

CFR Connection

2019 Issue 1



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

**Fostering
Resiliency In
Our Children** pg. 1

**Winter Time
Again** pg. 4

**Registrar's
Corner** pg. 5

**Childcare
Trainings** pgs.
6-7

**Winter
Weather Tips
For Outdoor
Play** pg. 8

Food Bits pg. 9

Winter Fun pg. 10

**Get
Connected** pg. 11

Fostering Resiliency In Our Children

In Issue 3 of 2018, we looked at adverse childhood experiences and how they can negatively affect our children. This article will address how to build resiliency in our children, so they can learn to cope with the adversities and stress that life can bring.

Child care providers, parents, teachers and family members can all have a positive role in fostering resiliency in our youth. Resiliency is not something that children automatically have, it is developed as they grow. All children can become more resilient with help from connected and caring adults in their lives.

Here are some tips on building resiliency in children:

- Instead of trying to “fix” the child’s issue, do an inquiry. Ask them first for ideas on how to handle an issue or a strong feeling. Discuss the pros and cons of each idea. By having them involved in the solution, you are building their self-confidence and self-efficacy.
- Help them label their emotions. Let them know it is ok to feel angry, jealous, sad etc. and that feelings are a normal part of life and will pass.
- Give them permission to make mistakes. Helping children understand that we all make mistakes and can learn from them, is important. Admit to your mistakes in front of children. This lets them know that it is ok to make mistakes and to admit to them when we do.
- Promote optimism when you can. Help children see the glass as half full instead of half empty. Most times there will be a brighter side to a problem, if you look for one.
- Have children come up with their own strengths. You can make an art project tree and have them label the branches with strengths/talents that they have or that their family has.
- Be a role model. Children are always watching you. Model positive coping strategies.
- Offer them safety. Make sure you are non-judgmental and that you are really listening to them and interested in what they have to say. In order to do that well, make sure you set aside some one-on-one time for them. What may seem like a small issue to an adult, may be a very large issue in the mind of a child.

Dr. Ginsburg who is a co-author for “A Parent’s Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings”, identified seven “C’s” of resilience.

- ♦ Competence – children having the feeling that they can handle a situation.
- ♦ Confidence – a child’s belief in his/her own abilities.
- ♦ Connection – developing those close ties with care givers, family, teachers and feeling “safe”.
- ♦ Character – helping your child develop a solid set of morals/values to know right from wrong.
- ♦ Contribution – creating a way for children to contribute meaningfully to their community.
- ♦ Coping – modeling those positive coping skills and helping them build their own coping skills.
- ♦ Control – help children realize they have control over outcomes based on their decisions.

Children can learn to be resilient and to overcome negative experiences and trauma, but it often requires hard work on their part and patience on the part of the adults in their lives. The more credit you give them for their courage, their ideas and their talents, the more successful they will be. Remember, what builds resiliency is respecting and using their own ideas, solutions and talents in the process. Resiliency comes from within.

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

<https://www.psychom.net/build-resilience-children>



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

Geneva Staff

Natalie Ball — Family Support Worker, ext. 2219
Heather DeRuyter — Health Care Consultant, (585) 613-5783
Courtney Johnsen — Registrar, ext. 2210
Eileen Kiesinger — Family Educator, ext. 2222
Dawn Waite-Dinehart — Geneva Site Coordinator/PSP Supervisor
/LE Admin, ext. 2204

Seneca Falls Staff

Teresa Bryan — Office Manager, CCR&R Specialist-Referral & LE, ext. 2401
Shelly Wilcox — Legally Exempt & Seneca Falls Site Coordinator/Registrar, ext. 2403

Canandaigua Staff

Teresa Deacon — Family Assessment Worker, 315-412-4527
Terri Knight-Miller — Office Manager, CCRR Specialist-Referral, ext. 2501
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](#)

Board of Directors

Kristen Donnelly (Chair)
Diana Cecce
Renee Grant
Kristin Grillone
Renee Owen
Dr Mike Vorozilchak
Bridget Wanner

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. . .

Family Connections Harvest Fest

held at the Seneca Falls Library



Our Annual Family Connections Harvest Fest was held in November with the help of our community partner, the Seneca Falls Library. Families enjoyed making creative caramel dipped apples. Children had a great time putting on gloves and creating their own snack turkeys made from rainbow goldfish.



Families enjoyed a variety of crafts which included; glitter leaves and a turkey made from a jar with googly eyes and feathers.

Healthy Families and Community Holiday Giving

This Holiday season, our Healthy Families Program of Ontario was very happy to work with local churches and businesses who collected donations to help many families in their communities. Zion Fellowship in Canandaigua and Our Lady of Peace Parish in Geneva donated Thanksgiving baskets to local families. Thanks to their generous donations, 15 of the families that we serve received baskets.



The First United Methodist Church of Geneva and Lakeshore Family and Cosmetic Dentistry took up collections of toys for families, and as a result, we were able to receive a lot of wonderful toys that we gave out to our families for the holidays. We thank all of our community partners for all that they do for our families and the community.

We also want to thank the First Congregational Church of Canandaigua and their ladies knitting group for making lovely blankets to keep the babies in our Healthy Families program warm.



And a big thank you to Budding Readers for their continuous support and supply of wonderful new books that keep our children reading!

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

Alice Shoemaker for the Children's Center
Budding Readers
Keuka College Angel Tree Community Service
Advocates
Lakeshore Family & Cosmetic Dentistry
Mary Jo Shrey
Our Lady of Peace Parish Geneva

Presbyterian Women of the First Presbyterian
Church of Penn Yan
Seneca Falls Library
Thrifty Threads Store
United Methodist Church of Geneva
Zion Fellowship Canandaigua

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.



Winter Time Again

It's winter time again in Upstate New York. We have seen a bit of snow and cold weather this year so far. You don't want the baby to be cold, but there are some dangers with babies in the winter time that we might not think of. "Once the temperature gets below freezing, you shouldn't take your baby out, except for quick trips back and forth to the car. Even when it's above freezing, wind chill can make it dangerous. Newborns and infants do not yet have the ability to self-regulate their core temperature," says Janice Montague, MD, director of pediatrics at Good Samaritan Hospital, a member of the Westchester Health Network in Suffern, NY. She recommends limiting the exposure to the cold elements to a few minutes at a time, and saving play in the snow for when kids are older.

<https://www.parents.com/baby/health/babys-first-winter-a-survival-guide/>



Dangers of Over Bundling Baby

"A baby that is excessively overdressed for the current temperature of the environment is at risk for heatstroke which includes the following signs: A sudden rise in body temperature over 100 degrees F, hot dry skin, flushed or pale skin tone, rapid pulse, vomiting, rapid breathing, sluggishness, non-responsiveness, signs of dehydration. This baby needs urgent medical attention and layers of baby's clothing should be removed." Dress your baby how you dress yourself. Do not assume that just because a baby's hands and feet

are a little cool that they are cold. At any time your child becomes listless or unresponsive seek medical treatment immediately.

<https://www.swaddledesigns.com/learn/temperature-awareness-for-baby.html>

Car Seats and Young Children

"There has been lots of information given to parents about the use of (puffy) winter coats and car seats. The concern is whether a child is safe in a car seat with a winter coat on, as the restraints cannot be pulled as tight and the child may be thrown out of the car seat on impact. The general consensus is that young children should be put in the car seat without their coat on and secured.

Young children could have their coat put on backwards after the restraints are tight and young children could have a blanket placed over them. However, a meteorologist in Montana takes exception to this. Tanya Fransen states that "what may work in an urban environment may not work in a rural environment. Should the car be involved in a crash and the baby is not wearing a coat, the child could be at grave risk from the cold before help arrives." She recommends using a non-puffy coat (there is less chance for the coat to collapse) and securely fastening the child with it on.

washingtonpost.com/.../whats-more-dangerous-for-your-child-in-a-car-seat



Wear Your Baby for Warmth

"Carriers are a great way to use your body heat to provide extra coziness for baby in the cold weather—but then he/she probably doesn't need that extra sweater. Even so, always keep their head and feet covered as that is how they lose heat," Dr. Montague says. As always when you're wearing your baby, make sure his/her face is not pressed against your chest or clothing (especially when you're donning a winter jacket) to keep their airway free. "And be careful of ice and slipping and falling yourself!" she says.

<https://www.parents.com/baby/health/babys-first-winter-a-survival-guide/>



As the registration staff continue to conduct renewal and monitoring inspections, it has become clear that many providers have not followed through with posting documents and putting together a parent packet per regulations. Therefore, it is necessary to revisit what is required. Hence, if on future inspections, these documents are not posted and available for parent and inspector review, a violation will be cited.

Refer to Management and Administration FDC 417.15(22) or GFDC 416.15(22) which states, “**The program must give the parent, at the time of admission of the child, a written policy statement including but not limited to...**” The regulation continues to list 15 items of information parents need to know. Please review your current parent packet. Update policies to be aligned with the revised regulations; add any missing item that is required. If you do not have a parent packet, put one together. The packet can be either a binder with all stated policies and a cover sheet for parents to sign and date after reading or you could develop a child care policy/contract for each child enrolled that parents must sign and date. Review each policy with the parent. Help the parent understand the program’s intent for the policy. As the child care provider, **sign any agreed upon arrangement between you and the parent.** Sign and date the agreed upon arrangement in the presence of the parent. Best practice is to ensure parents make a copy of any signed/dated agreed upon policy.

Let’s talk about transportation. Please note parents must be aware of your transportation policy. Transportation may mean to and from field trips, local programs such as the library, preschool, school and/or in emergency care, who is providing the transportation and when.

Refer to **Transportation FDC 417.6 or GFDC 416.6** which lists 12 regulatory items to meet compliance. Parents must be informed and agree to a transportation plan. The plan must be updated as needed. And your program must openly display daily transportation schedules.

Refer to **Safety FDC 417.5 or GFDC 416.5**, which now includes regulations in regard to firearms and ammunition. These regulations are specific and require firearms and ammunition to be securely stored and inaccessible to children. The firearms and ammunition are to be securely stored separate from each other. Parents and your licensor/registrar need to be given written notice that the fire arms and ammunition are on the premises.

Emergency evacuation is addressed in the **Safety** section as well. Evacuation policies and practices must include how children of all ability levels are to evacuate safely. Parents will need to know where and how to access each relocation site.

Contact your licensor or registrar, if you have questions or concerns on the above stated information.

Lastly, since the rain, ice and snow weather is upon us; make sure all egress routes are clear of fallen leaves, ice and snow.

May you and your children have a winter season filled with fun and wonder!

Sincerely,
Mary Jepsen
Registration Coordinator

WELCOME!

New Providers:

Tina Phillips

Hilary's Little Learners

Allayna Pitcher

Lyndi Mahoney

New CACFP Providers:

Tina Phillips

Lyndi Mahoney

Felicia Smalley

child care training reminders...



CACFP Training February 20, 6:00-7:30pm Penn Yan Site

CFR sponsored CACFP Participants attend Free
Non CFR sponsored participants are \$15.00

Registration form required to attend.

Registration Deadline 2/13/19

(Must have by deadline in order to reserve your spot)

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

FREE

Early Literacy Project (ELP)

Introduction to Early Literacy Project! (1-CD, 3-PD)

March 19, 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!

(Does not qualify for EIP or CSEA funding.)

A limited number of curriculums are available!!

You won't want to miss this exciting training opportunity!

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

Record Keeping and Taxes

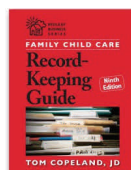
Tom Copeland

OCFS: 5 (BR)

6:30—8:30pm

Geneva site

January 16



Good recording keeping is essential for the family child care business. This training will help family child care providers learn how to keep good records, what records are essential for their business, what deductions they can use, how to figure time/space percentages, food expenses, as well as other expenses. Preparing these records for tax preparation can be confusing. Using the information and experience from Tom Copeland, nationally known child care business expert, will make all of this clearer and easier for the upcoming tax season and all those that follow. New information for the 2018 tax year will be presented.

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

\$70—CSEA and EIP eligible

CBK: 7

Trainer: Barb Owens, Credential #14334

Health & Safety

Directors of DCC/SACC

All new directors hired since 10/1/17
are now required to take

Competencies in Child Care for DCC & SACC Directors

(Established Directors would also benefit from this class)

15 hours of training

Feb 6,13,27 - 8:30am-2:30pm

Canandaigua Site

\$250 per person

EIP eligible for those who qualify. 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.

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

click H&S, click Rochester and look for Child & Family Resources as Organization or Barb Owens as Trainer and follow online directions.

Registration must be completed 5 days prior to class.

child care training reminders ...

Family Child Care 5 Plus+

For Family & Group Family Providers with 5 or more years in the child care field.

- * Have you been in the child care field for five years or more?
- * Would you like to meet with other experienced providers?
- * Would you also like to learn more than the same old stuff?

... then the "FCC Five Plus+" is the place for you! Starting in February we will meet to discuss topics that you choose! During these 6 sessions all 9 topic areas will be addressed. Barb will present the first class on Program Development as well as provide the snack! +As the class chooses the subsequent topics there is the expectation of a half hour of research and interactive program development time at home for the following class's discussion.

You will receive 15 hours of training in all 9 topics for \$300!

Because this series' topics are driven by participation, and due to EIP time requirements for submission of training organization sessions, this series does not qualify for EIP. CSEA funds may be available to you. Classes not offered as individual sessions.

To sign up contact Heather Fiero, 315 536-1134, ext 2306
For any class specific questions contact Barb Owens, 315-536-1134

Canandaigua Site

6:30-8:30pm+

Feb 25, Apr 29, June 17, Aug 19, Oct 21, Dec 2
 Identified Audience – experienced providers, FDC, GFDC

CBK: 1, 2, 3, 4, 5, 6, 7 ELG: 1, 2, 3, 4, 5
 (1-CD, 2-NH, 3-PD, 4-SS, 5-BR, 6-CA, 7-SDC, 8-SCA, 9-SBS)

Credentialed Trainer: Barb Owens

Family Child Care 201

For Family & Group Family Providers with less than 5 years in the child care field.

- * Have you been a child care provider for less than 5 years?
- * Have questions and concerns that you need answers to?
- * Would you like to meet other new providers?

... then Family Child Care 201 is for you. The first 3 classes will be Infant/Toddler topics. The other 3 classes will be based on topics that we will decide on as a group. All 9 topics will be covered in these 6 sessions. Each class will allow time for questions that all new providers have about their specific programs. +Half an hour of research at home will be expected from each participant.

You will receive 15 hours of training in all 9 topics for \$250!

Because this series' topics are driven by participation, and due to EIP time requirements for submission of training organization sessions and CSEA requirements, this series does not qualify for EIP or CSEA funds. Classes not offered as individual sessions.

To sign up contact Heather Fiero, 315 536-1134, ext 2306
For any class specific questions contact Tracy Travis, 315-536-1134, ext.2314

Geneva Site

6:30-8:30pm+

Feb 25, Apr 29, Jun 17, Aug 19, Oct 21, Dec 2
 Identified Audience – experienced providers, FDC, GFDC

CBK: 1, 2, 3, 4, 5, 6, 7 ELG: 1, 2, 3, 4, 5
 (1-CD, 2-NH, 3-PD, 4-SS, 5-BR, 6-CA, 7-SDC, 8-SCA, 9-SBS)

Trainer: Tracy Travis

CPR & First Aid –Trainings

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.



In-Person Classroom Course: \$125.00

Geneva Site

February 16, 9:30-4:30 - 2 (NH), 4(SS)

Blended Learning Course : \$70.00

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.

Geneva Site

January 19, 9:30-11:30 - 2 (NH), 4(SS)

Trainer: Heather DeRuyter, RN—American Red Cross Certified

To register for classes contact Heather Fiero at 315-536-1134, ext.2306

M.A.T.

Medication Administration Training

Childcare providers must successfully complete this class in order to administer medications.

Independent Study Course—\$70.00
March 16, 9:30-11:30

Registration required online at : [https://](https://www.ecetp.pdp.albany.edu/findtraining.aspx)

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.

See Training Catalog for additional information on cost reimbursement.

Certified MAT Instructor: Heather DeRuyter, RN

Winter Weather Tips For Outdoor Play



In today's world with all of the electronics that children love to play on, it is sometimes difficult to get them outside to play. But outdoor play is very important to your child's overall health. They need the exercise and sunshine all year around. Below are some tips on keeping children safe in the winter.

- Layer Clothing – Dress your child in several layers and make sure their head, neck and hands are covered.
- Never let children play in the street. Visibility can be limited on darker winter days.
- Watch out for clothing with long strings. Strings can get caught in things and strangle children.
- Check on your children often to make sure they are still

warm enough or haven't gotten too wet.

- Make sure children wear helmets during snowboarding or sledding.
- Keep children hydrated, as winter can be dry and children lose water through their breath as they play. (warm drinks, hot soup might be welcome)
- Know the danger signs of frostbite. Pale, grey or blistered skin on fingers, ears, nose or toes. If you think your child has frostbite, put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech or unusual clumsiness. If you notice concerning symptoms, call 911.

Sources – Save the Children, American Academy of Pediatrics and University of Michigan Health System

Resources for Building Resiliency in Our Children

Our featured article is about fostering resiliency in our children. Devereux Center for Resilient Children is a great online resource that offers some free information and some paid webinars and trainings. They not only have resources for those working with children in child care, but they also offer resources to support parents.

One of the training models used with children is called FLIP IT!, which is an easy to follow guideline to address children's day to day challenging behaviors. This training (*which we now offer our child care providers*), focuses on Feelings, Limits, Inquiries and Prompts to help children process their behaviors.

The program that Devereux offers for parents and caregivers is called, "Building Your Bounce." This program focuses on getting your needs met as a parent/care giver. The website for Devereux is: <https://centerforresilientchildren.org/>



*Child & Family Resources will be offering both FLIP IT! and Building Your Bounce Training to parents soon!!
If you'd like to hear more, contact Dawn Waite-Dinehart at 315-781-1491, ext 2201*



Winter Snack Ideas

Egg Snowmen



Ingredients: 6 large hard-boiled eggs, 6 small hard-boiled eggs, Peppercorns, 1 carrot, 1 skewer / stick for BBQ, uncooked spaghetti pasta, parsley.

Directions: Peel off the egg shell. Peel the carrot and cut off the ends. Slice the carrot so that you have 6 round slices from each end that are approximately 1/2 cm thick. Cut off the top and bottom of the eggs. Stick the BBQ skewer through the eggs to make a hole and remove it. Do the same with the two round slices of carrots. Stick the pasta into the two eggs and the carrot slices. Snap off the extra pasta that is sticking out of the carrot. Stick the tip of the skewer in the eggs to make small holes for the eyes, nose and buttons. Place a peppercorn in each hole and a small piece of carrot for the nose. Lastly, stick a parsley sprig on the side for the broom.

<https://www.ptotoday.com/room-parent/room-parent-articles/8668-healthy-festive-snacks-for-your-winter-classroom-party>

Cream Cheese Olive Penguins



Ingredients: 18 jumbo black olives, pitted, 18 small black olives, 1 carrot, 1 (8 ounce) package cream cheese, softened.

Directions: Cut a slit from top to bottom, lengthwise into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into center of small olive to form the beak. If necessary, cut a small slit into each olive before inserting the beak. Set a big olive, large hole down, onto a carrot slice. Then set the small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure all with a toothpick.

<https://www.allrecipes.com/recipe/19687/cream-cheese-penguins/>



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."



Winter Fun

With this cute color learning activity, make your own small felt board with a 9X12 piece of form board. Spray board with a spray adhesive and attach a 9X12 piece of felt. Cut out felt mittens based on colors in the poem. You will need 2 of the blue.



The Lost Mitten

My poor little kitten lost her mitten
And started to cry, boo-hoo.
So I helped my kitten to look for her mitten.
Her beautiful mitten of **BLUE**.
I found a mitten just right for a kitten
Under my mother's bed.
But, alas, the mitten was not the right mitten
For it was the color **RED**.
I found a mitten just right for a kitten
Under my father's pillow.
But, alas, the mitten was not the right mitten,
For it was the color **YELLOW**.
I found a mitten just right for a kitten
On the hand of my brother's toy clown.
But, alas, the mitten was not the right mitten,
For it was the color **BROWN**.
I found a mitten just right for a kitten
Under the laundry so clean,
But, alas, the mitten was not the right mitten,
For it was the color **GREEN**.
I found a mitten just right for a kitten
Inside a grocery sack.
But, alas, the mitten was not the right mitten
For it was the color **BLACK**.
I found a mitten just right for a kitten
Under the kitchen sink.
But, alas, the mitten was not the right mitten
For it was the color **PINK**.
I found a mitten just right for a kitten
Inside my favorite shoe.
And this time the mitten was just the right mitten
For it was the color **BLUE**.

I'm A Little Snowman

I'm a little snowman,
(round arms at side)
Short and fat!
Here are my buttons,
(point to chest 3 times)
Here is my hat. (put on hat)
When the sun comes out
I can't play! (shake head)
Slowly I just melt away.
(slowly melt to the floor)



Polar Bear

Polar Bear, Polar Bear turn around,
Polar Bear, Polar Bear touch the ground.
Polar Bear, Polar Bear bend down low.
Polar Bear, Polar Bear touch your toe.

Polar Bear, Polar Bear slide on the ice.
Polar Bear, Polar Bear spin around.
Polar Bear, Polar Bear reach up high.
Polar Bear, Polar Bear touch the sky.

You can make this up as you go along and add other fun ideas such as "growl real loud."



Snowflakes

Children love to make snowflakes in the winter!

Since coffee filters are round and also very porous, they make great snowflakes.



Just fold the coffee filter several times as directed below. Have the children cut them and then open them up. Painting them with water colors is another option.

- Fold the filter in half, then fold in half again, then fold in half a third time.
- Have the children cut designs in the folded filters along the loose edges. (can also put a couple on the folded edge)
- If they have a difficult time holding the folded filters closed while cutting, you can use a clothes pin to help hold them shut.
- Once they are cut, the children can open them and paint them with water colors.



get connected ...



Rosamond-Gifford Zoo - Photo Contest - January 2nd - 31st

Each January, the zoo invites photographers of all abilities, ages 5 and up, to take part in a photo contest. Winning photos appear in the spring issue of their member publication *MyZoo Magazine*, on the zoo's website and social media, and are displayed to the public for one year in the zoo's gift shop windows. Children with camera's (not cell phones) get in free. Winter admission is \$5 for adults, \$2.50 for seniors, \$2 for children ages 3-17 and free for children under 2. Contest winners will be announced at a ceremony Feb. 22 from 3 to 4 pm. The zoo is a great inexpensive and fun winter outing!

***Your local library is a great place for activities for preschoolers, teens & families.
Below are a list of some things to do at our local libraries this winter.***

Geneva Public Library

January 30, February 27, March 27
4:30 – 5:00pm

Itsy Bitsy Book Group – Ages 3–5
Stories/Craft/Games/Snack
Registration Required

February 2, March 4

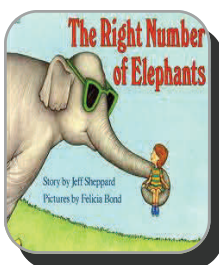
3:45 – 4:30pm

Batty & Bizarre Holiday Story

Time – Ages 5-10

Stories & Popcorn Tasting

Registration Required



Canandaigua Wood Library

January 10, February 7,
March 14

6:00 – 8:00pm

Teen Pizza and Movie Night

Tweens & Teens

No registration required

February 21

10:00am – 3pm

Babysitting Training Course – Ages 11 – 18

Fee \$45.00



Penn Yan Public Library

January 5, February 2, March 2
9:30am - Storytime

January 18, February 15, March 15
5:00pm – Family Movie Night

January 15, February 19, March 19
3:15 – 5:15
Lego SteAM Club



Seneca Falls Library

January, February, March
Wednesdays 10:00 – 11:30am
Pre-School Stories

Wednesdays 3:00– 4:00pm
Homework Club

Thursdays 5:00 –7:00pm
Teen Tech Tutors (offer tech
help for your devices)



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



BREAK Boards AND Give

December 21st
5 - 7 pm



CHILD & FAMILY
RESOURCES, INC.

We will be raising money for Geneva's Child & Family Resource Center's Technology Fund. Their computers are outdated and they desperately need funding to upgrade them

HWA RANG KWAN
NEW YORK
28 Seneca Street
Geneva, NY

Our goal is \$1,000.00.

You can purchase boards or bricks at the door. Refreshments will be also be made available for your enjoyment.

*\$5 donation buys one board

\$200 donation buys a brick that Master Micah will break

RSVP to Master Micah Ehler at (315) 456-8565 by December 19th

*Master Micah Ehler and his students will teach you how to properly break a board. Or you can purchase a board for Master Micah or his students to break.

January 2019 — March 2019

January

- 1 - New Year's Day—Offices closed.
- 21 - Martin Luther King Jr. Day—Offices closed.

February

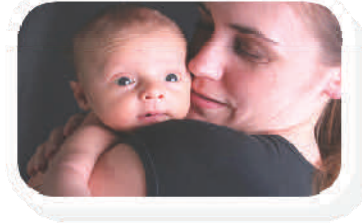
- 14 - Valentine's Day
- 18 - President's Day—Offices closed

March

- 10 - Daylight Savings Begins
- 17 - St. Patrick's Day
- 20 - First day of Spring!
- 22 - Staff Development Day-CFR 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 will listen to you after
they feel listened to...*
Jane Nelsen



Community Partner

