

# CFR CONNECTION

STAY CONNECTED WITH CHILD AND FAMILY RESOURCES, INC.



CHILD & FAMILY  
RESOURCES, INC.

SERVING CHILDREN  
AND FAMILIES IN  
ONTARIO, SENECA  
AND YATES COUNTIES

*pg 1. - Business Navigator*

*pg 2. - Agency Highlights*

*pg 3. - Infant/Toddler*

*pg 4. - Registration & LE  
enrollment*

*pg 6-7 - Child Care  
Training Reminders*

*pg 8. - Food Bits (CACFP)*

*pg 9. - Big Hands/ Little  
Hands*

*pg 10. - For Parents*

*pg 11.- Get Connected*

## How Well Do You Know CFR??

**Did you know that CFR has a Business Specialist that can provide support to both home based and center based programs around business practices?**

Our Business Specialists have many years' experience in child care operations including operating a registered and accredited family child care business for many years! We also have NYS verified trainers in core business topics and approved mandated Health & Safety facilitators for home based and center programs. Want to start your own family child care business or Center or need help with an existing business? Call Tracy at 315-536-1134 ext 2313 for FDC. For information on opening or operating a child care center call Julie or Donna at 1-800-881-5786

**Did you know that CFR has two drop in programs in Penn Yan for parents?**

Our grant funded Stay-N-Play Program is free and open to any parent or grandparent needing time to run to appointments, go grocery shopping or just a moment to breathe. Give Natalie a call at 315-536-1134, ext 2308  
Have a court appointment in Yates County? The Children's Center is a free drop-in program for parents with court building business and is located at the Yates County Courthouse. For information on Center hours call Amanda at 315-531-3438 or 315-536-1134 ext 2314

**Did you know CFR has a database of child care programs for those looking for child care?**

Call Teresa at 1-800-881-5786 for a child care referral or visit our website for an online search [here](#)

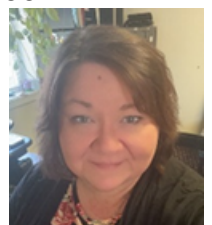
**Did you know CFR can help support emergency needs for families?**

We know times are hard for families. CFR has funds to support families in need of emergency assistance such as infant safety items, diapers, children's supplies, home expenses and supplies, groceries and more.  
Call Dawn at 315-781-1491, ext 2201

**Did you know that CFR provides training to over 450 child care workers each year?**

If you work in a child care program and are looking for training check out our January-March 2025 professional development [catalog!](#)

Julie Champion  
Executive Director



Courtney Ellis  
Office Manager &  
Marketing Specialist



### Meet Our New Staff!



Hello! My name is Candi Hart and I am the new child care specialist. Before coming to CFR, I was a multi-site director and an infant/toddler teacher for many years prior to that. I have my Bachelor's degree in Educational Studies, with a concentration in Early Childhood Studies. I am passionate about providing quality programs for our youngest population and supporting families. I have four children of my own and love taking them on new adventures and experiences that we can enjoy as a family. During my very rare free time, I enjoy reading, baking, and anything that involves the water. I am very excited to learn and grow in this new role, and to be a part of the team!



My name is Donna Wilcox, and I am the new CCRC Coordinator and member of the Business Specialist team. Prior to accepting this position, I owned a family day care, group day care, and then took a quantum leap by founding a Quality Stars participating, licensed day care center in Buffalo called ABC Day Care Center of WNY, Inc. for 18 years, and Bright Beginnings Child Development, LLC for three years. I sold the center in January of 2021. For the past four years, I have been teaching online English classes to children of all ages, many of whom have special needs. I also taught English as a second language (TEFL) to both children and adults from all around the world. I learned a great deal about multi-culturalism and diversity and how to be sensitive to their beliefs. I have completed an Associate's Degree in Early Childhood Education and a Bachelor's Degree in Child Care Administration. My passion is helping children reach their full potential, and there are many ways of doing this. I love helping families navigate through the often-times difficult task of child-rearing, and partnering with staff to come up with a plan of action to reach their goals of running a successful classroom by incorporating QS best practices. I am excited to be a part of CFR and look forward to utilizing my skills here. My past-time activities include founding and running a nonprofit feline rescue, reading, writing, traveling, participating in fundraisers, applying for grants, cooking, crocheting, and spending time with family and friends.



Donations are always appreciated. Your donations will go to a family in need, to support our programs for parents, children and caregivers.

### **“Self-regulation in infancy and toddlerhood”**

*– an excerpt from my training  
“Healing Trauma Through Our Senses”*

Amanda Miller  
Children’s Center Supervisor  
& Child Care Specialist



One of the most important functions of development is the capacity to self-regulate. Infants and young children depend on their caregivers to help them when they feel distressed or overwhelmed. As an infant matures, they can develop self-soothing strategies, such as thumb sucking, rocking and actively seeking the comfort of a preferred caregiver. Caregivers use sensory strategies to help soothe young children, such as familiar songs, favorite teddies, a preferred drink– not so much the words spoken to them. We don’t tell an infant to calm down, we help them to feel calmed.

During infancy, the primary regulatory domains that need to be addressed are physiological and emotional. When a baby is born they have the capacity to experience basic emotions such as anger, joy, and fear. When the baby experiences gas, the physical pain may be accompanied by fear or anger; playful interactions with family members may elicit feelings of joy and contentment. But even these happy moments can exceed the child’s capacity to self-regulate. The child may experience too much interaction and become overstimulated, which may escalate into a frenzied state. Their capacity to regulate their emotions is overwhelmed, and what started out as playful and enjoyable becomes dysregulating and uncomfortable.

The time frame between eighteen and thirty-six months is a critical period of development, especially for self-regulation. The increasing mobility of the toddler and drive to master and explore the world require increased attention to not only the physiological and emotional aspects of functioning but also to cognitive regulation. Inquisitive toddlers will pull things out of drawers, make messes, climb on furniture and shelves, and remain on the go. Their insatiable curiosity is a normal stage of development and should not be interpreted as “bad” or challenging behavior. It is critical for caregivers to effectively guide and support the curious child’s exploration of the world.

The process of learning to self-regulate can only happen in the context of a relationship. Babies cannot learn to self-regulate on their own, through technology, or through maturation alone. It only develops in the context of a warm, sensitive relationship with another invested human being. It is the result of being consistently regulated by another more organized brain.

Adults who care for infants and toddlers with a trauma history must be highly attuned to their emotional and physiological state. The dance of attunement is critical to building the regulatory capacities of the brain. The caregiver should mirror the emotion that the child is feeling through body language and facial expressions and purposefully use a word to identify the emotion. If appropriate, the adult can then use some form of touch or rhythmic movement to bring the child back into a state of calm.

Some infants and toddlers have a flight response to stress and may become lethargic and withdrawn instead of aggressive or agitated. An untrained caregiver might mistakenly assume that the child is okay because they aren’t crying, but an infant or toddler who often seems checked out or lethargic is cause for concern. This baby needs an attuned response and comforting interactions from caregivers as much as the agitated child. They may need to be fed or taken on a walk. The caregiver might quietly play with them on the floor or roll a beach ball back and forth. Do not overwhelm the baby with fast movements, a high energy level, or a loud voice; instead, slowly increase the level and intensity of interaction as the child’s arousal state increases.

**REMINDER**

## Attention Child Care Programs DUE DATE APPROACHING FAST!

### ALL MANDATED REPORTERS

are being required to take the revised training, even if they have been previously trained, prior to April 1, 2022.

The revised online course can be found at

<http://nysmandatedreporter.org/trainingcourses.aspx>

This must be completed **on or before April 1, 2025**. Once completed, please send a copy of your training certificate to your licensur or regulator. If you're not sure if you have complete the updated course, review your certificate for the topic areas covered. If your certificate has "adverse childhood experience" listed as a topic area, you have completed the correct course!

### CBC RENEWALS (completed every 5 years) are in full swing!

Please check your email for a pop email notification with information on the next steps. You can also obtain this information in your FAMS account. If you need additional guidance or resources, please visit <http://ofcs.ny.gov/programs/childcare/ccdbg/training-resource-information.php>

Remember, your licensur or registrar are available to answer any questions you may have regarding regulation compliance. Please reach out to contact them!

**Stay warm!**



Andrea Bedette  
Registration Coordinator





Tracy Travis  
Professional Development  
Coordinator



**January 23rd**  
**6:30–8:00pm via ZOOM**  
**“Baby Say Whaat?**  
**Baby Sign Language”**

Providers will learn basic infant sign language to help them better communicate and understand the youngest children in their care.

- 2 Minimum Participants
- OCFS: (1) CD; (3) PD
- Trainer: Amanda Miller
- Cost: **FREE** thanks to Region 2 Infant Toddler Resource Center project



**January 29th**

**Penn Yan Office 6:30–8:30pm**

**“Adult and Pediatric First Aid/CPR/AED– Blended:**

A combination of online learning and in-person skills session. Learn the material at your own pace online. Then attend the following in-person skills sessions with our American Red Cross Certified trainer to complete your requirements for Infant, Child, and Adult First Aid/CPR/AED

- 3 Minimum Participants
- OCFS: 2(NH); 4(SS)
- Trainer: Tracy Travis
- Cost: \$95.00. EIP is available to Licensed/Registered Providers and approved Assistants.

<https://www.ecetp.pdp.albany.edu/mytraining/guest/Login.aspx?ReturnUrl=%2fmytraining%2fEIPAPP%2fbefore-you-apply.aspx%3fProg%3deip&Prog=eip>



**February 5th**  
**6:00–8:00pm via ZOOM**  
**“Ongoing Financial Management”**  
**Core Business**

**Goal:**

- Uses sound financial planning and management skills to sustain the program’s operation

**Learning Objectives:**

- Recalls basic accounting terms that are needed for child care finances
- Identifies and resources common revenues for child care programs
- Implements a system for financial record keeping procedures

2 Minimum Participants  
OCFS: (3) CD; (5) BR; 7(SDC)  
Trainer: Tracy Travis  
Cost: FREE thanks to OCFS  
CCRR Contract

**February 6th**

**Seneca Falls Office 6:30–8:00pm**

**“Monitoring and Record Keeping in CACFP”**

Wondering what we as monitors are looking for when we come to a monitoring visit? Attend this class to know what you can do to make our visits to your program easier on you with accurate record keeping and so much more! Please be sure to come with questions about any and all things CACFP related.

- 2 Minimum Participants
- OCFS: (2) NH; 5 (BR)
- Trainer: Amanda Miller
- Cost: **FREE to CACFP provider**, \$15.00 fee for non-Child & Family Resources sponsored CACFP participants

**February 20th**

**6:00–8:30pm via ZOOM**

**“Oh My! Biting and Aggression”**

Although it can be very frustrating, biting can also be developmentally appropriate. This training will help you with some strategies to help the children in your care find other ways to communicate what they are trying to tell you or others by biting and aggression.

- 2 Minimum Participants
- OCFS: (1) CD; 2(NH); (3) PD
- Trainer: Amanda Miller
- Cost: **FREE** thanks to Region 2 Infant Toddler Resource Center project



**March 5th**

**6:00–8:00pm via ZOOM**

**“Staff Recruitment, Management and Retention”**

**Core Business**

**Goal:**

- To understand how to minimize staff turnover and build staff retention

**Learning Objectives:**

- Identify methods for staff recruitment
- Create a system for interviewing and hiring staff
- Develop an orientation process for new hires
- Construct a professional development plan for new hires and existing staff

2 Minimum Participants  
OCFS: (3) CD; (5) BR; 7 (SDC)

Trainer: Tracy Travis

Cost: **FREE** thanks to OCFS  
CCRR Contract

**March 20th**

**6:00–8:00pm via ZOOM**

**“Poems, Songs & Nursery Rhymes”**

Let’s get back to singing and talking with the youngest children in our care more, with poems, songs and nursery rhymes. Do you have a toddler that you think might have a speech delay? Come learn why adding poems, songs, and nursery rhymes to your daily routines and schedule can help them add to their language development. You will leave the training with a resource full of poems, songs, and nursery rhymes.

- 2 Minimum Participants
- OCFS: (1) CD: (3) PD
- Trainer: Amanda Miller
- Cost: **FREE** thanks to Region 2 Infant Toddler Resource Center project

**March 27th**

**Penn Yan Office 6:30–8:30pm**

**“Adult and Pediatric First Aid/CPR/AED- Blended:**

A combination of online learning and in-person skills session. Learn the material at your own pace online. Then attend the following in-person skills sessions with our American Red Cross Certified trainer to complete your requirements for Infant, Child, and Adult First Aid/CPR/AED

- 3 Minimum Participants
- OCFS: 2(NH); 4(SS)
- Trainer: Tracy Travis
- Cost: \$95.00. EIP is available to Licensed/Registered Providers and approved Assistants.

<https://www.ecetp.pdp.albany.edu/mytraining/guest/LogIn.aspx?ReturnUrl=%2fmytraining%2fEIPAPP%2fbefore-you-apply.aspx%3fProg%3deip&Prog=eip>



Amanda Hines  
CACFP Administrator

## Winter Stew

### Ingredients:

- 1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 1/2 pounds cooked stew meat
- 14 cup canned apricots (drained and diced, about 2 ounces, optional)



### Instructions:

- In a large pot, combine all ingredients except beef and apricots and mix well,
- Bring the pot to a boil for 5 minutes
- Cook over low to medium heat for 30 minutes
- Stirring every 15 minutes.
- Add beef and apricots to the pot and mix well.
- Cook over low heat for 10 minutes.



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."

## Inside Fun Movement in Winter

### Mitten Match

Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the kids move around to complete the task.

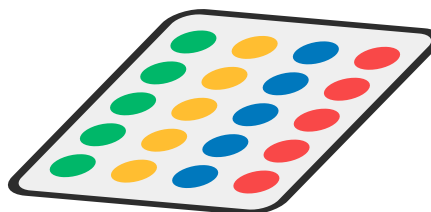


### Masking Tape Fun

You can use masking tape to make lines (straight and curved), designs (zigzags, grids), hopscotch/obstacle course, alphabet mazes, and large tic tac toe boards all over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid, can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

### Twister

Make your own large twister board. Using colored feet or circles secure them on the ground with clear contact paper.



## How To Make Instant Snow

### Materials:

- Instant snow powder
- Pitcher for water
- Big bowl for mixing snow
- Large plastic tray
- Toy animals

Time Needed: 10 minutes

### Instructions:

- Mix instant snow- follow the instructions from the container to create your instant snow.
- Grow your snow- Almost instantly the snow begins to grow quite quickly. Fluff it with your hand or spoon a few times, then pour out onto a tray for the kids.
- Fluff it, push it, make mountains!
- Add your toys and have fun in your own winter wonderland!

*Activity must be supervised by adult. \*\*Choking Hazard.*

*Intended for children 4 and older who will not try to 'eat' the snow.*



<https://artfulparent.com/making-fake-snow-indoor-fun-for-kids/>



**Parenting goals are goals that you set either for yourself or your family.**

This could be a behavior you want to change in yourself, such as practicing being “present” in the moment, or a family goal of spending more time together, cutting down screen time, etc. No matter what you decide your goals will be, remember that:

- Your goals can be flexible and change over time
- Your goals are unique to you and your family

It's ideal to start small with goals that are realistic and achievable.

Make a list of two or three clear goals. Here are some ideas:



- **Build your parenting support network:** Parenting is demanding work. Social connections make a big difference in your resilience as a parent and often provide a much needed fresh perspective. Having friends to talk with, play with, cry and laugh with is an essential part of self-care.
- **Spend more time together as a family.** Another great goal for your family is to spend more positive, fun time together. Can you ever spend too much time together as a family? Probably not—especially when your kids are school-aged or if you or your partner work full-time.
- **Be a more patient parent:** Parenting is one long, hard lesson in patience. Whether it's your toddler “doing it myself!” or your preteen begging for a smartphone, there is no shortage of moments when your patience will be challenged as a parent—which can sometimes result in a short-fuse. Without proper attention paid to our own needs and feelings, the stress can become overwhelming and we might not always respond to that stress in helpful ways.



**Can't go wrong with a focus on family:** The great thing about setting parenting goals is that you can't really do it wrong. Just the simple act of intending to set parenting goals to improve your skills as a parent, spend more time together with your family, or change the way you interact with your children, shows just how much you love them.

This article is brought to you by Parenting Now Parenting Educators and authors Amanda Bedortha, Claire Davis and Lynne Swartz and consultant Jay Thompson ([andupdatemywebsite.com](http://andupdatemywebsite.com)).

## Ways to Celebrate Diversity, Equity, Inclusion and Accessibility in the Child Care Setting

### What Families And Providers Can Do Together

Invite families and community elders into the classroom to share stories or fables from their cultures (can be in person or online).

Children can act out folktales to make learning about another culture interactive.

Family holidays – parent/guardians can provide video clips of their family celebrations and share various traditions.

“Food from your culture day” – will require family/guardian assistance. Children can experience food from different cultures this way.

### What Providers Can Do

Encourage children to write and speak in their native language.

Ask children to teach their classmates frequently used words, greetings, numbers, etc.

Teach and sing songs in different languages.

Explore different cultures like creating tissue paper flowers and have different musical instruments/songs/dances to showcase a culture.

Create play experiences that do not require English – simple board games, art experiences, blocks and puzzles.

Help children verbally share the things that make them special.

Incorporate virtual field trips: countries, museums, etc.

Teach children it's okay to ask questions; teach acceptance and values and set a good example.

### Child Care Space

Ensure the child care space, activities and materials reflect diversity, equity and inclusion and are accessible: hang posters and pictures, and include games, toys and books.

Look for interesting artifacts to spark conversation.

Incorporate a map/globe to connect artifacts to specific countries/cultures.

Hang photos of the children and their families.

Ask families to contribute photographs and descriptions of their cultural celebrations.

Create a collage of the children's different cultural backgrounds to display.

Create a communication board – a chart with symbols or pictures of frequently used words or practices.



Office of Children and Family Services

ocfs.ny.gov  
Pub. 5535 (02/2023)

## Canandaigua Pop-Up FOOD PANTRY

Town of Canandaigua Highway  
Department Barn  
5440 Route 5&20  
Canandaigua, NY 14424  
Enter on Buffalo Street

10:00  
Until Food is  
Gone

Monday:

January 27, 2025

February 24, 2025

March 24, 2025

April 28, 2025

May 19, 2025

June 30, 2025



We can help you find out if you may be eligible to participate in SNAP.

Scan for a quick prescreening and application assistance today!



Supplemental Nutrition Assistance Program

For free assistance please contact Foodlink's Benefits Outreach Team:  
585.413.5091 | SNAP@Foodlinkny.org

