

CFR CONNECTION

STAY CONNECTED WITH CHILD AND FAMILY RESOURCES, INC.



CHILD & FAMILY
RESOURCES, INC.

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES COUNTIES

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A Look at The Child Care Crisis....

What DO We Know?

The child care sector was struggling before the pandemic. While many families are now able to access the newly expanded Child Care Assistance Program to help with child care costs – many families cannot find a child care program with an open slot.

In some cases, programs have to close rooms or whole programs on short notice due to staffing shortages (lack of staff or staff– leaving parents patchworking on the spot care or missing work.) In other cases, programs adjust operating hours to accommodate the lack of staff, which diminishes parents' ability to earn and provide for their families.

Hundreds of classrooms are closed....

Thousands of staff positions are unfilled....

Thousands of children across NYS are waiting for care....

Why Is The Shortage Happening?

Low Wages. Child Care workers have historically been one of THE lowest paid workers in NYS and across the nation receiving minimum wage rates and limited benefits. Four years ago (prior to the pandemic) the average child care worker was earning \$11.80/hour. Currently it is \$15/hour. Typically, the wages of child care workers are based on revenue gained through fees paid by parents. Can parents afford to pay more for child care?

Without additional funds to support infrastructure and staffing of a child care business, workers' wages will most likely remain low and non-competitive. Potential employees with the education and experience to provide quality child care are choosing school districts, warehouses, retail and food service, all which can provide better benefits and higher salaries. But only if they have child care for their children.....

What is the Impact on Children, Families and Communities?

Long-term unfilled positions and turnover of staff negatively impacts children by undermining relationships, consistency of care and relationships that support positive child development and emotional health...

Poor social emotional health in children leads to behavioral issues, lack of milestone achievement and struggles in school...

Families struggle to be self-sufficient...

Parents seek the limited jobs that allow for flexibility of work from home, adjustable hours etc. Or they leave employment...

Businesses are unable to maintain the workers they need due to lack of child care and close....

Communities cant offer services to their members as businesses struggle or close...

Families and children in need are unable to succeed due to lack of resources....

Communities struggle....

What Can You Do?

Speak Up.... Advocate.... Make Change...

Sources include:

Child and Family Resources, Inc., A Look at Child Care

Early Care and Learning Council : Take Action!!

Empire State Campaign for Child Care: empirestatechildcare.org

Child Care Aware of America: Demanding Change_ childcareaware.org



Julie Champion
Executive Director



Courtney Ellis
Office Manager &
Marketing Specialist

JOIN US!
MARDI GRAS
THEMED COMMUNITY EVENT

ACTIVITIES:
MARDI GRAS HATS,
MASKS AND BEADS!

Saturday, February 10th
10am - 12pm

Two Locations:
Geneva Public Library
244 Main St, Geneva, NY
CFR's Penn Yan Office
263 Lake St, Penn Yan, NY

FREE event, thanks to a grant
from the OCFS Trust Fund

FREE
Events Happening
Within Our Community!

Reminder
CFR Offices will be closed on
February 19th for
President's Day.

IT'S DR. SEUSS' BIRTHDAY!
Join us at a partnering library
to help us celebrate!

When:
March 2, 2024
10:30 am - 12:00 pm
Best suited for ages 2-6
All ages welcome!

What:

- Puppet Show
- Puppet Craft
- Story Time
- Book Giveaway
- Snack

Where:

Dundee Library 32 Water St, Dundee	Seneca Falls Library 47 Cayuga St, Seneca Falls
Edith B Ford Library 78169 Main St, Ovid	Seneca Falls Library Seneca Falls Library
Gorham Library 2664 NY-245, Gorham	Geneva Public Library 244 Main St, Geneva
	Wood Library 134 N. Main St, Canandaigua

Child & Family Resources, Inc.
GENEVA SEALS
Budding Readers
Healthy Families Ontario, Yates & Seneca
An affiliate of Healthy Families America™

Check Out Our New Program!



SUPPORTING KIDS' HEALTHY DEVELOPMENT

GROW CHECKS FOR CHILDREN AGES 1-5

What are GROW Checks?

Free, quick, and fun health and developmental checks are available for:

- ✓ Speech and language
- ✓ Movement
- ✓ Thinking and reasoning
- ✓ Social and emotional development
- ✓ Vision, hearing, dental, height/weight

GROW Checks...

- Are an extension of your child's regular health check and can let you know if your child's development is on track
- Can help determine if there may be a need for further evaluation or testing in any area
- Offer you a Navigator to work closely with you and your child's doctor to provide resources, support, and next steps

Why would my child need these checks – we already go to the doctor?

Your doctor partners with the GROW team professionals to ensure that your child's development is healthy and on track. These free checks can take a closer look and help determine if there may be a need in areas that you or your doctor might wonder about - like speech and language, or like writing, running, or playing.

Where are GROW Checks done?

You choose!

- At home with a virtual GROW Check appointment
- At a community GROW Check location – limited during COVID restrictions
- At your child's daycare or preschool – limited during COVID restrictions

To schedule a GROW Check or for additional information:

- Visit: www.GetReadyToGrow.org
- Email: colleen.scott@cfresources.org (Yates County families)
- Contact: Colleen Scott @ 315-536-1134
- Partnering agency: Child & Family Resources, Inc.

www.GetReadyToGROW.org |  

263 Lake Street, Penn Yan, NY 14527

FREE • QUICK • FUN



children's
institute

STRENGTHENING SOCIAL AND
EMOTIONAL HEALTH

A COMMUNITY INITIATIVE MANAGED BY
CHILDREN'S INSTITUTE

GROW Provider/Parent Flyer V1



Amanda Miller
Child Care
Support Specialist



Can't get outside because the weather is too cold? Do you have children with challenging behaviors that are wearing you out? I'm going to give you some great tips and activities to add to your daily routine to help keep those children from having challenging behaviors and make your day less stressful. Let's first start off with what might be causing these issues by looking at the recommended active play time for children of all ages.

Infants- 30 minutes

Toddlers- 60 minutes

Preschoolers- 3 hours

Most likely, you don't have that much time allotted on the playground or in the large motor room and the children can't get that energy out which is causing them to "act a fool" in the classroom. When children aren't allotted the time they need to get out that built up energy they may become crazy and start testing their limits in the classroom. It is important to recognize this and figure out a way to get them up and moving.

Some ways that you can get the children up and moving in the classroom for toddlers and preschoolers, would be to have them jump or hop during a transition time such as lining up after circle time or maybe even doing a song with motions that get them up and moving during circle time such as one of my personal favorites "We are the Dinosaurs" by The Laurie Berkner Band.

If you are struggling to get infants their full 30 minutes of tummy time spread out throughout the day because you have a lot of mobile infants/toddlers you can get creative and set up a little area in the room where it's safe for the infant to have their tummy time. Having the other children lay on their tummies while the babies have tummy time while you read them a couple of stories is also a great activity to encourage all children to enjoy tummy time. Tummy time is not only important for infants but building those core muscles is important for toddlers and some preschoolers too. In this day of electronics, kids are not getting enough core body strengthening activities so this could be a fun way to have them build those muscles so they're not falling out of their chairs due to low core muscles.

There are so many other ways you can incorporate active play into your everyday routine in and out of the classroom. If you are interested in taking the "Active Play" training or having us come train your staff, contact one of your trainers- Amanda Miller or Tracy Travis.



Attention Child Care Providers

In 2021, NYS Social Services Law was revised to include two important changes that went into effect on April 1, 2022.

- One of the changes required OCFS to update the mandated reporter training to include information on implicit bias, ACEs, and how to recognize signs of child abuse or maltreatment.
- What does this mean for your program? It means, 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 licensor or regulator.

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

Stay warm!

Sincerely,
Andrea Bedette
Registration Coordinator



Andrea Bedette
Registration Coordinator



Feb. 8th

What Is Best Practice for Babies

6:30–8:30 pm via Zoom

Several topics related to babies will be discussed in this training, however the main focus will be on program development. Topics such as: promoting movement, circle time, and free toys. Also, in this training several infant topics will be highlighted such as: freedom of movement; sudden infant death; purple crying; shaken baby; nutrition; health needs; infant care; infant development and red flags to look for. Come share your ideas on infant movement as well as infant care.

- OCFS: (1) CD; (2) NH; (3) PD; (7) SDC; (9) SBS
- Tracy Travis



Feb. 10th & 11th

Health & Safety for Family and Group Family Providers 9am–5pm both days in Penn Yan

This competency-based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. Successful completion of this course is required for all new family or group family day care applicants in New York State prior to licensure or registration, as well as for existing family or group family day care providers who change location or modality. This course is required for all new FDC and GFDC providers by NYS OCFS.

- OCFS: (2) NH; (4) SS; (5) BR; (6) CA; (7) SDC; (8) SCA; (9) SBS
- Tracy Travis

Feb. 14th

Director's Coalition 12–1:30pm via zoom

Directors Coalition consists of child care directors from Ontario, Seneca, and Yates Counties, with the goal to have a professional networking system for support and training. The meeting focus is determined by the directors. Presenters are provided by CFR and training hours are offered. The group is composed of new directors and those with many years of experience. At this time Directors Coalition is offered over Zoom to accommodate the busy schedules of our directors.

For additional information contact Amanda Miller at 315-536-1134



Feb. 20th

Loose Parts 6–8pm via Zoom

We all know when you give a child a toy often, they are more interested in the box than the actual toy. In early childhood settings, loose parts means objects and materials that children can move, manipulate, control and change while they play. Children can carry, combine, redesign, line up, take apart, and put loose parts back together in almost endless ways. Join us for the training and learn more about the materials you can use to inspire play by using items from your backyard.

- OCFS: (1) CD; (3) PD
- Amanda Miller



Feb. 27th

PALS #3 6–8pm via Zoom

Type, Daily Activities and Providers' Role

- Participant will examine the difference types of physical activity and identify how they encourage health and child development. Content addresses how physical activity can be embedded throughout the daily schedule and can support early learning. Throughout the session participants will consider how they create environments and experiences that support physical activity.

- OCFS: (2) NH; (7) SDC
- Amanda Miller



Feb. 12th & 24th

Workforce Expense Report Review

Feb 12th- 6:30-7:30pm via Zoom

Feb 24th- 2-3pm via Zoom

If you participated in the Workforce Grant you might have an expense report coming due very soon. Join me to walk through a demonstration of how to complete your expense report for your program. One on One assistance is also available.

- OCFS: (5) BR
- Tracy Travis



Feb. 15th

Business Let's Talk About It

6:30-7:30pm viz Zoom

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

- OCFS: (5) BR
- Tracy Travis

Feb. 21st

Core Business #2- Ongoing Financial Management 6-9pm via Zoom

- This workshop, Ongoing Financial Management is the second in a six part series.
- 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
 - OCFS: (3) PD; (5) BR
 - Amanda Miller

Mar. 4th

Business Let's Talk About It 6:30-7:30pm viz Zoom

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

- OCFS: (5) BR
- Tracy Travis

Mar. 18th & 30th

Workforce Expense Report Review

Mar 18th- 6:30-7:30pm via Zoom

Mar 30th- 2-3pm via Zoom

If you participated in the Workforce Grant you might have an expense report coming due very soon. Join me to walk through a demonstration of how to complete your expense report for your program. One on One assistance is also available.

- OCFS: (5) BR
- Tracy Travis

Mar. 20th

Core Business #3 6-9pm via Zoom

This workshop, Staff Recruitment, Management and Retention is the third in a six part series.

- 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
- OCFS: (3) PD; (5) BR
- Tracy Travis





Tracy Travis
Professional Development Coordinator

Mar. 5th&6th, 12th&13th, 19th&20th

Health & Safety for Center Directors/SACC
Directors/Le Directors
6–9pm via Zoom

- 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.
 - OCFS: OCFS: (1) CD; (2) NH; (3) PD; (4) SS; (5) BR; (8) SCA; (9) SBC
 - Amanda Miller



Mar. 21st

CACFP Training
6:30–8:00 pm in Penn Yan



- Priority will be given to those who have not yet attended one required training. All others will be wait listed and will be contacted by phone when a seat available
- CACFP participants are required to attend one CACFP training per contract year (10/1–9/30).
- CACFP Training can also be used toward the regulatory training topic area of “2-NH”
- There is no cost to CACFP participants sponsored by Child and Family Resources.
- \$15 fee for non-Child & Family Resources sponsored CACFP participants
- Please make childcare arrangements! Children cannot be present at trainings.
- Registration is required to attend. Please register 1 WEEK before training.
 - Amanda Miller

Mar. 26th

PALS #4
6–8pm via Zoom

Families, Training & Resources, Policies

- This session provides concrete strategies for family engagement about physical activity. Participants will explore development milestones and tools from the CDC that support milestone tracking. During the session free and low-cost resources that advance their physical activity practices are shared. The session closes by examine how program policies enhance physical activity experiences for children.
 - OCFS: (2) NH; (7) SDC
 - Amanda Miller

Mar. 30th

CPR (Blended)
12–2pm in Geneva



\$95 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 Infant, Child and Adult First Aid/CPR/AED.
 - OCFS: (2) NH; (4) SS
 - Tracy Travis



Whole Grain Caterpillar Pancakes Breakfast/Snack Crediting for Ages 3-5

Amanda Hines
CACFP Administrator



Total Time: 20 minutes

Serving Size: 4 pancakes, 1/2 cup berries

Servings: 8

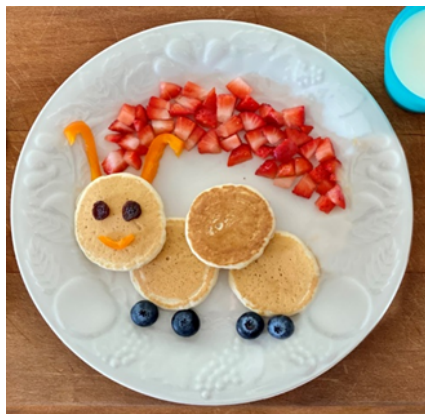
CACFP WEEK IS MARCH 10-16TH, 2024

Components

Grains, Fruit

Ingredients

- 1 cup 100% whole wheat pancake mix
- 1 cup unflavored milk
- 1 large egg
- 2 cups strawberries, chopped
- 2 cups blueberries, halved
- 1/2 bell pepper, sliced



Directions

Prepare 32 mini pancakes according to the instructions on the pancake mix box. Each mini pancake is 1 tbsp of pancake batter cooked.

Assemble 4 mini pancakes for the body of the caterpillar. Add 4 halved blueberries as "caterpillar feet." Place two slices of bell peppers on the head for the antennae and 2 halved blueberries for the eyes.

Place 1/2 cup mixed strawberries and berries on the plate as the caterpillar's food.

One serving provides 1 oz eq whole grains and 1/2 cup fruit.



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."

Snowy Trees

Supplies:

- Brown craft paint
- paper plates
- wood craft stick
- paint brush
- cup cake liners
- glue stick



1. First-squirt some brown craft paint on your paper plate.

2. Grab your wood craft stick and paint it completely brown with the paint brush.

3. When you are done painting, set it aside to allow it to dry completely.

4. Next, while the paint is drying, grab TWO white cupcake liners per winter tree craft.

5. One by one, flatten them with your hands and fold them into fourths {fold in half, then in half again}

6. Place a small amount of glue on the inside of each, so they don't come apart.

7. Next place a good amount of glue along your painted wood scoop stick, leaving a little bit of "stump" on the bottom of one end.

8. Start placing your folded white cupcake liners on top of the glue, making a TREE shape.

9. To finish off the Cupcake Liner Snowy Tree craft - have children use a little bit of silver glitter glue to add "snow" on the cupcake liners, as well as adding a "star" shape to the top.

10. Then set aside to let it dry completely, before displaying proudly for everyone to see!!

Cotton Ball Snowman

Supplies:

- White, orange and one color of choice piece of heavy construction paper or cardstock
- Two popsicle sticks
- Cotton balls
- Buttons
- Sequins or Perler beads
- Scissors
- Liquid glue



1. Cut out two circles of different sizes from the white paper

2. Cut a triangle from the orange paper and a square from the color of choice

3. Glue the circles together with the smaller circle on top.

4. Glue the square to the top.

5. Put the glue in a small bowl to allow for dipping the cotton balls or place glue onto the circles starting with small sections at a time.

6. When the circles are covered glue the wooden sticks onto the back of the body for arms.

7. Then add the buttons to make eyes and buttons.

8. Add the small triangle for the nose then use the beads or sequins to make the mouth

9. Allow the child to decorate the hat with crayons, markers or even finger paint.

***These activities should be supervised by an adult and are most suitable for children ages 3 and older.**

Jessie Kulp
Early Childhood Educator





Dawn Waite-Dinehart
Parent Services Coordinator



The winter season brings the company of gray skies, dropping temperatures, and a departing sun. This transition can pose a precarious, difficult situation for parents. You may witness a drastic change of moods in your child. Fortunately, this is a common issue that many families experience each year: you are not alone. With preparation, routine, and creativity, you can effectively mitigate the winter blues and help your child thrive in this season.

Understanding The Winter Blues

When you start to closely examine the various external factors in winter, then you can begin to fully comprehend why your child is experiencing a drastic change in temper: colder weather, the decrease in daylight hours, the shift of routines, and the heightened emotions around holidays can be overwhelming for them!

In addition, the change in duration and intensity of sunlight can cause shifts in our internal clocks and create a rise in melatonin levels: everyone is affected by this shift. However, children are particularly sensitive to this transition. You also might find that your child with a mood disorder, neurodiversity, or sensory processing issues are especially more sensitive to these changes and under-stimulation. These symptoms can include:

- Struggling with their sleep routines (falling asleep, waking up, restlessness etc.).
- Withdrawing from social situations with peers or family members.
- Drastic mood swings, lethargy and irritability.

Solutions

By effectively understanding how these changes affect your child's mind and body, you can combat the challenges that winter poses.

Activities

It's vital for your child to find ways to engage in high sensory and high energy activities; these activities should stimulate both their minds and body. Here are some indoor activities:

- Baking and Cooking.
- Doing winter chores as a family.
- Painting and Drawing.
- Visiting indoor parks, gyms, and museums (swimming, trampolining, ice-skating, etc.).

Although outdoor activities are more rare, they can create the opportunity to soak up the sun! Vitamin D can serve an important role in elevating mood levels.

- Playing in the snow (sledding, snow angels, building igloos, visiting a snow-park, etc.).
- Planning a routine trip to the playground.
- Implementing a brisk family walk each day.
- Planning an easy, light hike.

Remember that it's equally crucial to check in with your own body and emotional capacity while balancing your child's low moods and needs: your needs are significantly important as well! Remind yourself to prioritize your own mental health and expectations during this challenging season.

Days, McKenzie. "Combating the Winter Blues." Parenting Now, 12 Jan. 2024, parentingnow.org/combating-the-winter-blues/.

New York State Child Care Assistance Program (CCAP)

The NYS CCAP helps eligible families with some or all of the cost of child care. Each Local Social Services District (LSSD) manages the CCAP with funding and support from the Office of Children and Family Services (OCFS).

Visit <https://ocfs.ny.gov/programs/childcare/ccap/help.php> to see if you qualify.



Foodlink Pop-up Pantries:

January - March, 2024



MARCUS WHITMAN CENTRAL SCHOOL DISTRICT

Dates: Tuesday, Jan. 16 @ 2:00 PM
 Tuesday, Jan. 30 @ 2:00 PM
 Tuesday, Feb. 13 @ 2:00 PM
 Tuesday, Feb. 27 @ 2:00 PM
 Tuesday, Mar. 12 @ 2:00 PM
 Tuesday, Mar. 26 @ 2:00 PM

Location: 4100 Baldwin Rd, Rushville, NY

BOYS & GIRLS CLUB OF GENEVA

Date: Thursday, Jan. 4 @ 10:00 AM
 Thursday, Jan. 18 @ 10:00 AM
 Thursday, Feb. 1 @ 10:00 AM
 Thursday, Feb. 15 @ 10:00 AM
 Thursday, Mar. 7 @ 10:00 AM
 Thursday, Mar. 21 @ 10:00 AM

Location: 160 Carter Rd, Geneva, NY

STARKEY HIGHWAY BARN

Date: Friday, Jan. 19 @ 10:00 AM
 Friday, Feb. 16 @ 10:00 AM
 Friday, Mar. 15 @ 10:00 AM

Location: 656 Dundee-Glenora Rd, Dundee, NY

***PRE-REGISTRATION IS REQUIRED FOR THIS EVENT!**
 REGISTER ONLINE BY CLICKING THE LINK IN THE CAPTION
 OR BY CALLING PRO ACTION YATES OFA AT 315-279-4321

PLEASE DO NOT ARRIVE BEFORE 9AM AS TOWN EQUIPMENT IS BEING MOVED FOR THE EVENT

NAPLES OPEN CUPBOARD

Date: Monday, Jan. 8 @ 3:00 PM
 Monday, Feb. 5 @ 3:00 PM
 Monday, Mar. 4 @ 3:00 PM

Location: 15 Mill St, Naples, NY

For more information on Foodlink pop-up pantries, please visit:
foodlinkny.org/find-food