

Professional Development

TRAINING

Catalog for Child Care Programs



Child & Family
Resources, Inc.



January-December 2026

www.cfresources.org

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Child & Family
Resources, Inc.



Child and Family Resources, is dedicated to providing affordable, accessible programs that enhance and support the education of parents, caregivers, and childcare providers, as well as encourage the highest quality of care and positive learning experiences for young children.



**FOR MORE INFORMATION ON
PROFESSIONAL DEVELOPMENT, CLICK
BELOW TO BE DIRECTED TO OUR CFR
PROFESSIONAL DEVELOPMENT GUIDE**

**We Look Forward to
Working With You!!**

**CFR PROFESSIONAL
DEVELOPMENT GUIDE**

Child Care Educators Professional Development 2026 Spring Conference



**SAVE THE
DATE!**

Saturday
March 14th, 2026
8:30am-4:00pm

\$40
per person

[**Register Here**](#)

Scan code or click link



Child & Family
Resources, Inc.



As a member of Geneva 2030's Birth-to-Kindergarten Action Team, Child & Family Resources is able to partner with Hobart and William Smith Colleges to hold this event on campus.

**CPR and First Aid is a requirement for
Child Care Programs in NY State.**



All classes start at 6:30pm
unless otherwise noted

January 13 th	Canandaigua Office
March 21 (12pm)	Penn Yan Office
June 8 th	Canandaigua Office
August 13 th	Geneva HUD Building
November 16 th	Seneca Falls Office

Trainer: Candi Hart
Topic Areas Covered: 2 (NH), 4 (SS)
(6 people minimum)

Center Directors - please contact us
if you have a group needing training.

6 People Minimum
Registration is Required!
Contact Amanda Hines at:
315-536-1134

**At Least One Certified Staff Must
Be On Site At All Times.**

Blended Learning Course: \$135

*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.



PLEASE NOTE CACFP REQUIREMENTS BELOW:

- Priority will be given to those who have not yet attended one required training.
- CACFP participants are required to attend one CACFP training per contract year (10/1 - 9/30). You have 5 training opportunities to attend each contract year.
- There is no cost to CACFP participants sponsored by Child and Family Resources.
- \$15 fee for non-Child and Family Resources sponsored CACFP participants.

Date & Time	Location	Name of Training	Topic Areas
January 22, 2026 6:30-8:00 pm Register by: January 15, 2026	Penn Yan Office	"Food for Thought: Incorporating Food into Literacy with CACFP" -Explores how you can integrate food and nutrition into literacy activities while aligning with CACFP guidelines to support healthy habits and early learning.	2 (NH)
April 14, 2026 6:30-8:00 pm Register by: April 7, 2026	Seneca Falls Office	"Serving with Safety: Food Handling and Allergy Awareness in CACFP" -Practical strategies to prevent foodborne illness, safely handle and serve meals, and protect children with food allergies.	2 (NH)
July 7, 2026 6:30-8:00 pm Register by: June 30, 2026	Canandaigua Office	"From Garden to Plate: Creative Meal Planning in CACFP" -Explores how you can design, create, culturally inclusive, and nutritionally balanced menus that meet CACFP meal pattern requirements.	2 (NH)
September 19, 2026 9:00-10:30 am Register by: September 11, 2026	Geneva HUD	"CACFP Compliance Made Simple: Documentation, Portions, and Daily Records" -Understand the essential requirements for CACFP compliance by focusing on accurate documentation, correct portion sizes, and maintaining daily meal records.	2 (NH), 5 (BR)
October 28, 2026 6:30-8:00 pm Register by: October 21, 2026	Canandaigua Office	"Crockpot Meals That Count!" -Understanding how to plan, prepare, and serve crockpot meals that meet CACFP meal pattern requirements.	2 (NH)



2 People Minimum
Registration is Required!
Contact Amanda Hines at:
315-536-1134

Region 2: Infant Toddler Resource Network

Tiny Hands, Big Skills: Supporting Fine Motor Development

Participants will explore key developmental milestones, engage in hands-on fine motor activity stations, and learn how to create rich learning environments that promote hand strength, coordination, and control. This session also covers how to spot red flags, modify materials for different needs, and collaborate with families to support every child's growth.

Date: February 10, 2026
Time: 6:30-8:30 pm
Location: Penn Yan
Trainer: Amanda Miller
OCFS: 1 (CD), 3 (PD)



What Is Best Practice For Babies

Several topics related to babies will be discussed in this training. Topics include: promoting movement, circle time and free play. In this training we will also cover several infant topics 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 care and learn new tricks.

Date: May 18, 2026
Time: 6:30-8:30 pm
Location: Canandaigua
Trainer: Candi Hart
OCFS: 1 (CD), 3 (PD),
7 (SDC), 9 (SBS)



Supporting Social-Emotional Development in Infants & Toddlers

This training is designed for child care providers working with our youngest learners. Participants will explore practical strategies for responding to challenges in the infant and toddler classroom, discover how thoughtful room design can support emotional regulation, and learn ways to foster resilience in children from the very start. Providers will leave with tools and techniques to create nurturing, supportive environments that strengthen children's social-emotional growth and promote positive interactions every day.

Date: August 18, 2026
Time: 6:30-8:30 pm
Location: Canandaigua
Trainer: Candi Hart
OCFS: 6 (CA), 8 (SCA),
10 (ACE)



The Magic of the Mess: Learning Through Play

This interactive training explores how messy play supports all areas of development in infants, toddlers, and preschoolers. Providers will learn how to set up safe, meaningful, and developmentally appropriate messy play experiences that nurture creativity, sensory processing, language, fine motor skills, and social-emotional growth.

This will be a make and take event

Date: October 14, 2026
Time: 6:30-8:30 pm
Location: Canandaigua
Trainer: Amanda Miller
OCFS: 1 (CD), 3 (PD)



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.

Group is facilitated by Donna Wilcox and Candi Hart



Time: 12-1:30pm	
January 14 th	Location:
April 8 th	TBD
July 8 th	
October 14 th	



Need In-Service Trainings for your Child Care Center or SACC staff at your site

Looking for Professional Development hours for your staff?
We can offer engaging OCFS trainings on your time!

Topic ideas:

- Lesson Plans
- Social Emotional Learning
- Behavior Management
- Curriculum and Implementation
- ACEs and Older Children
- Language and Literacy
- Allergies and Elijah's Law

Topic ideas:

- Developmentally Appropriate Learning
- Environments
- Health & Safety
- Regulation Review
- The Importance of Play
- Milestones
- AND MANY MORE!!

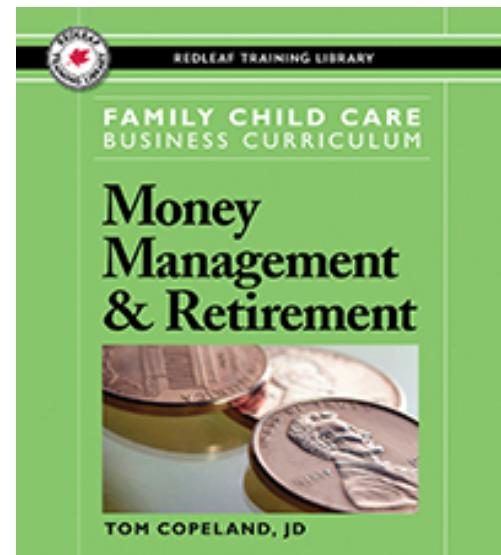


Contact Candi Hart for
more details at:
chart@cfresources.org
or
315-536-1134 (x2302)

Date & Time	Location	Name of Training	Topic Area
March 31, 2026 6:00-8:00pm	ZOOM	An Introduction to Money Management and Retirement	5 (BR)
June 30, 2026 6:00-8:00pm	ZOOM	Managing Money	5 (BR)
September 29, 2026 6:00-8:00pm	ZOOM	Making Financial Decisions and Preparing for Retirement	5 (BR)
November 30, 2026 6:00-8:00pm	ZOOM	Investing for Retirement	5 (BR)

2 People Minimum
Registration is Required!
Contact Amanda Hines at:
315-536-1134

Business trainings are
facilitated by CFR's
Business Specialist
and are offered free as part of
an OCFS CCRR Grant.



Training Registration Form

(One participant per form)

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To Register: Please remove this form along the dotted line, remembering to sign the bottom. Mail this form, along with payment (payable to Child & Family Resources, Inc.) to: 263 Lake Street, Penn Yan, NY 14527

Participants Name: _____ Center Name: _____

Address: _____

Participant's street address

City

State

Zip code

County

Email: _____ Phone: _____

Check One: Potential Provider FDC GFDC Center Head Start Staff LE SACC

Date	Training Name		Fee
1/21/19	Example	Tax Tips	Example
			\$40.00

(Please select a payment method or methods below)

My payment is enclosed \$ _____ Check/Money Order # _____

Credit Card Payment Transaction ID# _____ (found on your payment receipt)

I applied for an EIP scholarship on _____ (CFR staff will verify EIP receipt in SUNY EIP System)
*If there is a balance due, please enclose payment via check or credit card payment above.

For Mandated Health & Safety Training for potential family/group child care providers please use the Health & Safety registration form.

By signing below, I understand and agree that if my EIP application is denied or voucher declared VOID I am responsible for full payment of fees owed. I agree that registration and payment must be received by Child and Family Resources **1 WEEK prior to the training to be completely registered for the training**. I also understand that I will not be able to attend additional training with Child & Family Resources until all balances are paid in full or acceptable arrangements have been agreed upon by me and the agency designee.

Signature: _____ Date: _____

You can make a credit card payment over the phone by calling
Amanda Hines at: 315-536-1134 or scan code for PayPal payment



TRAINING

January	February	March
<ul style="list-style-type: none"> 13th - CPR/First Aid/AED 22nd - CACFP - "Food for Thought: Incorporating Food into Literacy" 	<ul style="list-style-type: none"> 10th - Tiny Hands, Big Skills: Supporting Fine Motor Development 	<ul style="list-style-type: none"> 14th - Spring Conference 21st - CPR/First Aid/AED 31st - An Introduction to Money Management and Retirement
April	May	June
<ul style="list-style-type: none"> 14th - CACFP - "Serving with Safety: Food Handling and Allergy Awareness" 	<ul style="list-style-type: none"> 18th - What Is Best Practice for Babies? 	<ul style="list-style-type: none"> 8th - CPR/First Aid/AED 30th - Managing Money
July	August	September
<ul style="list-style-type: none"> 7th - CACFP - "From Garden to Plate: Creative Meal Planning" 	<ul style="list-style-type: none"> 13th - CPR/First Aid/AED 18th - Supporting Social-Emotional Development in Infants and Toddlers 	<ul style="list-style-type: none"> 19th - CACFP - "CACFP Compliance Made Simple: Documentation, Portions, and Daily Records" 29th - Making Financial Decisions and Preparing for Retirement
October	November	December
<ul style="list-style-type: none"> 14th - The Magic of the Mess: Learning Through Play 28th - CACFP - "Crockpot Meals that Count!" 	<ul style="list-style-type: none"> 16th - CPR/First Aid/AED 30th - Investing for Retirement 	 <p>Happy Holidays!</p>



Contact us to schedule
in-service training for your
Child Care Center or SACC
program

Trainings By Topic Area



Child & Family Resources, Inc.

Ontario, Seneca and Yates Counties



Penn Yan Office
263 Lake St,
Penn Yan, NY 14527
315-536-1134



Seneca Falls Office
115 Falls St,
Seneca Falls, NY 13148
315-568-0945



Canandaigua Office
502 S. Main St,
Canandaigua, NY 14424
585-919-2476

Child and Family Resources, is dedicated to providing affordable, accessible programs that enhance and support the education of parents, caregivers, and childcare providers, as well as encourage the highest quality of care and positive learning experiences for young children.

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