

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. - Geneva Office
News*

*pg 2.- 3. - Agency
Highlights*

pg 4. - Infant/Toddler

*pg 5.- Registration & LE
enrollment*

*pg 6.-8 - Child Care
Training Reminders*

pg 9. - Food Bits (CACFP)

*pg 10. - Big Hands/ Little
Hands*

pg 11. - For Parents

pg 12.- Get Connected

Changing Perspectives... Continuing Presence...

Have You Heard the News??

CFR is doing things a little differently in Geneva!! At the end of July 2024, CFR will be closing the Geneva office location at 671 S. Exchange St.. however, staff will continue their work with families and child care programs within the community.



Over the past several years there have been many changes to community needs and service delivery requests. The impact of the pandemic has been enlightening in how parents and caregivers want to access services. This evolution comes in response to growing community and business trends including:

- virtual services available through improving technologies
- in home and in community provided supports to families
- on-site child care program supports and training
- work from home and benefit options for employees
- utilization of existing space in other CFR locations like Canandaigua, Seneca Falls and Penn Yan to improve economic efficiencies

The original Geneva location opened back in 1999 on Exchange Street to offer much needed Family Resource and Child Care Resource Center services. Through partnerships in the community, CFR was able to expand programming, share services, support new program development and be part of successful collaborations serving the Geneva community. [Even with this location change- CFR Will Still Be Here!](#) Staff will be working from home or branch offices and can conduct business as usual via telephone, virtual methods and email. In-person activities and groups will be scheduled in Geneva community partner locations as needed. Families needing car seats, diapers, supplies, child care referrals and parenting groups can still reach us at 315-781-1491 or 1-800-881-5786

Julie Champion
Executive Director



Courtney Ellis
Office Manager &
Marketing Specialist



Welcome Our New Staff!



Kristen Beideman

Child Care Program
Health Care Consultant

Kristen Beideman is a registered nurse with a Master of Public Health degree. She has 12+ years of nursing experience in a variety of fields including acute care, public health, infection prevention, long-term care, and emergency management. With her public health background, she is well versed in childhood immunization requirements. She specializes in regulatory readiness and communicable disease prevention and control.

Please feel free to reach out to Kristen for health care plan consultations, plan revisions, new plan development and questions regarding child health for your program.

Help is needed in our Penn Yan Drop-In and Children's Center @ the Courthouse programs!!

Required Skills:

- *Effective communication skills for engagement and interaction with parents and children
- *Knowledge of child development and appropriate practice
- *Enthusiasm for children and their individuality

Qualifications: Associates degree in Early Childhood or related field preferred; or CDA Certificate. Two years of experience in an Early Childhood setting with young infants and children. (Parenting not included)

Duties:

- *Provide a warm, safe, nurturing and loving environment that meets the social, emotional, physical and cognitive development of children (infants through school age)
- *Engage and interact during children's activities, prepare activity materials, and prepare an environment that is clean, appealing and age appropriate
- *Communicate formally and informally with parents. Remain sensitive and responsive to parents. Offer referrals to services to families participating in the program.
- *Full Time - 37.5 hrs per week. Typically daytime hours Monday through Friday. Occasional evening hours required to provide on site evening care during parenting workshops at the Penn Yan Family Resource Center



Pay Scale: \$18- \$20 per hour based on experience and education. Paid Time off (personal, sick and vacation time); Medical/Dental/Vision Insurance plan options; 403(B) Retirement Plan option;

Send resume to:
heather.fiero@cfresources.org

Child & Family Resources, Inc.

The Children's Center

Located at the Yates County Courthouse

Drop in program is available for families needing childcare for their appointments with:

Family Court
Mediation
Probation/parole or for
Filing court paperwork

New Hours
June 1st, 2024

The Center has been open for over a decade, and provided many families with peace of mind, so they are able to concentrate on their court business.



- ✓ Children ages 6 weeks to 12 years old can attend
- ✓ Caregivers must complete the intake form with Center Staff
- ✓ Caregiver must remain in the building at all times. In case of emergency, all changes in your location within the building must be reported to the Children's Center
- ✓ Inform Center staff of any allergies or special needs your child may have
- ✓ NO visitors or interviews are allowed in the Center
- ✓ Only the person that signs a child in may sign a child out (unless you specify otherwise in writing)
- ✓ The Center is unable to provide care to children who are ill



Child & Family
Resources, Inc.
Ontario, Seneca and Yates Counties

CENTER HOURS:

Monday: 9-5
Tuesday: Closed
Wednesday: 1-4
Thursday: 9-5
Friday: 9-5



NEW YORK STATE UNIFIED COURT SYSTEM • DIVISION OF COURT OPERATIONS
OFFICE OF ALTERNATIVE DISPUTE RESOLUTION AND COURT IMPROVEMENT PROGRAMS
WWW.NY COURTS.GOV/CHILDRENSCENTER



Child & Family
Resources, Inc.
Ontario, Seneca and Yates Counties



ECLC Infant & Toddler Mental
Health Consultation Project

Together with CCR&As, New York Center for Child Development, & Docs for Tots



Meet Shana Toner

Infant/Toddler Mental Health Consultant

All About Me...

I am Shana Toner and I live in Geneva with my husband Dan, and our two daughters. In my spare time I enjoy spending time with friends and family on Seneca Lake. I also love making crafts and always have multiple projects going!

My Role

As a consultant, I work together with caregivers, childcare providers, directors and families to support infant and toddler mental health. I recognize that you are the expert in your field! My job is to support you in creating the relationships, environment and learning activities that promote mental health in children ages 0-3.

My Background

I have a Masters Degree in School Psychology and worked in K-12 public/private school settings for 7 years. Throughout college, I worked in an infant/toddler childcare setting and my own two children attended the same program a few years later! I've spent the last 3 years working part-time and focusing my energy on raising my own children, which is the work I am most proud of so far!

Interested in Mental Health Consultation services for your infant/toddler program? Reach out to Shana to see if this service is a good fit for you!
Email: stoner@cfresources.org
Phone: 315-949-1086

When the sun is shining and the birds are chirping, it's normal to want to go outside and take advantage of the warmer weather. However, there are many parent permissions that need to be obtained before the fun can happen!



Before heading out to your approved outdoor play area, Section .11(f)(7)(i) indicates a caregiver must have written permission from the parent to apply over-the-counter products, including but not limited to topical ointments, lotions, creams, sprays, including sunscreen products and topically applied insect repellent. A separate OCFS-6010 form must be completed for each over-the-counter product used/ applied and kept on file for review.

Visiting places outside of the programs normal environment, such as field trips, become more frequent during the summer. Section .6(a) indicates written consent from the parent for any transportation provided or arranged for by the caregiver must be obtained, OCFS-6013 has been developed to utilize for compliance. Section .6(c) also indicates parents must be informed and agree to a transportation plan, OCFS-6020 has been developed to utilize for compliance. When transporting children it is important to think about a few things...is the size of your vehicle big enough to accommodate all children in care, do you have the appropriate child safety seats available, and how will you maintain competent supervision during the trip?

Water activities become extremely popular during the summer months to help cool off. Section .5(g)(1) states the use of spa pools, hot tubs and fill-and-drain wading pools is prohibited. However, there are many activities that can be implemented in a safe and structured way to stay cool. Water activities should ALWAYS be supervised from the beginning to the end of the activity. Remember, a child can drown in less than 2 inches of water.

Don't forget about your yearly training requirement! Section .14(c)(2) states all employees, substitutes, and volunteers, must complete a minimum of 5 hours of OCFS approved training each year. These changes have been in place since 9/2019. All mandated reporters are 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. If you are unsure if you have completed the revised training, please review what topic areas listed on your certificate, if ACEs (#10) is listed, the revised training has been completed!

Remember, your licenser or registrar are available to answer any questions you may have regarding regulation compliance. Therefore, do not hesitate to contact them.

Stay safe!

Sincerely,
Andrea Bedette
Registration Coordinator



Tracy Travis
Professional Development
Coordinator



August 5th 6:00–9:00pm via Zoom
“Ongoing Financial Management (Core Business #2)”

Goal: Uses sound financial planning and management skills to sustain the program’s operation.

Learning Objectives: Recalls basic accounting terms that are needed for childcare finances. Identifies and resources common revenues for childcare programs.

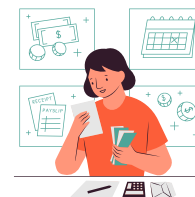
Implements a system for financial record keeping procedures.

Two participants Minimum to conduct training.

OCFS: 3 (PD); 5 (BR)

Cost: FREE

Trainer: Tracy Travis



Aug 7th; 8th; 14th; 15th; 21st
6:00–9:00pm each night over Zoom

**“Health and Safety Training:
Competencies in Child Care for Day
Care Center, School–Age Child Care,
and Enrolled Legally Exempt Group
Directors”**

Directors are responsible for hiring, training and maintaining staff who provide a healthy and safe environment for children. This course will help directors look at policies and procedures that reinforce high–quality health and safety practices.

**Two participants Minimum
to conduct training.**

**OCFS: 1(CD) ; 2 (NH) ; 3 (PD); 4 (SS) ; 5
(BR); 9 (SBC)**

Cost: \$250.00

Trainer: Tracy Travis

August 12th
6:30–7:30pm via Zoom
OR
September 16th
6:30–7:30pm via Zoom

“Business Let’s Talk About It”

In this training we will talk about the business topics that you want more information on. Talk with others in the same field to get ideas on what works and what doesn't. Individual assistance is available to help in the organization of business files.

**Two participants Minimum to
conduct training.**

OCFS: 5 (BR)

Cost: FREE

Trainer: Tracy Travis



**August 13th
6:30–7:30pm
Penn Yan Office**

**“Provider
Network Night”**

A time for you to network with one another on topics that interest you. No training credit will be given, FREE to attend.

**Three participants
Minimum to hold group**

**OCFS: NONE
Cost: FREE
Trainer: Tracy Travis**

August 20th 6:00–8:30pm

Penn Yan Office

**“OD: Child Abuse and Maltreatment
Protective Factors”**

During this training, we will describe the different protective factors for child abuse and maltreatment. We will explain ways you can increase these protective factors for children. We will also be defining child abuse, maltreatment, and your role and responsibilities as a mandated reporter.

Must register at:

<https://www.ecetp.pdp.albany.edu/mytraining/roster/RosterReg.aspx?TrainingID=42833>

Ten participants Minimum to conduct training.

OCFS: 6 (CA); 8 (SCA); 10 (ACE)

**Cost: FREE
Trainer: Tracy Travis**



**August 27th
6:30–8:30pm– Zoom
“FCC 5 Plus”**

**Have you been in the childcare field for five or more years?
Would you like to meet with other experienced providers?
Would you also like to learn more than the same old stuff?**

If so, then the “FCC Five Plus+” is the place for you! Starting in August 2024 we will meet to discuss topics that you choose! During these 6 sessions all 10 topic areas will be addressed in this 15 hour training session. Tracy will present the first class on Program Development. 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.

**Three participants Minimum to conduct training.
OCFS: 1 (CD); 2 (NH); 3 (PD); 4 (SS); 5 (BR); 6 (CA); 7 (SDC); 8 (SCA); 9 (SBS); 10 (ACE)
Cost: \$300.00
Trainer: Tracy Travis**



September 9th

6:00–9:00pm via Zoom

“Staff Recruitment, Management, and Retention (Core Business #3)”

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.

Two participants Minimum to conduct training.

OCFS: 3 (PD); 5 (BR)

Cost: FREE

Trainer: Tracy Travis



September 28th

Noon–2:00pm, Penn Yan Office

**“Adult and Pediatric First Aid
CPR/ AED”**

A combination of online learning and in-person skills session. Learn the material at your own pace online.

Then attend one of the following in person skills sessions with our American Red Cross Certified trainer to complete your requirements for Adult and Pediatric First Aid/CPR/AED.

Three participants Minimum to conduct training.

OCFS: 2 (NH); 4 (SS)

**Cost: \$95.00 (EIP eligible for
registered/ licensed providers)**

Trainer: Tracy Travis

September 30th

6:30–7:30pm

Seneca Falls Office

**“Provider
Network Night”**

A time for you to network with one another on topics that interest you. No training credit will be given, FREE to attend.

**Three participants
Minimum to hold group**

OCFS: NONE

Cost: FREE

Trainer: Tracy Travis

Chicken and Cheese Snack Cup with Grapes

Snack Crediting for Ages 3–5

Amanda Hines
CACFP Administrator



Prep time: 10 minutes

Makes: 6 servings

Cook time: 0 minutes

Ingredients:

$\frac{3}{4}$ cup (3 oz) chicken breast, cooked, skinless, rotisserie, $\frac{1}{4}$ " diced

$\frac{1}{4}$ cup + 2 Tbsp Colby cheese, $\frac{1}{4}$ " diced

3 cups red grapes, seedless, fresh, halved (gently wash grapes under running water before cutting)

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Layer chicken and cheese in a 6 fl oz clear plastic cup (1 Tbsp chicken and 1 Tbsp cheese).
3. Top each cup with $\frac{1}{2}$ cup sliced grapes.
4. Serve 1 6 fl oz cup. Serve immediately, or cover and keep cold at 40 °F or lower.



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."

Keep it Movin'!



Get the children moving with this list of physical activities for kids!

Indoor and Outdoor!

How did you like to stay active as a kid? What physical games do you play at home? What physical activities do you do with your kids?

According to a 2019 study, approximately 17% of children in the United States are presenting with obesity ¹. Fitting active play into a child care or family routine helps to combat obesity as well as related health problems, like diabetes, heart disease and high blood pressure. It also helps with long term problems such as bone health.

Toddlers and Preschoolers are naturally active. Look for fun physical games for kids that don't require too much structure when they are preschool age. This age likes it best when adults play too. Most of these activities can be done without any extra equipment.

Jumping Jacks

Start with 20 of these to get the blood flowing. You can easily incorporate these into a game of Simon Says if your kids are a little older! This is a fun activity to do to a music soundtrack.

Balance Beam

Easy set up! Masking tape is all you really need – make a line on the floor and have fun! Ask the child to walk to the end only on the line. Try more lines at different angles, spirals, and zig-zags.

Keep the Balloon Up

This one will get rambunctious! This can definitely be one of the wilder physical fitness games. Secure your indoor space and check for breakables. Better yet– play it outside in wide open spaces. Simply blow up some balloons and tell the kids to keep the balloons from touching the floor.

Dancing

No real explanation needed here. Turn up the music and have a dance party!

Temper Tantrum

I know, not really a favorite among the physical games for kids. But, go on, give the kids permission. Temper tantrum! Guaranteed to release some energy and if they really kick and rage they'll engage their core muscles, too. Maybe the grown-ups should give it a try alongside them?!!?

More ideas on source link below....



Source: Family Fun Twin Cities

What do participants say?

HEALTHY FAMILIES

Ontario Seneca Yates



How does Healthy Families Ontario, Seneca and Yates work?

The Healthy Families Home Visiting Program offers home-based services to support expectant families and new parents with the changes and needs that often come with the birth of a new child. Services are voluntary and provided at no cost.

The first step...

Anyone can make a referral to HF; you can even refer yourself! We strive to talk with all expectant parents and parents of newborns in the communities we serve- Ontario, Seneca and Yates County Our goal is to identify strengths and challenges prenatally or at birth and provide appropriate information and referrals to help babies get off to a healthy start.

What's next...

A specially trained staff member may meet with you to further explore the strengths and stressors that are unique to your family. After this discussion, you may be provided with referrals to services in your community that can help you meet your needs and goals.

On-going support...

A Family Support Specialist (FSS) will offer on-going support right from the start. They work with you and your family in your home environment. Home visits often begin prenatally and may be offered until your child is in school or Head Start. They may be provided on a weekly basis at first but decrease over time.

The FSS can support your family by:

- Connecting you with medical providers for prenatal/well-baby visits and immunizations.
- Providing information on prenatal care, parenting, infant and child development, and child health.
- Demonstrating activities for you to practice with your child to increase bonding and to stimulate cognitive and physical development.
- Assessing your child for developmental milestones and providing referrals for early intervention if needed.
- Helping your family access community resources and services, such as job training, ESL classes, legal services, GED preparation classes, and health care.
- Family time
- You and your family may also have opportunities to attend social and educational events. These events enable parents to establish connections with other parents of young children and share parenting experiences, successes, and challenges.

Healthy Families works to nurture healthy parenting for healthy babies.

Asking for Assistance

Questions you ask will vary based on the person you are contacting, the age of your child, and the concerns you have about your child.

- Does my child need more assistance than other children or is their behavior typical?
- Can you help me understand the typical behavior for my child's age?
- What type of services could help my child?
- How can I find support for myself and other family members?
- Who can I call to get information about the types of services and programs which are available?



Tips from Families

When considering seeking professional help, it is normal to feel overwhelmed. Keep in mind that you are the one who knows your child the best.

Every child is unique and responds differently to treatment and support services. Be patient and persistent in finding the right supports that work for you and your child.

Scan or click the QR Code to view Project TEACH's resources!



Family/Youth



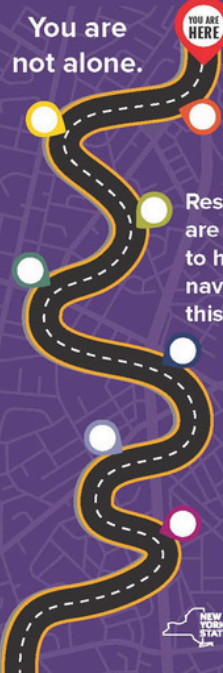
Provider

Family Guide: Where to Turn

Are you concerned about your child's behavior or development?

You are not alone.

Resources are available to help you navigate this journey.



Notice any changes in your child?

The following are some general areas of concern for each age group, although it is important to note that there may be other changes beyond those listed.



Observe and talk to your child.

Do you notice any changes in these areas?

- Sleeping
- Eating
- Talking
- Socializing
- Playing
- Family
- Mood
- Worries
- Learning/School
- Attention
- Friendships
- Energy Level
- Stress
- Isolation
- Drugs/Alcohol
- Sexual Activity

Remember, some behaviors are normal depending on your child's age and circumstances.



Want more information?

Scan or click the QR code to view more information about children's milestones.

Preparing for my Child's Appointment

What Items Should I Bring?

- ✓ Health insurance information
- ✓ Your child's medical and/or mental health history, including any medications
- ✓ Your list of concerns about your child including what you have tried and what has worked and doesn't work
- ✓ If there is information you would like the doctor or professional to know, but you don't want to discuss in front of your child, write them down and give them to the doctor or professional to read over

What Should I Expect?

You may be asked about your family history, your child's developmental milestones, and their performance in school, home, and the community.



Who should I contact?

Scan or click any of the QR Codes for more information



Family Doctor or Pediatrician

Bring your child to your local doctor to get recommendations for your child's needs.



Early Intervention Program

Contact your county to see if your child between the ages of 0 and 3 is eligible for disability support services.



County Children's Single Point of Access Coordinators (SPOA)

Contact your local SPOA coordinator to get help with connecting to providers and mental health services.



Help Hub for Families

Brought to you by the New York State Council on Children and Families, Help Hub for Families is a user-friendly website that aims to connect parents and caregivers to health, education, human service, and disability information. HelpHubforFamilies.ny.gov



School District

Your child's school can give you information about programs, services, and special education options for children ages 3 and up.



Office for People With Developmental Disabilities (OPWDD)

Contact your local Front Door Office to identify needs and connect to developmental disability services for your child. Call: 1-866-946-9733



NY Connects

Contact NY Connects to find out about long term supports for all ages and/or any disability. Call: 1-800-342-9871



211 (NYS) and 311 (NYC)

Call these helplines to get help with assessing your needs and linking to resources.



Families Together of NY State

Contact to find a Family Peer Advocate in your area. Call: 888-326-8644



Parent to Parent

Get connected to a statewide network of parents who provide emotional support to families of individuals with special needs. Call: 518-381-4350



Office of Children and Family Services HEARS Family Line (Help, Empower, Advocate, Reassurance, and Support)

Call OCFS HEARS to learn about services including food, clothing, housing, medical and behavioral health care services, parenting education and child care. Call: 1-888-554-3277

988 SUICIDE & CRISIS LIFELINE
IF YOUR CHILD IS IN CRISIS
 Call 988 or Visit 988lifeline.org/chat

