

CFR Connection

2020 Issue 3



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

**COVID-19 Long
Term Effects on
Children** pg. 1

**Infants-Toddlers
& COVID-19** pg. 4

**Registrar's
Corner: Thank
You & New Reg.** pg. 5

**Childcare
Trainings** pgs.
6-7

**For Parents:
New Supports
for Parents** pg. 8-9

**Food Bits:
Motivational
Moment** pg. 10

**Big Hands Little
Hands: Essential
Nature** pg. 11

In Support pg. 12

Get Connected: pg. 13

COVID-19 Long Term Effects on Children



You are not alone if you are worried about the long-term effects of the COVID-19 pandemic on our children. In many ways it is an unknown. One unknown is that we don't know how long this is going to last or how or if it returns in the fall. Just not knowing that fact can increase anxiety in children and adults.

The good news is that children are very resilient and will in most instances, bounce back more quickly than adults. That does not mean however, that the lack of structured schooling, the potential loss of loved ones, the absence of

social contact with friends, and the potential impact financially on the family won't cause trauma for our children. But the way to minimize the trauma is through knowledge, caring, honesty, and putting some skills to use when working with the children in our lives.

The long-term mental health effects from the pandemic will vary. How we choose to parent during this time can help determine the outcome of the trauma and whether children feel they will be OK. So how can parents and childcare providers help?

- **Focus on the positive:** Find ways to elevate positive experiences. You can play the "glad game", which happens to come from one of my favorite childhood books, "Pollyanna" by Eleanor H. Porter. In this book, Pollyanna always seems to find the positive in the most adverse situations. Play board games, do art projects, cook or go for walks with your children.
- **Validate your children's feelings:** Ask them how they are feeling. Actively listen to them and validate their feelings. Also don't hide your own feelings. Acknowledge that this can be a scary time but that you are a team with your family and you will all stick together and get through this. *Note:* don't assume that tweens and teens are ok because they don't want to talk about it. Encourage ideas from them and keep them involved in family decisions.
- **Make a plan:** Talk to your children about the ways you are going to be doing things in order to be safe. Explain why you are staying home. Educate them on safe hand washing and why it is necessary. Empower your children to do something positive during this time. Examples; like drawing on the sidewalk, putting a positive sign in the window, writing to their grandparents, sending thank you notes to first responders etc.
- **Encourage social interaction:** This is a time when relaxing restrictions on screen time and use of texting, video chatting and other online forms of communication would be in order. Just make sure to keep safety in place while your children are using more online devices to stay in contact with friends and family.
- **Monitor them afterwards:** Once things have returned to a more normal routine, be sure to monitor your children for a while. If you see withdrawal, anxiety and fear, sleep disruption or changes in eating habits, you may need to seek professional help.

Remember, the good thing is that children are resilient, and with support from caring adults in their lives, they should be able to bounce back from this experience without long lasting effects on their health and well-being.

<https://www.parents.com/health/coronavirus/term-mental-health/>

staff & site...

Penn Yan Staff

Julie Champion — Executive Director, ext. 2304
Heather Fiero — Director of Operations, ext. 2306
Amanda Hines — CACFP Administrator, ext. 2310
Mary Jepsen — Registration Coordinator, ext. 2313
Tracy Travis — CRR/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
Amber Snyder—Early Childhood Education– Assistant

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
Morgan Ball—Registrar, ext. 2218
Zakena Dixon-Byrd—Registrar, ext. 2210
Tonia Harrison—Family Educator, ext. 2204
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

Like us on [Facebook](#)

Board of Directors

Dr. Mike Vorozilchak (Chair)
Diana Cecce
Renee Grant
Kristin Grillone
Ashley Miner
Amy Nolan
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

Aid to Benefit Essential Workers and Child Care Providers

On April 24, 2020, Governor Cuomo announced thirty million in funding taken from the Coronavirus Aid Relief and Economic Security Act (the CARES Act) to be applied to child care scholarships for essential workers who qualified. Also funding was set aside to be used for necessary supplies for child care providers who remained open with children attending.

The local CCRR's were responsible for processing the scholarships and for ordering and coordinating delivery of the supplies to the child care providers. We could not have accomplished this without the help of community partners. Seth Olney of the Olney Place on Keuka and his crew helped us distribute food to local child care providers as part of the CARES Grant.

83 child care providers received PPE and cleaning supplies, diapers, food, etc. and 115 children of essential workers from Ontario, Seneca and Yates Counties received child care scholarships. Over \$200,000 to cover the costs were funded through OCFS CARES funding.

A special shout out goes to Tracy Travis for taking the lead in the child care supply project and a second one for Abby Townley who also took on a large role. Julie Champion and Heather Fiero tackled the essential worker scholarship processing. But with all good teams, many others contributed, making deliveries, calling providers and parents, ordering, handling payment processing, working on spreadsheets, picking up product and reporting on projects.

But most of all, we want to give a big **Thank You** to all of the **Essential Workers** and **Child Care Providers** for all you do for our communities, families and children. We are so happy to be able to support you in any way we can.

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

Thank You to First Congregational Church of Canandaigua & Kathi Nacca for organizing and collecting 3,448 diapers and 620 wipes for our Healthy Families Program!!!

Thank You to Antler Run Distilling for making 100 bottles of hand sanitizer to help us meet our needs.

Thank You to The Olney Place on Keuka for ordering food and helping distribute it to our child care providers.

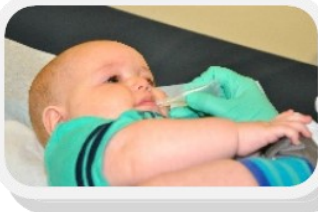
Thank you to Budding Readers who continue to supply new books for the children of the families we serve.

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.

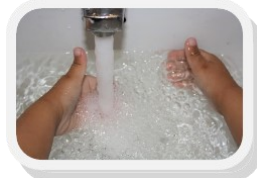


Infants-Toddlers & COVID-19



If you have recently had a baby, or you have infants and/or toddlers at home, you may be concerned about how this pandemic might impact your very young children.

One unusual thing about the pandemic, is that it seems to be causing limited illness in children. This is unusual because viral and bacterial illnesses typically cause serious disease in youth. So while this is somewhat comforting, recent reports about pediatric inflammatory multisystem syndrome (PIMS), a very rare condition that might be linked to exposure to the coronavirus, is concerning. So it is still recommended that you maintain physical distancing during essential visits, respect stay-at-home orders and exercise good hygiene and hand washing routines for the safety of you and your children.



Vaccines: It is critically important that you keep up with your child's vaccine schedule during this pandemic. While you may think it is "safer" to delay them, lethal viral and preventable illnesses are still circulating and can put your child at risk. Talk to your pediatrician about what guidelines they have in place to protect you and your child during office visits.

Newborns: If you have a newborn at home, and your family wants to come over to visit, it is not recommended. Even if your family has been social distancing, there is the possibility that one or more of them may be asymptomatic and can pass the virus to you or your new baby. Currently, there is no evidence that the virus can be transmitted through breast milk. However, if you have tested positive for COVID-19, you need to follow CDC and your health care provider's recommendations.

Very Early Development: Newborn babies do not need "outside social time" for many weeks after birth. Early infant development is entirely dependent on interaction and attachment to parents. So don't worry that lack of interaction with outside visitors will affect them negatively. They can get that social development later on.

Toddlers: Keep their routine as normal as possible. While toddlers may not be as aware of what is going on as adults, they will notice changes in established routines. So if you have established meal, nap and bedtimes, keep those in place.



COVID-19 Symptoms in children:

Fever, cough, runny nose, sore throat, vomiting, diarrhea

Symptoms of inflammatory problems (PIMS)

Abdominal pain – Red rash – Red cracked lips – Red eyes – High fever – Swollen glands on side of neck

Other serious symptoms to immediately contact urgent or emergency care are:

Difficulty breathing or catching their breath- Inability to keep down liquids – Slow to awaken – Bluish lips

Note: CDC advises that masks **NOT be used for children under age 2.**

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-in-babies-and-children>

<https://health.usnews.com/wellness/for-parents/articles/caring-for-your-newborn-baby-during-the-coronavirus-pandemic>

registrars' corner...

Mary Jepsen
Registration Coordinator



Dear Child Care Provider,

Hope you are all doing well!

I want to say, **"THANKS"** to all child care providers for persevering through this Covid-19 pandemic. **Thank you** for opening your facilities to essential workers, for practicing social distancing, wearing face coverings, cleaning, sanitizing and cleaning some more. **Thank you** for responding to the daily and weekly phone calls and email notifications. There were so many notices, provider letters, and executive orders it was almost impossible to keep up, and yet you all did. **Thank you** for taking on the task of providing children with their schooling. **Thank you, thank you, thank you for being there.** You are the **"HEROES"** of child care!

At the end of my last news article I stated I was signing off as the Registration Coordinator for the last time. What I thought I knew of the future and what I didn't know of the future just didn't match up. I never imagined our world would be turned upside down facing the pandemic. When Governor Cuomo put our New York State on Pause, I too put a pause on my retirement. So, here I am for another news article!

Please continue to access the OCFS website (ocfs.ny.gov) for the most current and up-to-date information regarding Covid-19, regulations, policies and procedures. Note there will be a new Emergency Regulation added to Section 15 for all modalities. An email message will be sent to you as soon as the regulation is posted.

The registration staff will be reviewing FDC and SACC program files, in Ontario, Seneca and Yates counties. You may receive a phone call or email message from Andrea, Morgan, Zakena or myself, requesting missing or misplaced documentation. Please be patient as we work through the process. The review will better serve you to meet compliance when inspections resume.

Lastly, I would like to bring to your attention to the regulation for all modalities that addresses animals and pets in your facility or visiting animal or pets, .5 (l) Animals and Pets. This regulation was revised in September 2019. The revision includes the following: Programs must notify parents and their licensor or registrar when an animal kept on the premises harms any person, including a child in care. Programs must provide parents with a written description of all animals kept on the premises prior to a child's enrollment in the program. Within twenty-four hours that an animal is first kept on the premises of a child care program, the program must provide written notice to the Office and parents of children in care that such animal is being kept on the premises. Having trouble writing up an Animal description? Call your registrar or our office to request an easy fill in Animal form, developed by our very own Registrar, Andrea Bedette. Thank you Andrea!

Best wishes to each of you as New York Moves Forward!

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:

*Geneva
Family YMCA
Newly Licensed
DCC*

child care training reminders...



CACFP Training

September 17 - 6:00-7:30pm
"Feeding Infants & Supporting Breast Feeding"
Canandaigua Site
514 S. Main St., Canandaigua
Registration Deadline 9/10/20

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

Registration form required to attend.

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

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

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

In-Service Training & Center Development Packages

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 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

Popular requested topics include:

- Art—It is the Process
- Behavior Management
- Bullying in Childcare
- DAP— Developmentally Appropriate Practice
- Effective Communication Strategies
- Effects of Trauma on Children
- Emergency Preparation
- Expanding Programming (math, science, art, music)
- Building Your Bounce—staff health/well being
- Lesson Planning— age appropriate
- Observation & Assessment of Children
- Playful Learning
- Professionalism and Ethics in Childcare
- Safe and Healthy Environments
- Social Emotional Development
- Supervision
- Regulation Review—new regs 2019

For more information contact
Barb at barb.owens@cfresources.org

child care training reminders ...

EMAO

Emergency Medication Administration Overview

- ♦ **EMAO: \$85** → Learn how to safely administer emergency medications in child care, including: Epinephrine Auto-Injectors, Diphenhydramine with the Epinephrine Auto-Injector, Asthma Inhalers, Nebulizers. All sessions held at our Geneva Site.
- ♦ **Add on Module 8 to STOCK EPINEPHRINE in Your Program: included in above price** → Satisfies DOH requirements for child care programs to stock non-patient-specific epinephrine auto injectors in accordance with §3000-c of Public Health Law — additional .25 hours delivered the same day

Dates to be determine based on need.

Heather is available to train DCC/SACC staff at their site.

Trainer: Heather DeRuyter, RN

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

Registration 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.



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.

August 8 (9:30—4:30)

Classroom Course: \$125.00

Infant, Child & Adult First Aid/CPR/AED

September 19 (9:30—11:30)

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 in-person skills session September 19th.

Both Offered at Geneva Site

2 (NH), 4(SS)

Trainer: Heather DeRuyter, RN—American Red Cross Certified

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

Note: During COVID-19 outbreak, call to confirm class is still being offered.

M.A.T.

Medication Administration Training

August 22 - 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

Region II Infant/Toddler Resource

Region II Infant/Toddler Technical Assistance Center 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 New York State Office of Children and Family Services.

Directors Coalition

**September 17– TBD
11:00am—1:00pm**

FREE

New for Parents!



Family Support Group

We are excited to announce the start of parenting classes to be offered in Canandaigua, Geneva, Penn Yan and Seneca Falls sites. This is a new project that we are able to provide through OCFS Trust Fund Grant.

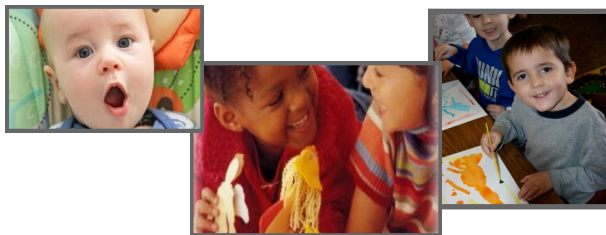
Groups will be 6 to 12 weeks in length depending on the curriculum that will be facilitated. Certificates will be provided if participants attend all the sessions. Our goal is to support families with whatever needs they may have. We hope to strengthen communication, flip behavioral challenges, provide resilience with parent/child and offer problem solving skills. Tonia Harrison is the Educator that will be facilitating the groups.

Please call our agency to inquire about scheduled groups if you are interested @ 315-781-1491 ext. 2204. There are no fees for the classes. Currently we are offering a support/educational group via zoom on Thursdays from 1:00-2:30 if you are interested in joining us during this time.

This is a place to come together in a positive atmosphere for support, share helpful tips, tricks, and any concerns you may have while your children are home from school and/or daycare.

Stay-n-Play!

Coming Back Soon....



A Drop in Care Program

Need to run an errand?
Have an appointment? Or just need a break? Drop-off child care when you need it most in a child friendly, comfortable, clean and safe atmosphere where your child can play and learn!

- Clean and Comfy Play and Learning Space for Infant and Children ages 4 months – 6 years old.
- Caring and Experienced Caregivers!
- Snack and Fun provided.

Pre-registration required!!

Where: 263 Lake Street, Penn Yan
Call 315-536-1134 to reserve your spot!
No fees for care, donations welcomed!

We began with Open House on March 4, 2020 and opened for business the following week on March 11, 2020. And of course, the following week we needed to close due to the coronavirus.

...Keep your eyes and ears open for our re-opening date.

Have a question? Call Mary Jepsen at
315-536-1134 ext. 2313

for parents...

babycafé Finger Lakes



www.babycafeusa.org



Baby Café Zoom Chat

~Lactation Counselors are available to help you~
~Connect with other local moms~

*Join in at any time during live sessions

Contact Teresa Deacon for dates, times & Zoom links!

Teresa.deacon@cfresources.org

*Join our FB Group: Baby Café Canandaigua & Baby Café Yates

*Additional 1:1 support ~ contact Teresa at (315) 412-4527

All moms/caregivers of infants are welcome!



Finger Lakes
Breastfeeding Partnership





Motivational Moment



NATIONAL
CACFP SPONSORS
ASSOCIATION
cacfp.org

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department." "If you need to file a complaint, USDA uses specific language. Therefore, If you wish to file a Civil Rights program complaint of discrimination, you must complete the USDA Program Discrimination Complaint Form, found online http://www.ascr.usda.gov/complaint_filing_cust.html, or call any USDA office. You may also call 866-632-9992 to request the form. A letter can be written, however it must contain all the information present on the form. Send your completed complaint form or letter to: USDA Office of the Assistant Secretary for Civil Rights 1400 Independence Ave, SW, Stop 9410 Washington, D.C. 20250-9410 or E-mail address: program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities can contact USDA through the Federal Relay Service at Local or Federal relay: (800) 877-8339 Spanish relay: (800) 845-6136."



Nature is not only important - it is essential



The last couple of months have made us take a different look at many things. It wasn't just the shelter in place that made a difference in our lives but, unfortunately, for many days the weather didn't cooperate. Over the years I have written several articles on outdoor and nature play. This article speaks to why it is important. Playing outdoors in nature has developmental benefits, something all parents and caregivers want for their children. It allows for free, unrestricted, unstructured play. In today's society, children do not get this time to just DO, to just BE, to see, smell, touch all that is there just waiting for them.

A few of the benefits for children are:

- ◇ Children will be smarter, better able to get along with others, and healthier and happier when they have regular opportunities for free and unstructured play in the out-of-doors.
- ◇ Did you know that dirt helps fight childhood depression? You might wonder how this is possible. There are neurons that can produce serotonin. The serotonin does many things, including acting as a natural anti-depressant. When the hands touch the soil, there are certain types of bacteria that can encourage the neurons to begin producing serotonin. This will result in a happier child and reduce the chances of your child developing depression.
- ◇ Play in nature helps children focus attention and can reduce ADHD symptoms.
- ◇ Studies of children in schoolyards found that children engage in more creative play in green areas, and they also play more cooperatively.
- ◇ A child playing in dirt and outside in general tends to laugh more. Everyone knows that laughter is important, but it is also healthy because laughter can reduce stress, which can decrease the chance of obesity, high blood pressure, even juvenile diabetes. Children who spend more time outdoors tend to be happier children.



Children of different ages need a developmentally appropriate environment so it is safe for them to explore, yet offers opportunities for new challenges.



For Infants: a comfortable place for children and adults to be out in nature together. Gardens with colors, textures, sounds, and smells to stimulate their senses

For Toddlers: A space for beginning steps of independent exploration.

Encourage walking and exploring nature by using safe balancing logs, sensory gardens, edible and wildlife gardens, and lawns for active play. This allows toddlers to develop creativity and imagination. Be sure to label and describe.

For Preschoolers: This age needs places to support cognitive development, gross and fine motor development, and science experiences.

Others skills that are learned are social skills, dramatic play, construction play, digging, running jumping, throwing and so much more.

For School-agers: Space to deepen understanding of plants and animals. Observing changes in weather as well as changes in seasons and how this effects other things around them. They need space for gross motor development and games—freedom to move all arts of their bodies.

Children have a natural affinity towards nature. Dirt, water, plants and small animals attract and hold children's attention for hours, days, even a lifetime.
Robin Moore and Herb Wong

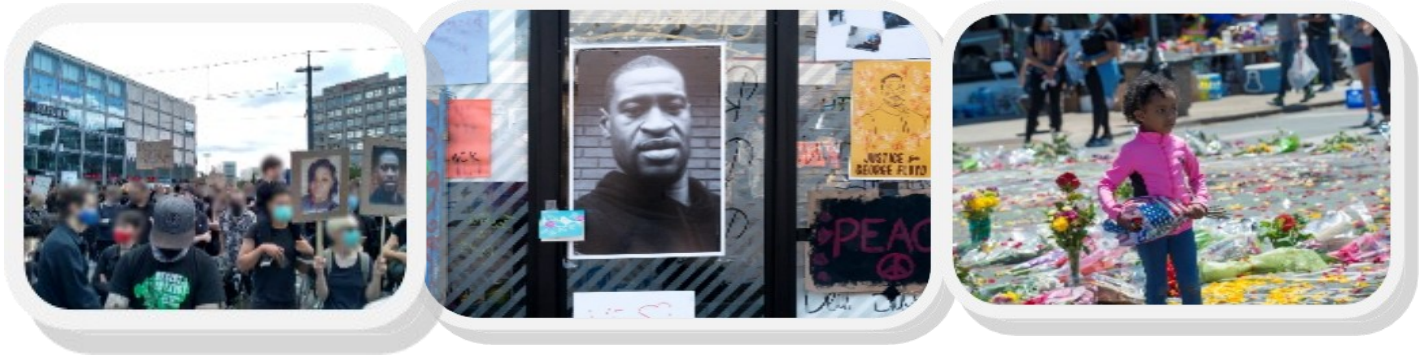
Adapted from *Nature Play at Home*, National Wildlife Federation & National Learning Initiative 2012

Standing in Solidarity

The recent protests sparked by the death of George Floyd have affected families, children and communities in many different ways.

Child & Family Resources stands in solidarity with those grieving and protesting in the aftermath of the senseless and horrific murder of George Floyd.

The continued cycle of violence and racism must be stopped.



Racism is ... “an institutionalized system of power. It encompasses a web of economic, political, social, and cultural structures, actions, and beliefs that systemize and ensure an unequal distribution of privilege, resources, and power in favor of the dominant racial group at the expense of all other racial groups” (from Teaching/Learning Anti-Racism by Louise Derman-Sparks & Carol Brunson Day).

Institutional Racism: how the system gets baked into the business-as-usual of whole institutions; this includes the intended and unintended consequences of policies, practices, laws, styles, rules and procedures that function to the advantage of white people and to the disadvantage of people of color.

Interpersonal Racism: how the system gets played out between people; this includes behaviors based on conscious or unconscious biased assumptions about self and others. This usually looks like discrimination.

Internalized Racism: how the system gets into each of our bodies, minds, and souls as individuals; this includes both internalized racial superiority for white people and internalized racial inferiority for people of color.

“Our Children, Our Workforce” an article written by Kelly Matthews and Ijumaa Jordan is an article that looks at why we need to talk about race and racism in early childhood education. Here is the link to the article:
<https://www.childcareexchange.com/article-shares/our-children-our-workforce/>

Color Of Change - Color of Change is the nation’s largest online racial justice organization. With 1.7 million members, it drives decision-makers in corporations and government to create a more human and less hostile world for Black people in America. colorofchange.org

Community Violence: Reactions and Actions in Dangerous Time - This resource from the National Child Traumatic Stress Network (NCTSN) provides information on community violence, how it can affect daily lives, and what to do for support.
<https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times>

get connected ...

Domestic Support:

Safe Harbors of the Finger Lakes: call 800-247-7273

https://www.facebook.com/safeharborsofthefingerlakes/?view_public_for=127878546358

Family Counseling Services of the Finger Lakes

Domestic Violence Hotline remains a 24/7 service at 1-800-695-0390

General Family Counseling Services– 315-789-2613

Employment Services:

Unity Employment Service – support for essential businesses/employees at this time; referrals to NYS Unemployment for all others. 122 N. Genesee St. #206 Geneva; (315) 781-3261

Food Supports:

Canandaigua Churches In Action Food Pantry

120 N Main Street, Room 31, Canandaigua, NY ~ Phone: 585-394-7450 ext. 308

Caring Hearts Community Food Pantry, Inc.

12 Hibbard Avenue, Clifton Springs, NY ~ Phone: 315-521-1601

Friendship House of Middlesex

5614 Williams Street, Middlesex, NY ~ Phone: 585-554-6056, After Hours: 585-520-0803

Website: www.facebook.com/middlesexmall

Geneva Center of Concern

58 Avenue D, Geneva, NY ~ Phone: 315-789-1117 Email: genevacoc@gmail.com

Victor/Farmington Food Cupboard

1246B Commercial Drive Farmington, NY ~ Phone: 585-924-2720

Email: vffcsocial@gmail.com ~ Website: www.facebook.com/VictorFarmingtonFoodCupboard

WIC ~ WIC Food & Formula ~ Phone: 585-394-9240 or text: 585-481-8488

website: <http://www.wicstrong.com/agency/spcc-ontario/>

Please call our nearest office if you have needs that are not on the above list and we will try to connect you to a community resource.

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



July 2020 — September 2020

July

- 3 4th of July Observance — Offices Closed
- 4 Independence Day!
- 7 Chocolate Day

August

- 3 Friendship Day
- 26 National Dog Day

September

- 7 Labor Day — Offices Closed
- 11 Patriot Day
- 13 Grandparent's Day
- 18 Rosh Hashanah Begins
- 22 1st Day of Autumn



Parenting Meetings and Support!!



Baby Café Zoom Chat

Join in anytime during the live sessions

Email for zoom links and dates:

Teresa.deacon@cfresources.org

Join our Face Book Groups:

Baby Café Canandaigua & Baby Café Yates

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)

Family Support Group

Tonia Harrison—Educator

Call 315-781-1491 ext. 2204 for information

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

*"Your mind is a garden. Your thoughts
are the seeds. You can grow flowers or
you can grow weeds."
Ritu Ghatourey*



Community Partner

