😊 Can record days off, no school, and holidays via the calendar. You can also review your meals.
- 😊 Messages can be sent between providers and CFR regarding the software or other CACFP questions or concerns.
- 😊 Reports can be generated: child enrollment reports, claim reports, etc.
- 😊 Save money on postage! Enrollment forms are the only thing that needs to be printed, signed/dated and mailed to the office.
- 😊 Quicker claim processing



The site has training videos and helpful information to learn about the program and how to use it. You can even sign up for a free webinar. Just click your name at the top right corner of the screen, and choose the “Get Help” option. That will connect you to help.kidkare.com

Feeling overwhelmed by something new or not computer savvy? No need to worry, we are here to assist you through this new process. We are all learning together, the more questions that are asked the more we learn.



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.”



Creating Traditions

Several major holidays are soon upon us. On the parenting page I mentioned that it is important that we maintain and even create new traditions. Here are a few that look like fun.



THANKSGIVING: As the food is cooking, have the family go on a scavenger hunt. This can be inside or outside. This may take some planning but is a fun way to keep all the family, young and old, involved. The clues could be family based and seasonal. The easiest is to have the answers put on paper so that objects are not required.



Thanksgiving table cloth: I really like this one! All you need is paper to cover the table plus markers and/or crayons. Let the family draw a picture or write about something they are thankful for. Be sure to take a picture of the tablecloth before setting the table. This will look great, plus be a conversation piece for all ages.



CHRISTMAS: After the gifts are open create this year's memory. This can be done by making another (!!) ornament but this time use paper and bows from this year's gifts. Adding these ornaments to the following year's tree will stimulate memories and conversation. Have the family pose for a crazy, goofy picture. Again, starting this as a tradition will bring much laughter in the coming years. No matter what age have the family come together for reading a favorite Christmas book and watching a Christmas movie – families have many favorites from funny to thought provoking.



HANUKKAH: Hanukkah recounts the story of a great miracle. Have the family create a gift tree and make homemade gifts each day to hang on their tree. You can make the trees from cardboard tubes put together and make lightweight paper creations to hang on the tree. They then can give the gift tree to a friend or another family member. Or decorate shoe boxes and make them “thankful” boxes. Family members can create thankful art each day of Hanukkah and put their creations in their boxes as gifts or to keep as family keepsakes.



KWANZAA: Kwanzaa is a celebration with its roots in the black nationalist movement of the 1960s. Maulana Karenga, also known as Ronald McKinley Everett, created Kwanzaa in 1966, as the first specifically African-American holiday. Kwanzaa celebrates the seven principles of African Heritage. Have the family create art work around each of the seven principles and put the art in a scrapbook that can be pulled out and added to each year.



NEW YEAR'S DAY: Of course on this day there are the parades. The Rose Bowl Parade is my favorite. And, there are lots of football games. Go outside and have your family play their own game. A fun idea is to write funny, crazy resolutions – “I am going to eat a candy bar every day and lose 10 lbs!” Have the family write a family letter to themselves about events that were memorable this past year. Again, just like the ornaments or picture at Christmas this is a way to have a history of past years.

get connected ...



The ECAC was established in 2009 to provide advice to the Governor on issues related to the development of a comprehensive system of supports and services for young children and their families. This is a great resource for child care providers as well as for families.

<https://www.sharesourceecny.org/default.aspx>

FDA Approves First Generic Epi-Pen™

At long last, a potentially less expensive epinephrine auto-injector (EAI) device may be available to consumers very soon. TEVA Pharmaceuticals has received US government approval for a generic version of the Epi-Pen™ originally made and marketed by Mylan Pharmaceuticals. Additional generic devices are on their way as well. The existing market for EAI devices is very large; different brands competing against each other could lead to lower prices. The allergy advocacy association fully supports any and all efforts aimed at better regulating healthcare costs for all Americans.

www.allergyadvocacyassociation.org



Child and Family Resources, Inc.
invites you to

Together Time

Child & Family
Resources
263 Lake Street
Penn Yan
315-536-1134

2018 Fall Dates
Mondays,
September 10—December 17
(no session 10/8 & 11/12)
9:30 am—11:00 am



Weekly group for parents, child care providers
& children of all ages.

(Children must be accompanied by an adult 18 years or older)



Offer stories, music, activities and art for
adults and children together!

No fee for participants!

The program is funded by the Yates County Youth Bureau and
the NYS Office of Children and Family Services Child Care Resource & Referral Project

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



October 2018 — January 2019

October

8 Columbus Day—Offices closed

November

12 Veteran's Day—Offices closed

22, 23 Thanksgiving Holiday—Offices closed

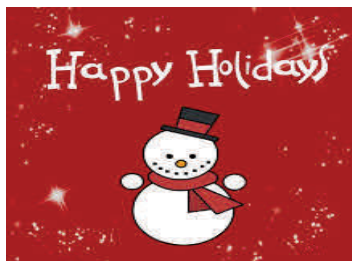
December

24—28 Offices closed for the Holidays

January

1—New Year's Day—Offices closed.

21—Martin Luther King Jr. Day—Offices closed.



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 the living messages we
send to a time we will not see.*



Community Partner

