

CFR Connection

2019 Issue 4



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Exciting News!!

Child and Family Resources is excited to announce it has received an award of \$562,500 over five years to provide additional services to families in Ontario, Seneca and Yates Counties!

With this funding and other local supports CFR is able to offer:

- ✿ **Baby Café Geneva**, a group for expectant and new parents who would like breastfeeding and other parenting support for their infants. Geneva Café started in September and operates the 1st and 3rd Tuesdays at our Geneva location from 10-11:30am.
- ✿ Access to **mental health support services** in collaboration with Family Counseling Services of the Finger Lakes for those using the Resource Centers and do not have those supports in place. Participating families will be referred as needed.
- ✿ A free **Drop-in program** at the Penn Yan Resource Center for parents/children needing, occasional short-term care while they attend appointments, run errands or need respite for self-care. The program will serve a small group of children ages 3 months - 6 years and will be staffed with two skilled caregivers at all times. Group size will be determined each day depending on the age levels of children in attendance for the day and will range from 4-12 children. Drop in would be offered Tuesday, Wednesday and Friday mornings from 9am-11:45pm each week. Our children's room environment is designed to accommodate a broad range of ages and will be ready for fun play and learning activities.
- ✿ **Parenting workshops and support groups** in Ontario, Seneca and Yates counties including **groups for Grandparents** who are raising their grandchildren as well as families experiencing the impact of incarceration. Child care will be provided on site during groups in the Penn Yan location.

The award includes funding from both the New York State William B. Hoyt Memorial Children and Family Trust Fund (Trust Fund) and the federal Community-Based Child Abuse Prevention (CBCAP) program. Together, these initiatives are designed to support community-based programs with the goal of preventing abuse/maltreatment and/or preventing the recurrence of abuse/maltreatment; and improving outcomes for families at risk of or experiencing child abuse, and family violence in all its forms.

CFR will be hiring additional staff to support the new and expanded services including a full time Family Educator (37.5 hours/week) and two part-time Early Childhood Educators (24 hours/week) for the Drop-in Program. Job postings will be listed on our Facebook page and agency website soon. Interested applicants may also mail resumes to 263 Lake Street, Penn Yan, NY 14527.



Stay Tuned For Program Start Dates.....

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 — 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

The Children's Center Staff

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

Geneva Staff

Heather DeRuyter — Health Care Consultant, (585) 613-5783
Courtney Johnsen — Registrar, ext. 2210
Eileen Kiesinger — Family Educator, ext. 2222
Terri Knight-Miller — Geneva Office Manager/Legally Exempt Coordinator, ext. 2201
Natalie Poore — Family Support Worker, ext. 2219
Dawn Waite-Dinehart — Geneva Site Coordinator/PSP Supervisor, ext. 2204

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](#)

Board of Directors

Dr. Mike Vorozilchak (Chair)
Diana Cecce
Renee Grant
Kristin Grillone
Renee Owen

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

Baby Café of Geneva Grand Opening Celebration!



In 2011 the month of August became recognized as National Breastfeeding Month and throughout this month activities are organized in order to build support for the policy and practice changes needed to educate and provide awareness around this important topic. On August 20th, in recognition of this initiative, Child & Family Resources partnered with the Finger Lakes Breastfeeding Partnership and Ontario County Public Health in order to provide a Grand Opening Celebration of a new Baby Café in Geneva. This celebration drew the attention of several community agencies, community members, as well as Senator Pam Helming. At the event Senator Helming shared her own experiences of parenting and breastfeeding, and offered her support of the new service in Geneva. This event was held by Seneca Lake at the beautiful Finger Lakes Welcome Center. Refreshments were donated by NY Kitchen.

Starting in September the Baby Café of Geneva began offering this support service on the 1st and 3rd Tuesday of each month, from 10:00-11:30am. This group meets at Child & Family Resources' Geneva office, located at 671 South Exchange Street (parking lot off of Elizabeth Blackwell St.). Baby Café is a free drop-in parent support that provides a meeting place for parents to connect as well as receive information

from Certified Lactation Counselors. Staff are not only trained in lactation and child nutrition, but also parenting topics. This group is open to the public and welcomes all expectant and new parents and their infants. Child & Family Resources also offers the Baby Café service in Penn Yan and Canandaigua. These Baby Cafés are an outcome of the collective efforts of The Finger Lakes Breastfeeding Partnership, Child & Family Resources and Ontario County Health Collaborative.

To learn more about the Baby Café concept visit: <http://www.babycafeusa.org/>

Also see Baby Café Flyer on page 8

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

All our Baby Shower Community Partners who participated.

All of our Baby Café Community Partners who participated.

First Congregational Church of Canandaigua

**Budding Readers
City of Geneva
Keuka Event Emporium**

**NY Kitchen
NYS Dept. of Health
Senator Pamela Helming**

**Wood Library
Walmart
Wegmans**

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.



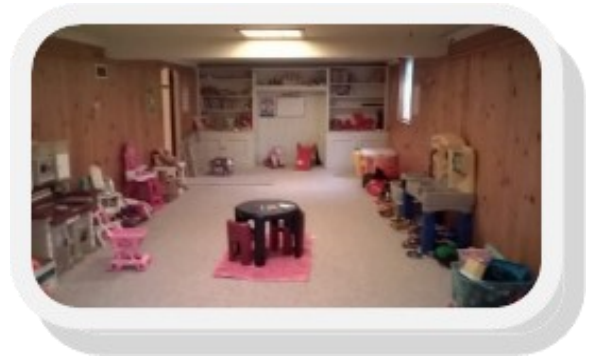
Designing the Right Environment for Infants, Toddlers & Twos

What feeling do you get when you visit a place that is inviting, relaxing, and everything is easy to find?

Do you feel welcome, like you belong? Is it a place that you want to stay for a while and visit? A place that it is fun to explore? A place that feels like it is easy to learn in?

Does your environment feel this way to the children that are in your care? If not here are a few questions to guide your thinking:

- Is the entrance to your home welcoming?
- Are there places for all routines and experiences?
- Can you easily see all the children at all times?
- Do you like the flow of the home (the general traffic pattern)?
- Are there places for children to be active as well as places for children to be quiet and relax?
- Do you have comfortable spaces for the adults in the room to sit with and hold children?
- What are children learning from the environment?



“Think about these questions as you examine your learning environment with a critical eye. Keep in mind that what makes an effective space for preschool children should look and feel very different from an effective space for infants and toddlers.”

“For young children, less is often more. When you thoughtfully organize your homes and plan for each child, you create a responsive environment in which children can flourish and learn. Small changes can make a big difference!”



Adapted from: Designing the Right Classroom Environment for Infant, Toddlers & Twos <https://blog.teachingstrategies.com/classroom-environment-infants-toddlers-twos>



Dear Providers,

By now you should have received the New York State Office of Children and Family Services August and September Dear Provider Letters outlining the new Federal Background Checks that will take place. If you did not receive notice, I encourage you to go to the New York State Office of Children and Family Services website at <https://ocfs.ny.gov>. There you will find a copy of the letter. If you do not have access to the internet, did not receive the letter, let your Registrar know and she will send you a copy.

On behalf of our Registrars, I would like to thank you for your cooperation as we conduct inspections. I want to assure you that we are here to work with you and to help you meet compliance to the Social Services Law 390 and New York State Child Care Regulations.

There are two very important items in **Section .15 Management and Administration** of the New York State Child Care Regulations that I would like focus on. These regulations are not new, they have been in effect since 2014. The first item is **.15 (b) General Operation Requirements (22) *The program must give the parent, at the time of admission of the child, a written policy statement including but not limited to i through xiv*** and is a list of 14 documents you must give parents. Please refer to the regulations for the list.

The second item is **.15 (c) *The program must maintain on file at the family day care home, available for inspection by the Office or its designees at any time, the following records in a current and accurate manner I through 24*** and is a list of 24 documents you must maintain on file. Please refer to the regulations for the list.

Non-compliance to the regulations **will** result in a violation. If you need help with organizing your program's policies or program documents, please contact your Registrar. She will refer your specific need to our training department for on-site help.

Regards,
Mary Jepsen
Registration Coordinator



WELCOME!

**New
Providers:**

*Sarah
Mohammed
FDC*

*Canandaigua
Montessori
School
DCC*

*Jack n Jill
Childcare
Centers, Inc.
DCC*

**New
CACFP
Providers:**

*Chrystal
Haas*

*Sarah
Mohammed*

child care training reminders...



CACFP Training

November 6, 6:00 - 7:30pm

Seneca Falls Site

115 Fall Street, Seneca Falls

CFR sponsored CACFP participants attend Free

Non CFR sponsored participants are \$15.00

Registration form required to attend.

Registration Deadline 10/30/19

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

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

In-Service Training & Center Development

***Want a topic covered for your entire Center or School Age Program?
Like training during working hours or evenings?***

In-service group training:

\$100/hour per trainer for up to 10 participants.

Additional fees for groups of 11 or more, (plus material fees for make & take style sessions)

- ◇ All In-service trainings are a minimum of 1.5 hours, delivered on-site and in the topic area of your choice.
- ◇ Designed to be a combination of hands-on engagement and lecture based.

Center Development Packages:

Funded by the Office of Children & Family Services

- ◇ Combined package of 4 hours of in-service training and 2 hours of intensive technical assistance (ITA)
- ◇ Topic area of your choice or determined by identified registrar/licensor requirement.
- ◇ \$100 stipend given to center upon completion of the training and ITA for quality improvements
- ◇ Limited availability of packages

See our training catalog for popular requested topics!

Introduction to Pyramid Model for Family and Group Family Providers

October 10 - Penn Yan Office

October 17 - Seneca Falls Office

FREE

6:30 - 8:30

1(CD), 2(PD)

This model promotes the social/emotional development for children from birth to 5. Caregivers have a huge impact on all development, however assisting a child to develop social/emotional skills has life-lasting effects. Providers who attend will understand what those skills are, how to support children developing them, and discover tools that will assist children who may be experiencing behavioral issues due to their lack of social/emotional skills.

Identified audience—new and experienced providers (FDC/GFDC only)

Trainer: Tracy Travis



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)

October 2, 9, 16

Canandaigua Office

15 hours of training

\$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 ...



FLIP IT!

Are you interested in supporting social and emotional development of young children and reducing their instances of challenging behaviors?

FLIP IT is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior. The four steps are embodied in the FLIP IT mnemonic which stands for F—Feelings, L—Limits, I—Inquiries, and P—Prompts. FLIP IT is nothing new, but transforms best practice into strategy that is easy to remember, applicable in a variety of challenging situations, and portable.

November 13, 6:30—8:30 Geneva Site
OCFS: 1 (CD); 3 (PD)

Fee: \$70, not EIP or CSEA eligible
CBK: 1; 4 ELG: II; III; IV
Trainer: Tracy Travis

Region II Infant & Toddler Resource Network

The network provides training and technical assistance to increase the quality of care for infants and toddlers.

An Infant/Toddler Specialist is available to assist providers, the community and parents. CFR also houses a lending library of infant/toddler curriculum, activity and resource books and videos.

Infant/Toddler Specialist, Tracy Travis is available for technical assistance at
315-536-1134, ext. 2314 or
tracy.travis@cfresources.org



This initiative is funded by the NY State Office of Children and Family Services.

M.A.T. Medication Administration Training

October 12, 8:00am—5:00pm
Geneva Site

Classroom Course—\$200

For questions contact:
heather.deruyter@cfresources.org

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

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

for parents...

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)





Apples - Good Food & Good Fun!



Small Hands Crafting

Cut the sides of a paper plates in an inward curve. Paint the pieces cut off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core. They can each choose how many seeds that they would like to paint. Encourage them to paint different numbers. You can then use the seeds in the apples as a visual to count 1-10 and also compare greater than, less than, and equal.

Did you know that the USDA has strengthened nutrition standards for food and beverages served to young children and others in day care settings? Young children and adults in child care homes and centers who participate in the Child and Adult Care Food Program (CACFP) will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science- based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

When your child care provider is a participant of the CACFP, you can be assured that your child is receiving the best nutrition to help them grow.

Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and

establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

Peanut Butter & Apple Wraps

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (Red Delicious work well)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."



CACFP is an indicator of
quality child care.

www.cacfp.org

Recipe from USDA Mixing Bowl

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



Active Play All Year Long

As we move into the colder months, it can be harder to get children involved in active movement and play. In the warmer months, play outdoors lends itself to running, jumping, climbing, twirling, etc. So how do we keep our bodies moving? How do we burn off the wiggles and twitches?



One of the limitations in the colder weather is when the weather is too cold or snowy to go outside, the space we may have is not adequate. Easy answers are dancing, playing Simon Says with active movements, and numerous YouTube videos that get you and the children moving and laughing. Check out the following ideas that I got from What Moms Love website, 87 Energy-Busing Games.



Studies have shown that our bodies need to move. We need to move to learn, we need to move for our physical health and we need to move for our mental health. Children who lead active, physical lives have

fewer behavioral issues. Moving builds our strength. It gives us energy, stamina, endurance, flexibility and agility.

This summer I hope that everyone was outside enjoying the weather. Almost everything you did outside this summer you can do again as the weather gets colder. Children can play on almost all outdoor equipment. They can play the same games as they did during the warmer months. The play may be slower due



to extra clothing, however that should not be a deterrent. A baseball may need to be replaced by a snowball but that just adds to the fun.

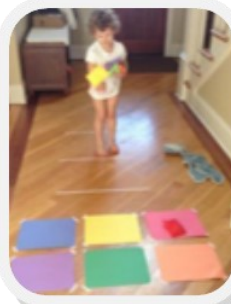


Painters Tape: 1) make a tape balance beam; 2) space several lines of tape on floor for children to see how far they can jump; 3) using your tape make indoor hopscotch; 4) Sticky Spider Web – I love this one. See picture. Wad up paper for throwing.

Crepe paper: Look at this obstacle course! Secure the crepe paper with painter's tape. Love that tape, too.



Cups: 1) use plastic cups with small, safe balls (you can wad up kids socks into a ball shape) and then play catch using the cups to make the catch; 2) use cups turned upside down as bowling pins with a small ball for rolling.



Bean Bag Color Toss. You can also toss bean bags into buckets, baskets, etc.

Cold weather is coming soon. Don't forget to have the children go outside each day and enjoy happy fun active play inside.

get connected ...



Fall into Canandaigua

Saturday Oct 26, 2019

10:00 AM - 7:00 PM

Main St. Canandaigua

Fall into Canandaigua is a Celebration of Fall with Festival Family Fun. Visitors enjoy a host of Fall-Themed Activities such as Pumpkin Decorating, Kids Costume Parade and Contest, Horse Drawn Wagon Rides, Musical Petting Zoo, Magic Shows, and Family Friendly Activities brought to you by Local Community Organizations, Merchants and Sponsors.

Watch for Coming Events in Penn Yan.....

Family Connections
Fall/Winter Fest
&
Angel Tree Event



Happy Holidays



Please join us for a
Family Connections event

FALL HARVEST

November 23, 2019

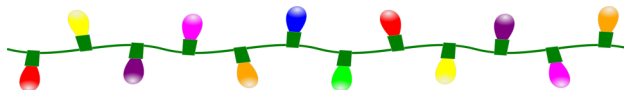
10 AM—12 PM

Seneca Falls Library

47 Cayuga Street

Activities - Crafts - Refreshments

Hosted by Child and Family Resources & the Seneca Falls Library



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



October 2019 — January 2020

October

- 14 **Columbus Day—Offices Closed**
- 26 Fall Into Canandaigua

November

- 11 **Veterans Day—Offices Closed**
- 23 Fall Harvest Event – Seneca Falls
- 28 **Thanksgiving Day—Offices Closed**
- 29 **Offices Closed**

December

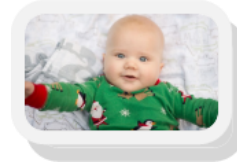
- 22 **Hanukkah Begins**
- 25 **Christmas Day—Offices Closed**
- 26-31 **Offices Closed**

January

- 1 **New Year's Day— Offices Closed**
- 20 **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

Thursdays, 9:30-11am

Baby Café Geneva

1st & 3rd Tuesday
10- 11:30

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 see magic because
they look for it"
Christopher Moore*



Community Partner

