

CFR Connection

2019 Issue 3



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Come Join Us....

Why Do They Do It? When Children's Behavior Drives You Mad

Monday, August 5, 2019, 6:30 – 9:00 PM
**Ramada Plaza By Wyndham—Geneva Lakefront
Resort, 41 Lakefront Drive**

Infants, toddlers, preschoolers—children at any age may “drive you crazy” with their behavior. Aggression, disrespect, taking toys from others, lying.... Why do they do what they do? Why can't they behave?

Well, almost 50 percent have lived through at least one Adverse Childhood Experience (ACE), which quickly creates mental health concerns, even in infants. And up to 95 percent of those children also have exposure to a second one.

What about the rest of the kids?

Even without ACEs, almost ALL children miss out on all the developmental support they need. When too many of these Missed Opportunity Development experiences (MODs) pile up, they can also lead to “acting out” and reactive behavior in young children.

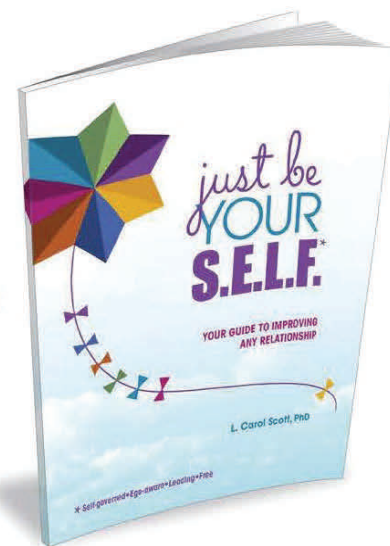
Get the kaleidoscope perspective on early development—your own, as well as for the children you teach and care for. Change your thinking about why they do what they do...and change your life as a teacher!

Call Child & Family Resources to register!
315-536-1134

Early Bird: \$20 per person before 8/2

\$30 per person at the door

(all fees are non-refundable)



Dr. L. Carol Scott brings powerful “developmental do-overs” for adults whose early years left them without the capacities for Trust, Independence, Faith, Negotiation, Vision, Compromise, and Acceptance. Surprisingly, that proves to be most of us, regardless of what a happy childhood we remember.

Dr. Scott advises that it's past time to take a look at how your early development went, and do some fundamental re-wiring. If not for your own sake, then for the children in your life.

Carol Scott, PhD
866-665-5569
Carol@LCarolScott.com
LCarolScott.com



RELEASE THE STRUGGLE
EMBRACE YOUR POTENTIAL

staff & site...

Penn Yan Staff

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Heather Fiero — Director of Operations, ext. 2306
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Amanda Hines — CACFP Administrator, ext. 2310
Mary Jepsen — Registration Coordinator, ext. 2313
Tracy Travis — CCR/Infant-Toddler Specialist, ext. 2314
Terry McDonnell — Finance Director, ext. 2307
Barb Owens — Professional Development Coordinator, leave messages at ext. 2301
Colleen Scott — Family Support Worker, ext. 2308

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

Geneva Staff

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Seneca Falls Staff

Andrea Bedette — Seneca Falls Site Coordinator/Registrar, ext. 2403
Teresa Bryan — Office Manager, CCR&R Specialist-Referral & LE, ext. 2401

Canandaigua Staff

Teresa Deacon — Family Assessment Worker, 315-412-4527
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, NY 14527
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Children's Center

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Penn Yan, NY 14527
315-531-3438

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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...



Provider Appreciation Dinner

May 9th we celebrated dedicated Child Care Providers by holding a dinner at the Ramada Plaza by Wyndham Geneva Lakefront Resort. We had 68 attend the dinner. Kathy LeFrois from Geneva Lakefront Child Care Center with 36 years in child care and Donna Morley Family Day Care with 38 years in child care received awards in honor of their lifelong dedication to the field. Providers were also recognized for CACFP participation as well as Lifelong Learning. Loads of door prizes were given out, donated from our generous local community members and businesses. We sincerely appreciate the commitment of all of our wonderful providers and for all they do to help shape the future of our world by guiding and nurturing our children.

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 and Dinner. The providers loved the gifts!

Abbot's Ice Cream
Angel's Family Restaurant
Antique Inn
Applebee's
Bee's Café
Best Western Vineyard & Suites
B J's Wholesale
Bristol Views Bed & Breakfast
Cam's NY Pizzeria— Geneva
Cam's NY Pizzeria—Penn Yan
Ciccino's Pizzeria & Restaurant
Connie's Diner
Dewey's Tavern
Downtown Deli-Seneca Falls
Finger Lakes Family Chiropractic & Wellness

Judy's Flower Cart
Kimberly's Creations
Knapp & Schlappi
Mary Jepsen
Parker's Grill & Tap Room
Renee Grant
Seneca Farms
Seneca Shore Wine Cellars
Sinicropi Florist & Gift Shop
Tammy Bursley
The Copy Shop
The Nest Egg
The Wagner
Tops Markets
Tracy Travis

A Special Thank You to Our Provider Dinner Sponsor:



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.



Pyramid Model Trainings

Supporting Social & Emotional Competence in New York's Young Children



Strategies to Promote the Social & Emotional Competence of Infants and Young Children and Address Challenging Behavior

Be one of the first group of *Home* childcare providers in New York State to receive this training!

For FREE

Infant & Toddler Session's

Introduction: Pyramid Model 101

(choose one-any date/location)

September 5th - Canandaigua - 6:30-8:30pm

September 12th - Geneva 6:30-8:30pm

September 26th - Penn Yan - 6:30-8:30pm

October 3rd—Seneca Falls—6:30-8:30pm

Social & Emotional Development within the Context of Relationships

Registration and Contact Information:

Tracy Travis, tracy.travis@cfresources.org or 315-536-1134 Ext. 2314

Announcing a unique opportunity to promote children's social emotional competence and preventing and addressing challenging behaviors!

The Pyramid Model also called the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is a conceptual framework of evidence-based practices for promoting young children's social and emotional competence and for preventing and addressing challenging behavior.

The infant & toddler modules are designed for supervisors, trainers and teachers/home visitors/caregivers who work with infants and toddlers (birth – three years of age).

It teaches life-changing strategies for all who work with young children.
Support children in a new way to avoid challenging behaviors before they start.



Dear Providers,

Well, it's been a very rainy spring to say the least! And I'm sure outdoor play time has been limited as a result. **New York State Child Care Regulations Section .7 (a) The program must establish and implement a daily schedule of program activities that offers reasonable regularity in routines.** This includes a variety of large muscle activities throughout the day. If you are running out of indoor activities to keep your children learning, engaged and happy, remember to access our trainers for new and exciting ideas.



In recent months there have been several occurrences of serious injury or the potential for injury involving day care children. **New York State Child Care Regulations Section .5-Safety (a) Suitable precautions must be taken to eliminate all conditions in areas accessible to children which pose a safety or health hazard.** Please remember to do a daily inspection of toys and small objects before children arrive for care. Make sure there

are no small toys or objects within reach of infants and toddlers that can be a choking hazard. That may mean getting down on hands and knees to ensure small or broken toys are not hiding behind or under the sofa, radiator, table, or tucked into chair or sofa cushion. Get rid of any broken or non-functioning toys and repair those that can be repaired.

Prepare in advance if planning a field trip. A "To Do" list may include the following: Do you have enough child safety seats for the number of children in care? Are the seats age appropriate? Are the seats secure? Do you have your first aid kit, over-the-counter topicals (OTC) such as sunscreen, insect repellent, diaper rash ointment, parent permissions for the trip/transportation and OTC topicals, emergency contact information, accessible phone? Is more than one person needed to assist in providing safe and suitable care? What procedures are in place in the event an accident occurs involving you, a day care child or children or someone in the public? What time will you be departing and arriving the day care facility? Do you need to bring food and drink? Will the food and drink need to be kept cold?

Going to a public playground? Assess the grounds and equipment before letting the children run and climb. **New York State Child Care Regulations Section .5 (n) (1-5) Material and play equipment must be sturdy, free from rough edges and sharp corners, be in good repair, placed in a safe location, used in a safe manner, used specifically for its intended purpose, must be a cushioned surface under all outside play equipment that present a fall hazard.**

So much to think about when one thinks! Remember, nothing can be more precious than the children in your care. Give them your full attention each day!

Best wishes for a great summer.

Mary Jepsen,
Registration Coordinator

WELCOME!

**New
Providers:**

*Carrie
Hubbard
Little Giggles
Day Care
FDC*

**New
CACFP
Providers:**

Sarah Grant

*Barbara
Manley*

child care training reminders...



CACFP Training **August 7, 6:00 - 7:30pm** **Canandaigua Site** **514 S. Main St. Canandaigua**

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

Registration form required to attend.

Registration Deadline 7/31/19

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

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

Dealing With the Stress of Being a Child Care Provider **1 (CD), 3 (PD), 6 (CA), 9 (SBS)**

August 13 - 6:30-8:30pm
Canandaigua Site

STRESS! There is a lot of stress providing child care in the home. Blending your family and the child care family, everyone wants and needs something different from you. The children need individual one on one time with you. The baby needs to be fed; Joey needs to be changed; the 2 year olds want to color; the 4 year old wants you to read him a book; the dog wants to go out; your child wants to play with her toys in her room; your other children are coming home from school and want to talk to you about their day. And then there is all the paperwork that is required. Finding time to do everything is exhausting and very, very stressful. This training is about stress management; things that *will work in the moment* and ways to avoid ongoing stress.

(Identified Audience – new providers, experienced providers, FDC, GFDC, LE)

Trainer: Tracy Travis CBK: 5, 6, 7 ELG: 2

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

Director's Coalition

September 19—ABCD—Geneva
November 21— Our Children's
Place—Canandaigua

FREE

11:00am - 1:00pm

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

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
Dates to be Determined for Fall
\$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 ...

Emergency Medication Administration Overview—EMAO

- ♦ **EMAO: \$85** → Learn how to safely administer emergency medications in child care, including: Epinephrine Auto-Injectors, Diphenhydramine with the Epinephrine Auto-Injector, Asthma Inhalers, Nebulizers. All sessions held at our Geneva Site. Trainer is also available to train DCC/SACC staff at their 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

Dates to be determined based on requests.

If you need this class please contact Heather DeRuyter, RN at heather.deruyter@cfresources.org

Trainer: Heather DeRuyter, RN

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

Once date is determined, requestors will be notified.

Registration will then be required online at: <https://www.ecetp.pdp.albany.edu/findtraining.aspx>

Keyword: emergency Follow online directions to complete registration.

You should receive a confirmation email regarding registration and payment.

Health Care Consulting Services

Our Health Care Consultant partners with child care centers, group and family child care homes and school-age programs to foster healthy and safe environments for children. The HCC acts as a resource to:

- ⇒ Develop, review and approve a health care plan for the child care program that meets both regulatory requirements and best practice recommendations. A site visit is required for plan approvals.
- ⇒ Answer questions about common child care health related issues;
- ⇒ Provide technical assistance during your creation of policies and procedures to help keep children and adults in your program safe and healthy;
- ⇒ Provide training and education about health related issues (additional fees may apply)

Fees: Cost for HCC site visit is \$50/hour. Health Care Plan approval service is valid for 2 years and includes required updates and reviews. Specific trainings or additional services may incur additional fees.

Contact Heather DeRuyter at heather.deruyter@cfresources.org

CPR & First Aid –Trainings

CPR and First Aid are a requirement for Child Care programs in NY State. At least one certified staff must be on site at all times.



In Person Classroom Course: \$125

Geneva Site

September 14, 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

August 24, 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

Independent Study Course—\$70

August 17, 9:30 - 11:30

For skills testing for online course contact:
heather.deruyter@cfresources.org
(skills testing will be at the Geneva location)

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.

See Training Catalog for additional information on cost reimbursement.

Certified MAT Instructor: Heather DeRuyter, RN

Summer Memories



Parents Magazine

The Rubbing Hunt

Part 1. Set off on a walking tour of your neighborhood, or look for things when on a summer trip or vacation. Keep your eye out for interesting surfaces. You might see tree bark, a park bench, cobblestones or signs. Anything with texture will do. Place your paper over the textured surface and rub over with a crayon or colored pencil until the image starts to form. Get as many rubbings as you can on your walkabout or trip. This will make for a successful collage.

Part 2. When you get home, spread your work out and admire your collection. Then choose the most interesting looking ones and break out the scissors. Cut out shapes from your rubbings and glue them to your poster board. You can arrange them in any artistic order you like.

Another variation of incorporating art with walking around, is to pick 6 to 8 colors and as you walk around, find items that match the colors you picked, and draw them. When you have drawn something in every color, you can create a collage or just have individual art works.

Sidewalk Chalk Art

Of course, always a favorite for an outdoor summer art activity, is sidewalk chalk art. It is inexpensive and fun. This is an activity that can be done with one child or a whole group of children. After the child completes the art, take a photo which can be put into a summer memory scrapbook.



Summer Memory Jar

Pick out a medium to large jar and decorate it. (An easy way is to use colored strips of paper glued to the jar). Then have the children save something small enough to put in the jar for every summer adventure. An example would be if they go to an amusement park, they might save the ticket. Or if they go to a beach, they might save a sea shell. Every object will remind them of what they did over the summer. Every child can save their memories in the jar and then you can have a group or family meeting at the end of summer, to share the items that were collected and why they are special.

Back to School Supplies

After we have had our summer fun and created our memories, it will be time to think about going back to school. There are a lot of places that help with back to school supplies. As the school year approaches you can check with your local community supports. In the past, the Salvation Army, Catholic Charities, United Way, Staples, B.J's and Verizon have supported school supply drives in and around the Finger Lakes.

The Spot provides free school supplies, clothing, shoes and food support to Canandaigua K-12 students in need. All donations collected for The Spot go directly to local children! Their goal is to provide charity with dignity with an annual free back to school shopping day for 400 students in need and their families. They believe that when children are able to fulfill their supply lists and pick out a few new school outfits in a fun and caring environment it helps them get excited for the upcoming year and helps set them up for educational success.

For more information you can contact : TheSpotCanandaigua@gmail.com





Cool Summer Snacks



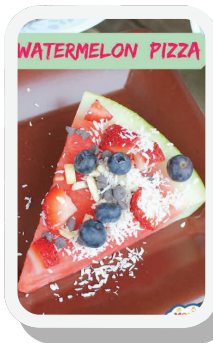
Cucumber Boat Shaped Snack

Ingredients: 6 Pickle Cucumbers, 1 pkg. Vegetable Dip, 1 Carrot, 1 Yellow Pepper, 2 oz. Mozzarella Chunk Cheese, Red Lifesaver Gummies, Toothpicks

Directions

1. Cut 3 of the cucumbers in half lengthwise, and scoop out the seeds with a spoon and set aside.
2. Using a sharp knife or mandolin, cut very thin slices of cucumber lengthwise off the whole ones. You need to take a few slices off first to get to the inner part so there is only skin on the outsides of the slices. These will be the sails.
3. Cut small matchstick size pieces of carrots, but make them 3-4" long.
4. Now cut 2 tiny holes in the end of each cucumber slice sail, and insert the carrot. The cucumber will curve out on one side to look like a sail.
5. Using the cheese and the pepper, cut little triangles for the flags at the top of the sails. These will be about 1-2" in size.
6. Break a small end of a toothpick off and attach the flag to the top of the carrot so it looks like a flag flying.
7. Fill your boats with dip and attach your sail by sticking a toothpick in next to the carrot and pushing this into the back part of the cucumber boat.
8. Lay a lifesaver on top of the boat as your life preserver.

<https://www.naturalbeachliving.com/boat-shaped-snack/>



Desert Pizza!

First, slice a watermelon into roughly 1 inch-thick round slabs. Then slice the desired number of slabs like a pizza, into 6 to 8 triangular wedges each.

Then mix and match as many toppings as you'd like for a treat that's sure to please! Try mint, sliced strawberries, raspberries, blueberries, sliced or halved grapes, sliced banana, shredded coconut, raisins, dried

goji berries or cranberries, thinly sliced peaches, plums, or pears—so many yummy flavor combinations! For an added Summer-y twist, you could even add chopped frozen berries and bananas instead! What a great way to cool off on a hot day!

Make it saucy!

You don't need a "sauce," but if you'd like to include one, some great options are honey or agave syrup, honey glaze (honey mixed with a little water to make it more spreadable), plain nut or seed butter, plain or flavored yogurt, yogurt mixed with a little honey, or yogurt mixed with some peanut butter or other nut or seed butter (any ratio you'd like)!

Add some crunch!

Seeds (pumpkin, sunflower, chia, poppy, etc.), whole or chopped nuts (almonds, pecans, macadamia, walnuts, etc.), granola, and/or whole-grain small or crushed cereal (rice puffs, corn flakes, O-shaped cereals, mini ball-shaped cereals, etc.) make great and healthy additions to your fruity "pizza!"

Sweet and savory!

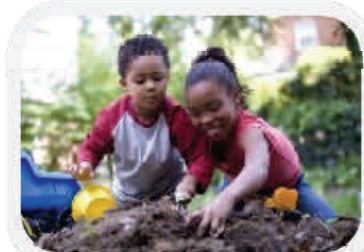
Don't be afraid to try savory toppings as well! You can try a "Greek Salad Pizza" with some basil, Feta, red onions, and kalamata olives! Or just mix and match a mild cheese (crumbled Feta, ricotta, or mozzarella) with kalamata olives or basil. Or use ingredients from your favorite watermelon salad! With a protein (yogurt, cheese, or nut butter) and a whole grain (cereal or granola), this could even make a great breakfast option!

<https://www.momables.com/10-fun-summer-recipes-kids-will-love/>

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Summer Fun!

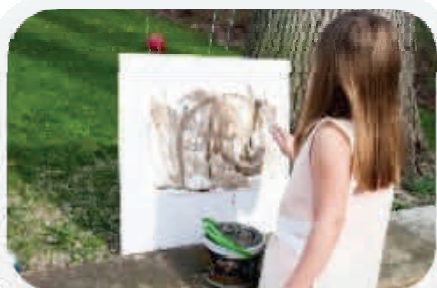


Summer, outdoors, and children create laughter. Summer should be a time of fun and adventure and not just for the children but also for the adults in their lives – you!

Whether you are the parent or the caregiver, join the children in outdoor activities. We all need this type of down time.

As I was thinking about what to write for this newsletter I noted that I was playing in the dirt. Actually I was weeding. That can be a way to play for adults. Pulling those nasty weeds can be a great stress reliever. Did you know that when you put your hands in dirt there are certain types of bacteria that encourage the neurons in our body to produce serotonin? Serotonin acts as a natural anti-depressant. Consequently, you feel happier **playing in the dirt**. The same goes for children. Plus, playing in dirt aids the child in developing a stronger immune system. So get the kids outside and let them get dirty! Here are some fun ideas:

- Find an area in your yard where you can have a dirt pit. Children will create their own endless activities with you just providing a few tools.
- Bury small items in a large container of dirt for an archaeological dig. Add a small screen for sifting.
- Make mud! The adventures with mud are endless. And mud makes a great paint!
- Turn a section of your yard into an outdoor kitchen. Children love this type of dramatic play inside, so why not move it outside.



We also know that children love **water play**. That can be added to your outdoor kitchen, too. OCFS does not allow wading pools but there are also countless other ways for the children to have fun and cool off on a hot summer days.



Check out this idea for your own **mini sprinkler**. Take a clean, two-liter plastic bottle and drill holes all over the sides of the bottle using a handheld drill. You can use a smaller bit and drill lots of tiny holes, or use a larger bit and drill fewer holes. Next, attach a hose connector to the end of a garden hose. Attach the bottle to the hose by screwing it

into the connector. Turn on the hose and let the kids play! You can lay the "sprinkler" on the grass, or toss the hose with the attached sprinkler over the swing set or a tree branch to make a "shower."

Water Cup Relay: Divide children into 2 teams. Each team starts standing on either side of the large container full of water. Place a small buckets a short distance away for each team. On go, the children must fill their cups with water, place it on their head and run to their team bucket on the other side (attempting to keep as much water in the cup). Once they reach their bucket they dump out what is left in the cup, run back to the starting line, and pass the cup off to the next person.



The game ends when one team fills their bucket to the top, or whoever fills their bucket the fullest after a set amount of time.

Enjoy the summer - get outside - take time for fun!

www.toddlerapproved.com
www.parentmap.com

get connected ...



Event participants share the joy of their newborn.

Healthy Families of Yates & Ontario Counties Connect Families

For 3 years now Healthy Families of Yates County has been organizing an annual Community Baby Shower. This event invites parents-to-be and new parents to participate in a free and informational gathering of service providers. This year the event was held on June 1st at the Keuka Emporium Event Venue. Twelve community agencies/programs were represented and 39 community members participated. Of these participants, 23 were expectant or new moms who received a free diaper bag from the Healthy Families Yates program to take with them around this event and fill with baby supplies. The service provider at each resource table offers baby-friendly items as well as information about the programs and services provided by the respective agency. This year a Community Grant from Walmart assisted with the cost of the diaper bags, food and event supplies. Healthy snacks, baby gifts, community resource information and friendly attitudes make this a fun-filled event for any expectant/new parent to attend.

Healthy Families Ontario has also organized and facilitated this event for the past 7 years. This year the event was held on June 29th at Wood Library in Canandaigua. These events are invaluable to parents who are getting started with a new addition to their family by assisting them with connections to many different resources within the community. Participants often comment that they didn't know that so many resources were available to them within their community.

One resource that is promoted at this event is the Baby Café. Baby Cafés are spreading across the Finger Lake Region. Child & Family Resources offers a Baby Café in Yates County, in Canandaigua, and will be opening a new Baby Café in Geneva this coming August. Baby Café is a drop-in support for families with infants. Lactation, parenting and peer support are a focus at this local care-givers hangout. All are welcome to join the grand opening of the Baby Café ~ Geneva on August 20th, 10:00-11:00, at the Finger Lakes Welcome Center, 35 Lake Front Drive.



Healthy Families Yates Family Support Specialist, Colleen Scott, assists an expectant mom.

You can request a copy of our most recently filed financial report from the Charities Bureau Registry on the New York Attorney General's website. For information on charitable organizations like ours you can visit www.charitiesnys.com or call the NYS Office of the Attorney General at 212-416-8401.

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



get connected ...

Baby Café is Coming to Geneva!!

The community collaborative, **Baby Café Finger Lakes**, is coming to Geneva in **September**. Child & Family Resources will be hosting Geneva Baby Café on the 1st and 3rd Tuesdays each month at their downtown location, 671 South Exchange Street, starting September 3rd. The Café is a great place for free resources for pregnant and breastfeeding mothers offering support from trained staff and opportunities to share experiences and make friends, in spaces with comfortable seating and open-forum discussions. Child & Family Resources also hosts Cafes in Penn Yan and Canandaigua.

Join us for our kick-off event!

**Grand Opening
of the
Baby Café Geneva
August 20th
10-11am
at the
Finger Lakes
Welcome Center
35 Lake Front Drive**

babycafé
Finger Lakes



www.babycafeusa.org



Baby Café
is a **FREE** place to hang-out for families!
Lactation Counselors are available to help you!

Child and Family Resources
671 South Exchange Street
Geneva

**Every 1st & 3rd
Tuesdays
10:00-11:30am**

Relax and join us for snacks,
support & information!

All are welcome!

*Healthy siblings welcome (no childcare provided)



July 2019 — September 2019

July

4 Fourth of July—Offices Closed

August

4-10 World Breastfeeding Week

14 National Creamsicle Day

20 Baby Café Geneva Grand Opening event
(See cover article)

Sept.

2 Labor Day—Offices Closed

9 Together Time Penn Yan begins! 9:30-11am

16 National Play-Doh Day
(click dough picture for recipes!)



Parenting Meetings and Support!!



Baby Café

Baby Café Canandaigua

1st & 3rd Wednesdays

10-11:30am

Yates Baby Café - Penn Yan Public Library

Thursdays, 9:30-11am

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.
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*Children must be taught HOW to think
not WHAT to think.
Margaret Mead*



Community Partner

