

# CFR Connection

2020 Issue 1



**Child & Family  
Resources, Inc.**

SERVING CHILDREN  
AND FAMILIES IN  
ONTARIO, SENECA  
AND YATES  
COUNTIES

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## Winning Over Those Winter Blues

There is so much build up to the Holiday Season, that when it is over, we sometimes catch a case of the winter "blues." This can be especially true for our children. How do we keep our children engaged and happy during what can feel like, very long winter months? A bit of good planning for those times goes a long way toward fighting those winter doldrums.



First, it is important to remember that outdoor time is still essential for all of us. Getting out in the fresh air can do wonders for those blues. So bundle those children up and plan some creative and fun outdoor activities! If it is really too cold to go out, then remembering to increase the natural sunlight in your rooms is also very helpful. Lift the shades and let as much light in as you can.

Set some winter goals to keep you moving and motivated. Plan ahead with your children to see what ideas they might have for things to do. Many times, those are the best ideas.

Create opportunities for social interaction. Encourage activities where children will have to work or play together to create something. Making a snowman as a group or as a family, can be a fun outdoor winter activity. You can draw out your ideas ahead of time, collect items needed (such as hat, broom, scarf etc.) then put your plan in action. Make a group painting or play a group game. Another idea might be having children work with Legos to create a town. They could discuss who was going to build what for the town and then put it all together when they get their individual pieces done.

Create a "Fun Box." I recently did this on a trip to see my grandchildren. We were all staying at a cabin, and the box really came in handy on a couple of rainy days. The children kept wanting to get into the "Fun Box" to see what else I had brought. We put together puzzles, played games, played cards, made jewelry, did some simple hand sewing, made puppets and created works of art! Having all of those things thought out and planned ahead made all the difference. Especially for our youngest who has a very short attention span.

Younger children could also practice dressing by putting dress up clothes over their own clothes. Clothes that have ties, buttons or other types of closures is good practice if they are still learning to dress themselves. Or have older children put together a fashion show if you have a dress up area in your home or child care facility.

Encourage imaginary play by setting up a pretend office with office supplies, a hole puncher, folders, envelopes etc. to allow children to work on their fine motor skills. Make cards or have older children write letters to family members or another pen pal group.

For gross motor skills, have a dance, set up an obstacle course, over the door basketball hoop, or maybe put on a dance or exercise video for children to follow along.

Create an indoor scavenger hunt for the children. For sensory play for young children, fill a bin with rice, beans, flax or popcorn kernels and include some of those fun summer sand toys.

Create an indoor tent. This can be done by draping a sheet or blanket over two chairs. When I was young and staying on my aunt and uncle's farm, my aunt would drape a blanket over two rollaway beds. We had hours of fun playing inside our "pretend home". Or if you have a small tent on hand that the children can use indoors, you can also set that up for indoor camping fun.

With some pre-planning and creative thinking you can turn those winter "blues" into "to do's."

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. 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**

**Effective January 6th, 2020 new hours at the Children's Center:**  
**Monday and Tuesday 9:00am-5:00pm**  
**Wednesdays 1:00pm-4:00pm**  
**Thursdays 9:00am-1:00pm**  
**Fridays 9:00am-12:30pm**

**Website:** [www.cfresources.org](http://www.cfresources.org)  
**Like us on** [Facebook](#)

### **Board of Directors**

**Dr. Mike Vorozilchak** (Chair)  
Courtney Bailey  
Diana Cecce  
Renee Grant  
Kristin Grillone  
Scott Ostrowski, LCSW

### **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...



October 26<sup>th</sup> Healthy Families of Ontario and Yates counties sponsored a booth at the annual “Fall Into Canandaigua” celebration. The event is a safe and fun way to celebrate harvest time with your family. Our booth offered crafts, face-painting, artwork, games, live music and great information for families! If you have not been to attend this fun fall event, you are missing out. Hope to see you all there next year!



November 23rd Child & Family Resources partnered with Seneca Falls Library to hold a **Harvest Fest Event at the Seneca Falls Library**. This event featured creative snacks, fun crafts and interactive live music. Another great free event for our families! We appreciate all that Seneca Falls Library and volunteers do for this event.

### Hwa Rang Kwan New York Board Break-a-thon benefits CFR!



The annual Hwa Rang Kwan New York Board Break-a-thon for Child and Family Resources, Inc. was held Saturday, December 7th. Master Micah Ehler's students demonstrated their TaeKwonDo skills at the martial arts studio located on 440 Exchange Street in Geneva. The board breaking fundraising event commenced with a seminar for audience members and some CFR staff and ended with a loud Kihap! The benefit raised more than \$1600 to help support programs for children and families at CFR's Family Resource Centers. Students raised funds as a result of pledges for breaking boards using their skills and instruction from master Micah.

*(Photo was featured in the Finger Lakes Times newspaper)*

*We extend our sincere gratitude to every person who supports Child and Family Resources with contributions of time, goods and money.  
Thank you for making the Holidays brighter for our families!*

Budding Readers      First United Methodist Church of Geneva      Keuka College  
City of Canandaigua      Fidelis      Lakeshore Family and Cosmetic Dentistry  
Our Lady of Peace Parish Geneva      Seneca Falls Library      Zion Fellowship of 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.



## Car Seats....What's the Big Deal?

***I just buckle my child in their seat and the seat into the car and they are safe. Right?***

Actually, there is much more involved to car seats than people realize. At Child and Family Resources we have 4 Certified Car Seat Technicians that can help.

There are many different kinds of car seats out on the market and not all seats will be a fit for every car. The most important thing when using a car seat is the right size seat; right position; and the correct placement in the vehicle. Our thoughts on previous owner used car seats: Can you be certain the seat still meets manufacturer and safety standards, has not been altered or has not been in an accident in the past? These unknowns impact your child's safety. Also, car seats that have expired should never be used. With all of these things to remember how in the world do I keep my child as safe as possible in the car?

You can always have a free car seat check done by one of our certified car seat technicians here at Child and Family Resources, and many police departments have certified technicians as well. All car seats have labels on the sides of them with instructions on proper use. Every car seat goes in each car just a little different, your car's manual also has information on car seat use.

The placement of the car seat straps is very important in keeping your child safe while in the car seat. The straps should not be too loose or too tight. The position of the straps is different depending on which direction your child is facing.

When your child is rear facing the straps should be below the shoulders. This helps keep the child from sliding forward in the seat in the event of a crash. (*Children need to be rear facing until they are 2*). In forward facing, the straps should be at or above the shoulders acting just like the seat belts do for adults. We also want to keep children in a 5 point harness as long as possible. The chest clip needs to be positioned at the armpits in either position. There are different belt paths for the seat belt to go through depending on which direction the seat is facing.

This is just a little information on proper use of car seats. Please let us help you in making your child as safe as possible while riding in the car. Set up a free car seat check!



### **NEW CAR SEAT REGULATIONS: Effective November 1, 2019** **All children under the age of 2 must use a rear-facing car seat.**

There are 3 types of rear-facing car seats: Infant Seats, Convertible Seats, and All-in-One Seats.

It is recommended that infants and toddlers ride in a rear-facing seat until they reach the weight or height limit of the seat. Most children will outgrow a rear-facing infant seat before reaching their 2nd birthday. If the child has outgrown an infant seat, it is recommended that a larger, rear-facing Convertible or All-in-One car seat with higher rear-facing height and weight limits be used. These seats should be installed in the rear-facing position until the child reaches the rear-facing weight or height limit set by the car seat manufacturer.

Child and Family Resource has a free car seat program for low income individuals in Ontario and Yates County. If you qualify for the program you will receive a free car seat that is the correct size for your child along with education on car seats. A certified car seat tech will show you how to install it properly in your vehicle. These appointments take about an hour.

**For more information contact:**

**Ontario County - Dawn 315-781-1491**

**Yates County - Tracy 315-536-1134**



## registrars' corner...

Mary Jepsen  
Registration Coordinator



Dear Child Care Providers,

Let's begin with a refresher from New York State Office of Children & Family Services. As of September 25, 2019, new and prospective child care individuals in all modalities of care will be subject to the **Federal (FBI) Comprehensive Background Clearances (CBC)**. As of October 1, 2019, existing operators, directors, employees, volunteers and household members age 18 or older must also comply. If you did not receive the August and September OCFS Dear Provider letter, I encourage you to go to the OCFS website [www.ocfs.ny.gov](http://www.ocfs.ny.gov) to read these letters. I encourage you to review all the resources available on the OCFS website regarding this change and mandatory requirement. Lastly, please look at the regulations as they have been revised. The revision includes the CBC requirement and **other health and safety regulations**. If you do not have access to the internet, please contact your licensor or registrar for this important information.

The OCFS 6000 series documents were revised, available on the OCFS website, to meet the comprehensive background clearances. OCFS-6000 is a guidance document, which will help you determine the documents needed to submit to your licensor or registrar at the required time. Licensors and registrars have been processing the CBC documents for just about two months. The processing and clearance statuses are moving rather quickly. So, get those documents in to your licensor or registrar according to the schedule released by OCFS, which is, seven days before or after your next birth date. This schedule is the same for all persons mentioned above.

The CBC change is law. Why now? This is a federal requirement which was instituted in 2014. Many states have already come into compliance. New York State held back until funding was available. New York State must comply to this law by September 30, 2020.

The good news...There is no SCR or Fingerprinting fee for existing child care providers or household members. Once cleared and approved through the process, the clearance requirements can be associated to another child care program within NYS provided you have not been separated from your role in a child care program within NYS for a period of more than 180 consecutive days. And the clearance process will be good for five years if there is no criminal activity during those five years.

Lastly, our agency is offering fingerprinting services through Idemia at our Canandaigua, Penn Yan and Seneca Falls offices. You must schedule the fingerprinting appointment through Idemia. Walk-ins are not permitted. Information for Idemia is provided on the OCFS-4930 document available on the OCFS website.

Call your licensor or registrar with questions, concerns or just to give positive feedback on the process.

Have fun and enjoy those precious children in your care!

Sincerely,  
*Mary Jepsen*  
Registration Coordinator



### *Did you know?*

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

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

### *WELCOME!*

**New Providers:**

*Ada Simmons*  
*FDC*

# child care training reminders...



## **CACFP Training** **February 4, 6:00 - 7:30pm** **Penn Yan Site** **263 Lake Street, Penn Yan**

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

### **Registration form required to attend.**

Registration Deadline 2/13/20

(We must receive registration by deadline in  
order to reserve your spot)

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

## **Family Child Care 5 Plus+** **For Family & Group Family Providers with** **5+ years in the child care field**

If you have been in child care for 5 years, want to talk with other providers just like you, then this class is for you. From February through September we will meet to discuss topics that you choose! During 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. Depending who registers for this class, location and the next 5 dates will be chosen.

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

This class is CSEA eligible. It is open to FDC & GFDC providers only.

*"This 15 hour class was wonderful." "I enjoyed learning from other providers on how to make my program better."*

**Canandaigua Site - 514 S. Main St.**  
**6:30-8:30**

February 3rd

(Identified Audience – experienced providers, FDC, GFDC)

Trainer: Barb Owens

**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)**

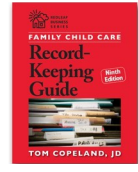
**Sign ups: Heather Fiero: 315-536-1134 ext. 2306**



## **Record Keeping and Taxes**



**OCFS: 5 (BR)**  
**6:30—8:30**  
**January 13**  
**Canandaigua Site**  
**514 S. Main St.**



Good record 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.

(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)

**February 5, 12, 26 - 8:30am– 2:30pm**  
**Canandaigua Site 514 S. Main St.**

**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](mailto:barb.owens@cfresources.org) with questions.

To Register: [https://www.ecetp.pdp.albany.edu/](https://www.ecetp.pdp.albany.edu/findtraining.aspx)

[findtraining.aspx](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 ...

## Early Literacy Project (ELP)

### Introduction to Early Literacy Project!

(1-CD, 3-PD)

March 4, 6:30-8:00,

514 S. Main Street, Canandaigua

Come learn about the project  
that will give Family Child Care

**FREE**

#### 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 preparing 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 and location will be determined by providers attending the info session)*

Registration is required! Contact:  
Heather Fiero at 315-536-1134, ext. 2306

*This program does not qualify for EIP or CSEA funding.*

**A limited number of curriculums are available!!**

**You won't want to miss the exciting training opportunity!**

## 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.

### 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 session.

**Geneva Site**

**January 18, 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

March 21 - 8:00am to 5:00pm

Geneva Site

Classroom Courses \$200

For questions contact:

heather.deruyter@cfresources.org

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

[www.ecetp.pdp.albany.edu/findtraining.aspx](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

## Caring Spaces

OCFS: 1(CD), 3 (PD)

6:30— 8:30

**FREE**

**February 27 Geneva Site**

The Caring Spaces Endorsement measures quality in three areas:

**Freedom of Movement:** Allowing infants and toddlers the space to move freely is essential to their healthy development.

**Responsive Caregiving:** The building of secure relationships is a primary task for the first three years. Responsive caregiving supports to child growth and development and is how trust is developed.

**Quality Materials:** A sufficient quantity and variety of materials are essential to both encourage learning and development as well as to limit challenging behaviors.

*(Identified Audience: new and experienced providers who care for infants and toddlers in FDC, GFDC, DCC.)*

*Funded by Region II Infant Toddler Resource Network.*

*Trainer: Tracy Travis*

*CBK: 1,4*

**Note: Check the training catalog for additional training offerings.**

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

## Your Children and the Flu

“Loma Linda University Children’s Health wants to empower parents with the information and knowledge about the flu and the flu vaccine to help them make a decision that will be beneficial for their child.” **Dr. Alexandra Clark**

While most people are at some risk of the flu, Clark elaborates on reasons why children may be more at risk of contracting the flu and having that flu lead to severe complications.



- 1. Weaker immune systems** - According to Clark, the younger a child is, the less mature their immune systems are, and therefore, they have a higher risk of contracting the flu virus and having severe complications from contracting the flu. These complications include severe bacterial infections or pneumonia, which can lead to hospitalizations or even flu-related death.
- 2. Lack of appropriate hand hygiene** - “Younger children are often clustered together in small areas such as daycares or schools,” Clark says. “These small areas with groups of kids allow for more germs to be shared because kids don’t understand appropriate hand hygiene.”
- 3. Chronic medical conditions** - Clark explains that if children with certain underlying, chronic medical conditions contract the flu, they are at greater risk of developing severe, life-threatening influenza or complications. Medical conditions including chronic lung disease, diabetes and cancer are some of the highest risks, but chronic auto-immune diseases, congenital heart disease and blood disorders also increase risk. Protecting these children includes vaccination when appropriate and also protecting the people around them — lowering the likelihood of exposure.
- 4. Under the age of 5** - “Children younger than 5 years of age — especially those younger than 2 — are at a high risk of serious flu-related complications,” Clark says. The CDC [lists complications](#) from the flu among children in this age group that includes pneumonia, severe dehydration, worsening of long-term medical problems like heart disease or asthma, brain dysfunction, and even death. She says it’s important to know that children under the age of 6 months are at the highest risk of serious flu complications because their immune systems are fragile and they are too young to receive the flu vaccine. She says it’s vital for people coming into contact with their baby, such as family members, to get the flu vaccine themselves to help protect the infant.

An important note from Clark: Children between the ages of 6 months and 8 years old need two flu shots in the first year they receive them. If they’ve only ever received one flu shot in a previous season, she encourages parents to have them vaccinated twice this season. If they’re over 9 years old, then they can opt for just one shot, Clark says.





## CACFP Week is March 15-21, 2020

Serving over **4.6 million children**  
healthy meals and snacks daily.

[www.CACFPWeek.org](http://www.CACFPWeek.org)



CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool as well as for adults in day care.



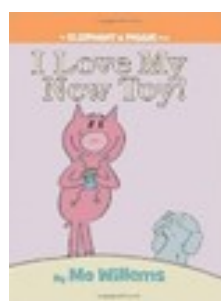
*The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental 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](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](mailto: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."*



## Mo Willems Books – If You Don't Know Him, You Need To!!!!

When I discovered Mo Willems books, I fell in love. He is an amazing author who really understands children. He understands their emotions – happy, excited, sad, mad, etc. He has written over 50 books of which 3 won Caldecott Honors, 2 Theodor Geisel (Dr. Seuss) medals and 5 Geisel Honors. Mo Willems books are fun for children, and I find them fun to read. I want to give you a brief preview of 3 series that I, plus children in my classes and my granddaughters, really enjoy.

### Elephant and Piggy



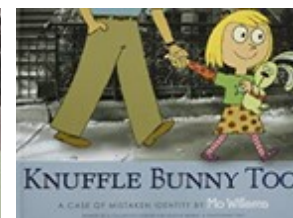
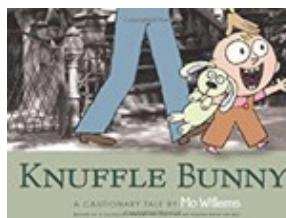
Elephant and Piggy are very good friends. Like all friends they have wonderful times together. At other times they get mad at each other. In this series, the illustrations are simple and with very understandable written words. The fun with the reading comes with the fonts that are used with each picture. As an example when Elephant and Piggy are talking the font is small. When they are excited, mad, or sad the font is **enormous!** As an example when Elephant breaks Piggie's new toy in "I Love My New Toy" the reader knows that Piggy is yelling as the enormous font has the words "I am mad and sad!" As I previously wrote, these books are fun to read.

### The Pigeon



Pigeon is a very independent bird. Just like young children, he knows what he wants and goes after it. In the books that I have read Mo shows the feelings that Pigeon goes through via the illustrations and font. In the 2 that are shown, Pigeon finds a hot dog. Just as he gets ready to eat it, Duckling comes along and starts asking lots of questions about the hot dog. Pigeon lets Duckling know that this is HIS hotdog. In the end, Pigeon shares his hot dog and both are happy. In the 2<sup>nd</sup> book, Pigeon has interesting ideas about what he is going to do with his puppy. Play tennis? When he meets the huge, slobbery puppy he changes his mind.

### Knuffle Bunny



This series has very unique illustrations. The pages are a combination of illustrated characters and black and white pictures. The book, "Knuffle Bunny", is used in trainings that we do with those who work with infants and toddlers. Trying to interpret a young child's emotions can be difficult. In this book Trixie goes to the laundromat with her daddy. Knuffle Bunny accidentally gets put into the washer. When Trixie discovers that she cannot find Knuffle Bunny she starts babbling. She gets louder and louder until she is full blown. Daddy doesn't understand and total meltdown occurs. Daddy, of course, is also very unhappy! This book does have a happy ending!

*Go online and check out all of his books. Have fun with them. I know that your children will enjoy them. These books are written for children 3-8 depending on the series.*

get connected ...

Do you know of grandmothers who are the primary care takers of grandchildren? If so, please let them know about our **Grandmother Support Groups** for Ontario, Seneca & Yates Counties.



## Grandmother Support Group!



Be part of an on-going support group to talk about needs and self care.  
Build skills.....or just to meet new friends.

We would love to have you join us!

Groups are just coming together and the time and place will be determined after sign-ups.  
Meetings will be held at the Child & Family Resources closest to where the grandmothers live.

*Child care help and transportation assistance will be provided if needed.*

**Contact Terri Knight-Miller 315-781-1491 ext. 2201  
to sign up or for additional information.**



Sponsored by:  
Child & Family Resources, Inc. through grants from  
ONYA Ontario Yates Fund for Women & Children  
& OCFS William B. Hoyt Trust Fund



*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](http://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



## January 2020 — March 2020

**CFR OFFICES will be CLOSED for the holidays  
from December 25, 2019– January 1, 2020**

### January

- 1 New Year's Day — Offices Closed
- 20 Martin Luther King Jr. Day– Offices Closed

### February

- 17 President's Day — Offices Closed



### March

- 7 Geneva Library Annual Basket Raffle  
10 - 12:30
- 14 Fairy Tale Event - Dundee School  
10 - 12:00 "On the Farm" theme.

## Parenting Meetings and Support!!



### Baby Café

**Baby Café Canandaigua**  
1st & 3rd Wednesdays, 10-11:30am

**Yates Baby Café - Penn Yan Public Library**  
2nd & 4th Thursdays, 9:30-11am

**Baby Café Geneva**  
1st & 3rd Tuesdays, 10– 11:30am  
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. (sliding 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](http://www.ocfs.ny.gov)



Child & Family Resources, Inc.  
263 Lake St.  
Penn Yan, NY 14527

"A child seldom needs a good talking to  
as a good listening to."  
Robert Brault



Community Partner

