

# CFR Connection

2021 Issue 1



## Child & Family Resources, Inc.

SERVING CHILDREN AND FAMILIES IN ONTARIO, SENECA AND YATES COUNTIES

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## Mental Health in Early Childhood



When you think of mental health, you seldom think of babies or toddlers. However, they can suffer serious mental health challenges and are unlikely to receive treatment that could prevent lasting developmental problems, this according to research published by the American Psychological Association.

One of the barriers to mental health care for young children is the mistaken idea that young children are immune to the effects of early adverse trauma because they are resilient and will naturally grow out of any emotional difficulties. This however is not fact. Even young infants can react to the meaning of others intentions and emotions.

Because there are very few practitioners in early childhood mental health, it is often difficult for parents or children's programs to find help when they think it is needed. The lack of services primarily fall between the ages of birth and 5 years old.

To help with this gap in services for very young children, the Early Care and Learning Council's (ECLC-the statewide association of CCRR agencies) Infant & Toddler Mental Health Consultation Project has partnered with Child and Family Resources, Inc to create a service that is designed to equip caregivers with strategies and supports to strengthen young children's social, emotional and behavioral health development – early and before intervention is needed. Once again, CFR has partnered with Family Counseling Services of the Finger Lakes to deliver Infant and Early Childhood Mental Health Consultation (IECMHC). This project does not offer direct therapy services, however IECMHC offers more of a programmatic approach to mental health and behavioral challenges.

Consultants provide supports for families and caregivers with resources and technical assistance. Consultants are highly trained mental health experts with specialized knowledge in child development, effects of stress and trauma on families, and the impact of adult mental health on the developing child. Using their advanced training and expertise, they focus on building the capacity of early childhood professionals to promote strong relationships and supportive environments for young children. Supports are:

Child/Family	Classroom/Group	Programmatic
Help adults understand and address the child's needs by developing an individualized plan with the parents, providers, and home visitors.	Work with child care providers, teachers and home visitors to improve care offered to all children by helping to identify and address attitudes, beliefs, practices, and conditions that may be undermining quality relationships between adults and children.	Support administrators, directors, home visitors and other program leaders in making changes in their care practices and/or policies to the benefit of all children and adults in their setting.

*Continued on page 3.....*

## staff & site...

### **Penn Yan Staff**

**Julie Champion** — Executive Director, ext. 2304  
**Heather Fiero** — Director of Operations, ext. 2306  
**Amanda Hines** — CACFP Administrator, ext. 2310  
**Terry McDonnell** — Finance Director, ext. 2307  
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**Barb Owens** — Professional Development Coordinator, leave messages at ext. 2301  
**Colleen Scott** — Family Support Specialist, ext. 2308  
**Amber Snyder**—Early Childhood Education– Assistant  
**Tracy Travis** — CCRR/Infant-Toddler Specialist, ext. 2314

### **The Children's Center Staff**

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**Shaintel Spencer** — Early Childhood Education (315) 531-3438

### **Geneva Staff**

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**Heather DeRuyter** — Health Care Consultant, (585) 613-5783  
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**Eileen Kiesinger**—Family Educator, ext. 2222  
**Terri Knight-Miller**—Legally Exempt Coordinator, ext. 2201  
**Natalie Poore** — Family Support Specialist, ext. 2219  
**Dawn Waite-Dinehart** — Parent Services Coordinator, ext.2205

### **Seneca Falls Staff**

**Andrea Bedette**— Registration Coordinator/SF Site Coordinator ext. 2403  
**Teresa Bryan** — Office Manager, CCR&R Specialist-Referral & LE, ext. 2401

### **Canandaigua Staff**

**Teresa Deacon** — Family Resource Specialist, 315-412-4527  
**Tina Pierce** — Family Support Specialist, ext. 2506  
**Sarah Scorsone** — Healthy Families Coordinator, ext. 2507

**Main Sites: Regular office hours are Monday-Friday, 9-4:30**

**Children's Center Hours: NEW 2021 HOURS!**

**Mondays 9:00am-3:30pm**

**Tuesdays 9:00am-3:00pm**

**Wednesdays 1:00pm-4:00pm**

**Thursdays 9:00am-5:00pm**

**Fridays 9:00am-12:30pm**

**Website: [www.cfresources.org](http://www.cfresources.org)**

**Like us on [Facebook](#)**

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NEW Fax: 315-789-2524

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115 Fall Street  
Seneca Falls, NY 13148  
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### **Canandaigua Center**

514 S. Main Street  
Canandaigua, NY 14424  
585-919-2476  
Fax: 585-394-2078

## agency highlights...



### *Continued from page 1*

We are fortunate to have **Mirandia Pipher** available as the ITMH Consultant in our area to carry on this important work. Mirandia has strong roots in Seneca County and has worked in the early childhood field for many years. She is a certified Special Education Teacher as well as Certified Infant Massage Therapy Teacher with an extensive knowledge in mental health interventions and trauma informed care in early childhood. She earned her graduate degree from Syracuse University in Severe and Multiple Disabilities. She particularly enjoys working on the programmatic level in early childhood.

To find out more about this project and how you can tap into the services, call CFR at 315-536-1134 or you can call Mirandia Pipher directly at 315-909-4720 or email her at [mpipher@fcsfl.org](mailto:mpipher@fcsfl.org).

<https://www.apa.org/news/press/releases/2011/02/babies-mental-illness>

## Healthy Families Safety Kit Distribution



The organizations who are in bold below partnered with us to provide Thanksgiving Baskets and/or Holiday Baskets to our clients over the Holidays.

This fall the Healthy Families program coordinated a safety kit distribution for 27 Canandaigua families who would benefit from this resource. The kits included cleaning supplies and hand sanitizer, child-proofing items, infant essentials, a first aid kit, a blanket, a kids safety book and parent safety information, a laundry basket and small diaper bag, as well as elementary school supply items. Thanks to the Neighbor to Neighbor Fund we were able to purchase many of these items. Additionally, Thompson Hospital, CareNet Pregnancy Center, Fidelis and Budding Readers all contributed items to this project. We appreciate the collaboration of these partners and the ability to connect and serve families in this way. Our home visiting staff brought these safety kits to families throughout the month of October, and families expressed their appreciation for this gift. Everyday needs can become costly as we all know, and can be a challenge to afford at times. Our staff members were excited to be able to organize this initiative and support local families in this way.

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

Budding Readers  
CareNet Pregnancy Center  
Cooperative Extension of Wayne Cty  
**Fidelis**  
Finger Lakes Dental Care  
**Food Link**

First Presbyterian Church - Penn Yan  
**First United Methodist Church-Gva.**  
Henkle Inc.  
Lowes  
Neighbor to Neighbor Fund  
**Our Lady of Peace Parish-Geneva**

Thompson Hospital  
Vonda Knapton  
**Yates Christmas Program**  
**Zion Fellowship in Canandaigua**

### **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.

## A fond farewell...



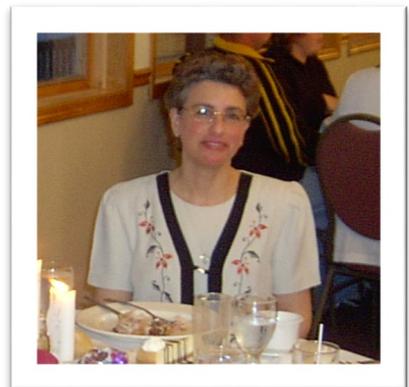
**With bittersweet wishes we say **HAPPY RETIREMENT** to **MARY JEPSEN** as she completes her journey with CFR!**

Many have come to know Mary as our Registration Coordinator who started with CFR in 2004. She joined our agency shortly after we received the contracts to provide Child Day Care Services Registration and Oversight in Ontario and Yates Counties and in the wake of a “new” data and information state system and big changes in Child Care regulations. In 2009/2010 we also received the Seneca County contract. The challenge of coordinating a broad scope of service delivery area, training and managing additional new staff and navigating changing regulations were several of many accomplishments by Mary during her 16 years with CFR.



With her background in child care settings and a Masters in Special Education, Mary helped to shape and grow our Registration project with the philosophy of doing what’s best for the children in care settings while helping programs understand and maintain regulatory requirements. Through the years she has led her team with a calm, organized, professional and empathetic approach creating longstanding relationships with both staff and child care providers.

We **THANK YOU** Mary for all of your years of dedication to helping children and the child care field. We **THANK YOU** for your unwavering support of CFR’s mission and goals and for continuously rising up to any challenge or task to support your team mates. We **THANK YOU** for being an anchor for our family with your “ray of sunshine” as our ambassador of good will, your beautiful crafting skills, delicious Christmas cookies and thoughtful working friendships. We hope you enjoy your new found time to spend with your ‘first’ family and many grandchildren. As your second family– we wish you all the best and will greatly miss you!





## How the Pandemic Is Affecting What Babies and Toddlers Learn



**Without preschool and playgroups, the youngest children are missing out on important educational opportunities.**

With all the talk of remote learning for secondary schools and colleges, one important population is missing from the nationwide conversation about learning during the pandemic: babies and toddlers.

Many parents are keeping their little ones away from playgrounds, playgroups and preschool preparatory programs. As a result, the social and learning opportunities for the youngest children have been curtailed, just like everyone else's.

Those who study and work with the youngest children are concerned about the effects on learning and school readiness. For many families, this innovation has taken the form of reconsidering screen time and digital spaces, previously a pretty big no-no for babies and toddlers. Many libraries around the world are offering story time, puppet shows and sing-alongs for kids online that many parents are taking advantage of.



You can turn almost any home-based activity or interaction into an opportunity," Dr. Pressman said, ticking off examples. To encourage the sense of discovery and the "problem solving, turn-taking and perspective-taking" that comes from situations like "navigating that playground moment of when you are going up a slide, and another kid wants to come down the slide," she advises letting children play in an undirected manner.

In some homes, that may mean allowing children "to use garages, backyards, basements or attics to find opportunities for exploring," Dr. Pressman said. If children encounter obstacles, allow them to work things out. That includes conflicts with siblings, though "if you do need to jump in, help them communicate with each other," she said.

But bath time, feeding, diaper changes and getting dressed present the best opportunities for both babies and toddlers. "It is in those caregiving moments that some of the biggest brain boosting interactions occur," Dr. Pressman said. To support that, she works with the nonprofit Vroom ([vroom.org](http://vroom.org)) and with Healthy-nest ([healthybaby.com](http://healthybaby.com)), a company that makes baby products, to provide parents with free tools and ideas to maximize such moments. And the youngest of the young are likely to benefit from extra time at home with parents during the pandemic. That's because secure attachment is the most important foundation for brain and language development. "In fact, we may find that their language is boosted because of time spent at home with their primary caregivers," Dr. Pressman said. "In some ways, babies are living their best lives." **By Laura van Straaten**



Andrea Bedette  
Registration Coordinator



Dear Licensed and Registered Child Care Providers,

Did you know that all employees, substitutes, and volunteers, must complete a minimum of 30 hours of training every two years? **Training, Section .14(c)(1-2)** outlines this requirement along with 15 hours of training being obtained in the first 6 months at program and a minimum of 5 hours of OCFS approved training must be obtained each year.

**Section .14(f)(1-9)** indicates training must address all topic areas required by state and federal laws. Utilizing form **OCFS-4880 “Individual Training Tracking Form For Child Day Care Personnel”**, can help track your completed trainings and covered topic areas. Please keep a copy of all trainings completed as you will need to submit these to your licensor or registrar before the end of your two year period.

Most recently, the regulations were amended to include adverse childhood experiences (ACEs) as a required training topic for child care providers. All parts of the regulations have been updated and are posted on the OCFS website at: <https://www.ocfs.ny.gov/programs/childcare/regulations/>. Obtaining training in ACEs will assist child care professionals with gaining a deeper understanding of the effects of trauma, and with developing strategies for nurturing resiliency in children.

With the decrease of in-person trainings due to COVID-19, there are many free OCFS e-learning training opportunities available to help you obtain the minimum required hours needed. Visit <https://www.ecetp.pdp.albany.edu/findtraining.aspx?Prog=EL> for a complete list of available trainings. There are also distance learning training options available. It is your responsibility to check the training source for OCFS approval before completing the training. This can be accomplished by reviewing the list of approved organizations on the SUNY website at <https://www.ecetp.pdp.albany.edu/distance.aspx> located in the “Approved Organizations” box.

Are you due for CPR and First Aid certification? **Section .14(m-o)** indicates a program must have one caregiver who holds a valid CPR and First Aid certification on the premises during the program’s operating hours. When choosing a CPR and First Aid course please remember training must address the appropriate ages of children in care and there must be an in-person training component in order to be in compliance. Blended courses have become popular and there are only 3 organizations that have had their courses approved by OCFS. Please visit the SUNY website above to view those organizations. CPR and First Aid certification must be available for review during operating hours. Your parent board would be a great place to display these!

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

I would like to wish Mary Jepsen the very best as she enters a new chapter in her life! She has been a HUGE mentor to me, and I am grateful to have had her guidance. I certainly have some big shoes to fill as I take on this new role.

Sincerely, Andrea Bedette, 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:**

*Kaitlyn  
Birchard  
FDC*

*Melanie Roselli  
FDC*

# child care training reminders...

## TO ALL FAMILY PROVIDERS, CENTER AND SCHOOL-AGE DIRECTORS AND STAFF

Due to the coronavirus and the unknown, we are not publishing a training catalog at this time. We are still going to provide Zoom trainings and in person with a limited number of participants, unless the latter is deemed unsafe. Any in person training will have to practice social distancing. These will be held at either the Geneva Office or the Canandaigua Office. You will be notified of these classes with an e-blast and, in some cases, a post card. Please feel free to reach out to;

Barb Owens - [barb.owens@cfresources.org](mailto:barb.owens@cfresources.org),

Tracy Travis - [tracy.travis@cfresources.org](mailto:tracy.travis@cfresources.org) or Heather Fiero, [heather.fiero@cfresources.org](mailto:heather.fiero@cfresources.org) if you have any questions.

## 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.
- ⇒ 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](mailto:heather.deruyter@cfresources.org)



**CACFP Training**  
**February 10 - 6:00-7:30pm**  
**"Healthy Foods & Your Programming"**  
**Zoom Training**  
**Registration Deadline 2/3/21**

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

**Registration form required to attend.**

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

## 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](mailto: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.

**March 20 (9:00—4:00) (Limited to 4)**  
**Classroom Course: \$125.00**

Infant, Child & Adult First Aid/CPR/AED

**May 15 (9:00—11:00) (Limited to 4)**  
**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 January 16th.

**Both Offered at Geneva Site**  
**2 (NH), 4(SS)**

Trainer: Heather DeRuyter, RN—American Red Cross Certified

## M.A.T.

### Medication Administration Training

**February 20 - 9:00—12:00**

**Geneva Site**

**Independent Study Course \$70**

**For questions contact:**

**[heather.deruyter@cfresources.org](mailto: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.

*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](mailto:tracy.travis@cfresources.org)***

This initiative is funded by the New York State Office of Children and Family Services.

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

## Indoor Winter Games



Make your own Pictionary winter game by using words like Mitten, Snowflakes, Sled, Ice-Skates, Snowman etc.

Make paper snowflakes, then have the children put them on their head and try to walk across the room without the snowflake falling off.



Have a winter picture scavenger hunt using magazines....have the children look for scavenger hunt items in magazines. Then they can paste them on a poster to create artwork.



Crinkle paper into a ball. Put a laundry basket on a table and a piece of masking tape on the floor to create a line for them to stand behind. Have them see how many snowballs they can get in the laundry basket. (Could also use a hula hoop to throw the balls through).



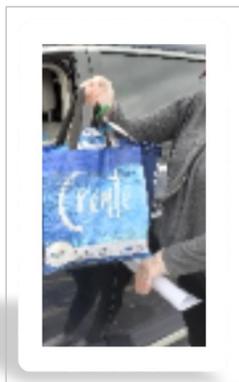
Play the freeze game with music. Have the children dance around and when you stop the music they have to freeze in position. They usually have a lot of fun with this one, looking at their funny positions!

Put painters or masking tape on the floor. Have the children try to walk on it without falling off.



**Parent Advisory Committee** held a *Calming into Fall* event on November 21<sup>st</sup>. In this particular event, in the middle of a pandemic, we were able to give "Fall" packages to many families. These packages were full of family activities, and a wide variety of everyday family necessities. This has been a very stressful time for everyone so we wanted to give back to our community's families. Our goal was to help as many families as we could, and to give them activities to bring them closer together. We would like to thank the individual's and community businesses for their generous donations to make this possible.

A Special Thank You to: Cooperative Extension of Wayne County, Fidelis, Finger Lakes Dental Care, Henkle Inc., Lowes and Vonda Knapton. Also to parents: Dorthea Ramirez, Jennifer Dinehart, Jessica Patrick-Jones and co-workers Shaintel Spencer, Mary Jepsen, Dawn Waite-Dinehart and Tonia Harrison.



For more information on how to get involved with the Parent Advisory Committee contact Tonia Harrison at [tonia.harrison@cfresources.org](mailto:tonia.harrison@cfresources.org) or call Dawn Waite-Dinehart at 315-781-1491 ext. 2205



## Healthy Baking - Banana Oat Cookies



With all of the current restrictions in place, you may be spending a lot more time in the kitchen baking with or for children. If you search, you can find healthy choices that don't have a lot of sugar or unhealthy fats. Below is a healthy recipe for Oatmeal Cookies that does not require processed sugar, shortening or butter.

### Banana Oat Cookies

#### Ingredients:

- 3 ripe bananas, mashed
- 1/3 cup (80 ml) of coconut oil
- 2 cups (160 grams) of rolled oats
- 1/2 cup (80–90 grams) raisins or dried fruit
- 1 teaspoon (5 ml) of vanilla



Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a greased cookie sheet and bake for 15–20 minutes at 350°F

[https://www.healthline.com/nutrition/healthy-snacks-for-kids#TOC\\_TITLE\\_HDR\\_14](https://www.healthline.com/nutrition/healthy-snacks-for-kids#TOC_TITLE_HDR_14)



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## The Joy of Winter



Now more than ever we need to get outside. Winter can add another layer to what children, and you, experience. Cold, snow, frozen ground and even mud are experiences that can bring joy to all. To quote the writers of "Joy of a Winter Wonderland", Sara Reichstadt and Lisa Swan, in Exchange Magazine, January/February 2020, "There are no health risks to being

outside in the rain or snow, but there are oh so many benefits! Perhaps the most obvious benefit of winter play is the beautiful, ever-changing landscape." Use this to your advantage.

I have stated in previous articles that almost everything you and the children do inside can be taken outside. Taking out just a few activities, this includes the winter season. First of all, follow the children's lead. Newly fallen snow may have hidden toys and other treasures. Let the children become treasure hunters as they explore your outdoor play yard. (This is also a great way to gather and store in a container for future use!)



Here are a few ideas for you all to enjoy:

- Remember the book "It Looked Like Spilt Milk", by Charles Green Shaw? Go cloud gazing in the winter. While you are cloud gazing have the children lay down in the snow. Of course, they are going to want to make snow angels. Add a math idea to this and have the children measure their imprint. You don't need a measuring tape to do this. Grab a stick and measure how many sticks long each child is.
- Make building blocks with various containers that you have left out overnight to freeze. The next day, pop out the blocks and build tower houses, forts, etc. For more fun add objects to freeze inside of your blocks.
- Speaking of forts one of my fondest memories as a child is building snow forts. We would use boxes to make the blocks and then stack the snow blocks. In

my own neighborhood we would make these forts next to our driveways as there was already a lot of snow packed from shoveling. You need fairly wet snow, of course. (We would then go on and have snowball fights.) The forts lasted for a long time. I lived in the Midwest where winters are really cold.

- Have you ever painted in the snow? Just like painting with water on a summer day, add some liquid watercolor (this doesn't stain like food coloring) to some water and with paint brushes create a masterpiece. You can use pine branches and other nature objects, too. It is always fun to add the same liquid watercolor mixed with water into small spray bottles and make a group project. One year my ECE class "decorated" a snowman. Brought back memories of tie-dying!
- Make your own tracks in the snow. Older children can make creative art with their tracks. The younger children can just have fun like the boy Peter in "A Snowy Day" by Ezra Jack Keats.
- And don't forget to feed the birds. There are wonderful ideas that I am sure most of you already know.
- And for a last idea, start a winter journal with the children. It doesn't have to be long. Jot down what everyone did outside that day and add pictures. It will be fun when the weather warms up to have a "Do you remember?" conversation.



Enjoy this season. We are lucky we have the 4 seasons. Winter can be beautiful and fun as long as it isn't too long!

## Remote Learning Resources



With schools going part-time or in some cases full-time remote learning due to the ongoing COVID crisis, you may find that you have a new side job as a teacher. It is important to remember that this is a new role for us, and that we may not always get it right. We all need to be willing to be flexible and adjust. For most of us, we have been thrown into this role. All you can do is try to do your best. Remember that everyone's wellbeing has to be put above all other things. Just know that you will not be expected to be perfect. Remember, teachers face challenges as well and don't always have all the answers. Here are a few suggestions and some links to online resources that you might find helpful.

- If you have room, make a dedicated room or area for the classroom area
- Try to stick to a schedule
- Remember to take a lot of breaks, especially with young children
- Plan some off screen learning activities
- Find out what your children need to know (what is the curriculum for your child's grade)
- Ask your children questions about their favorite subjects in school and what they liked (try to cater to their interests)



### Resources:

Imagination Soup - <https://imagination soup.net/parent-resource-guide-online-learning-school-closures>

National School Choice Week - <https://schoolchoiceweek.com/parent-resources-during-coronavirus>

NAEYC- Math at Home Toolkit - <https://www.naeyc.org/math-at-home>

PBS Kids - <https://www.pbs.org/parents/coronavirus-resources-for-parents>

Reading Partners - <https://readingpartners.org/take-action/resources-for-families/>

Reading Rockets - <https://www.readingrockets.org/about>

Science Buddies - <https://www.sciencebuddies.org/parent-resources/science-initiative>



Today - <https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>

ZD Net - <https://www.zdnet.com/article/all-the-free-online-resources-parents-guardians-need-in-home-schooling/>

## January 2021 — March 2021

### January

- 1 New Year's Day - Offices Closed
- 18 Martin Luther King Day - Offices Closed

### February

- 14 Valentines Day
- 15 President's Day - Offices Closed

### March

- 17 St. Patrick's Day
- 20 First Day of Spring



## 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 or  
tonia.harrison@cfresources.org

### Grandparent Support Zoom or Chat

Terri Knight-Miller—Facilitator  
Call 315-781-1491 ext. 2201 for information or  
terri.knight-miller@cfresources.org



Community Partner

*"You must teach your children, what is  
essential in life is not visible to the eye."  
Mr. Rogers*



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](http://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



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.  
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