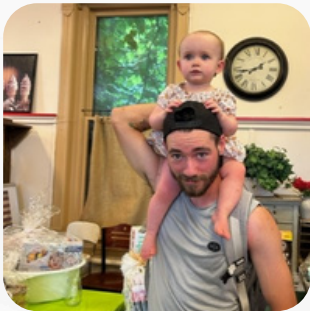




Strengthening Fathers. Strengthening Families. Strengthening Communities.

It is present, engaged, and connected parents that shape their families, and ultimately their communities. The work that we do at Child & Family Resources promotes meaningful partnerships with parents as they step into the role of raising children. Through strength-based support, parents are encouraged to cultivate skills, grow in confidence, and embrace the most important role they will ever hold.



The Healthy Families program is one of the services offered at Child & Family Resources, and program staff recognize the powerful impact of father engagement. We work to close the gap and break down barriers to the inclusion of fathers in all aspects of parenting. We invite fathers and father figures to be part of the conversation from the start of services. Here is what a couple of our team members have to say:

Family Support Specialist, Hannah Tompkins says, “There is nothing like seeing a father show pride for his children! When a father shares with me what his child has learned that week and gets so excited that he is beaming from ear to ear, I enjoy sharing his excitement.”

Family Support Specialist, Tricia Leisner says, “For me, working with dads is very rewarding. Traditionally, fathers often feel excluded from the work and joy of caring for their young children. I love watching a dad supporting his partner during labor and the pride reflected in his eyes when he realizes both she and their baby need him. I love bringing dads into the visits and letting them take the lead sometimes. Dads need to know they are integral for their children’s development and the stability of their families. I hope I can help bring that reality to the families with whom I work.”



We now know that strong father-child bonds are linked to beneficial outcomes. According to the U.S. Department of Health & Human Services, the National Fatherhood Initiative, and The Father Factor in Child Well-Being, father engagement in the lives of their children promotes higher academic achievement, stronger language and cognitive development, along with better emotional regulation and reduced behavioral challenges. These findings reinforce what we know to be true: fathers, grandfathers, father figures, and male role models are important, significant, and vital to a child's development. We honor these valued individuals who invest in the lives of children by showing up!

We recognize that fatherhood looks different in every family, but what unites this role is a shared commitment to shaping young minds and nurturing the next generation. A father's connection with their child may take many forms- it can be splashing in a mud puddle, teaching how to throw a ball, reading a favorite book, teaching a dance move, or enjoying a favorite snack together. It's the everyday moments that matter! These shared experiences strengthen the parent-child bond and help build a sense of safety, security, and belonging in the world.



Connection is at the heart of fatherhood. Children thrive when they experience consistent, nurturing relationships with their fathers. Fathers thrive when they are supported, affirmed, and equipped. When these connections are strong, families become more resilient, and communities become healthier and more stable. This year, on June 21st, we celebrate Father's Day, which is an opportunity to recognize and honor the person who has served as a father figure in your life. Take the time to celebrate their love, guidance, and lasting impact.

Together, we are strengthening fathers, and in doing so, strengthening future generations.



Resources for our fathering figures:

Fatherhood.gov

<https://fatherhoodconnection.com/>

<https://thefatherhoodproject.org/resources/>

<https://www.fatherhood.org/free-resources-old>

<https://humornama.com/jokes/dad-jokes-2026/>

*“We do not remember days,
we remember moments”*

-Cesare Pavese

NEW STAFF



Hi my name is Alexis Coughlin, I am a new Family Resource and Support Specialist. Before joining the CFR team, I was previously working as a Lead Toddler Teacher in a daycare. I have over ten years of experience working with children of all ages. I also have a Bachelor's degree in Psychology with a focus in Child Development. I am super excited to expand my knowledge in Child and Family Resources.

Hi everyone, my name is Stacey Church and I am a new Family Resource and Support Specialist here at CFR. Before beginning my new position here at CFR, I worked for the last several years as a program aide/teaching assistant in a 12:1:1 high school special education classroom. I took a short break from that where I became a children's health home care manager. The experience and knowledge that I have gained in special education and children's care management I feel will help me to transition nicely into my position and new role here at CFR. I truly love to advocate and support those who need it most, especially the smallest voices that can often go unheard and that being the voices of children. I am currently in the process of finishing my bachelor's degree in psychology as well with a focus in child and lifespan development. I am really excited and looking forward to meeting everyone and working with families.



UNDER CONSTRUCTION

Big changes are happening in our Penn Yan and Seneca Falls spaces. Please pardon our mess.

Coming Soon... A new location



GROWING WITH A PURPOSE: A DAP TRAINING SERIES



JULY 14TH, 2026



6:00-7:30pm
via zoom



Session 1: “The New Code of Ethics and Developmental Milestones”

Introduces providers to the updated Early Childhood Code of Ethics and explores how these principals guide developmentally appropriate decision-making in daily practice. Participants also review key developmental milestones from birth through school age and apply both ethics and milestones to real-world scenarios to strengthen responsive, high-quality care.



JULY 21ST, 2026



6:00-7:30pm
via zoom



Session 2: “Developmentally Appropriate Environments”

Explores how intentionally designed environments act as the “third teacher,” supporting predictability, safety, accessibility, warmth and diverse learning opportunities for children across age groups. Participants learn to evaluate and improve their current space-indoors and outdoors- using DAP-aligned principles such as learning zones, accessible materials, balanced quiet & active areas, visual supports, and family-friendly communication spaces.



JULY 28TH, 2026



6:00-7:30pm
via zoom

Session 3: “Strategies for DAP-Aligned Teaching & Caregiving”

Brings together ethics, milestones, and environment by focusing on concrete, developmentally appropriate strategies that providers can use with infants through school-age children. Participants learn and practice responsive caregiving techniques- such as observing before responding, narrating play, offering choices, scaffolding skills, and guiding behavior- so they leave with actionable strategies to implement immediately.

- Must Attend ALL 3 Trainings to receive certificate of completion
- 2 Person Minimum
- Trainer: Amanda Miller
- Topic Areas: 1(CD), 3 (PD)
- Cost: FREE thanks to Region 2 Infant/Toddler Resource Network & OCFS

TO REGISTER
Call: Amanda Hines
at 315-536-1134

Dear Legally Exempt Providers,

Child and Family Resources, Inc. is excited to offer you a new training opportunity!

As an alternative to the Foundations of Health and Safety online training you can now take Health and Safety for Legally Exempt providers in person at one of our three convenient locations!



We will discuss topics such as Legally Exempt reporting requirements, regulations, health and infection control, appropriate meal practices, and record keeping as well as child development.



This 6-hour training will count towards Legally Exempt training hours for pre-service, annual or enhanced rate.

*See below for more information on enhanced rate enrollment.

Below are the class dates and locations we are offering. Additional classes may be offered to meet the needs of Legally Exempt Providers. Please complete the registration form on the next page and return it to the address listed on the top or to your Legally Exempt team.

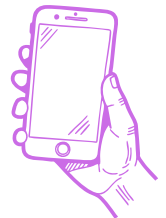
All training sessions below will be from 9:00 am - 4:00 pm

April 25th, 2026
502 S. Main Street,
Canandaigua, NY 14424

August 22nd, 2026
Location: TBD

October 17th, 2026
Location: TBD

Please call any of our offices and ask to speak to Legally Exempt Coordinator Kelli Aruck at 315-568-0945 ext. 2408 if you have any questions



*Enhanced Enrollment-Relative and non-relative providers are both eligible! In addition to the enhanced payment rate, you will be gaining information and resources to enrich your program and assist the families you work with.

The enhanced training rate enrollment requirements are as follows:

- Complete an additional 10 hours of approved trainings as specified in Social Services Laws 390-a. These training courses must have been completed within the last twelve months.
- The enhanced enrollment rate can be completed at any time during the enrollment period and must be renewed yearly.

Empire State Family Child Care Collaborative

Helping You Grow Your Business
...And Your Future



Apply using this QR code



Members of the ESFCCC will receive a specialized and personalized set of services designed to help your business.



Tired of chasing payments or tracking enrollment by hand? Members of the ESFCCC receive FREE child care management software that helps you save time and get paid faster! Ready for less stress?



- Retirement Planning
- Get Paid in Full AND On Time
- Lower Staff Turnover and Decrease Staff Vacancies Individual and Group Coaching

Are you a licensed family day care home or group family day care home in good standing with OCFS?

APPLY NOW

Register for one information session date using QR code



Info sessions are offered through Zoom from 6-7pm:

- May 5th, 2026
- June 2nd, 2026
- July 7th, 2026
- Aug. 4th, 2026
- Sept. 1st, 2026
- Oct. 6th, 2026
- Nov. 3rd, 2026
- Dec. 1st, 2026

Contact Us

TracyTravis
Family Child Care
Services Coordinator
315-719-5892



tracy.travis@cfresources.org

...your family and child care resource centers

Dear Providers:

In a post-COVID world, it is alarming how child poverty, segregation, and racialization shape the lives of children in the U.S., and how structural forces create unequal childhoods. Research shows that early brain development is highly sensitive to environmental conditions, particularly from birth to 5. Children in low-income neighborhoods often lack access to quality early education, healthcare, nutritious food, and safe housing. In addition, minority families are systematically denied access to resources afforded to more privileged groups.

DENIED

These disparities matter because early childhood poverty has lasting consequences for all areas of development, including social, emotional, cognitive, creative, and physical development. Children who experience material deprivation, chronic stress, and unequal access to services suffer due to reduced linguistic interaction, greater stress exposure, and fewer enriching opportunities. Chronic stress begins in the womb because maternal financial insecurity exposes fetuses to elevated stress hormones that affect long-term health. Such constraints are troubling in one of the world's wealthiest nations. This should concern us all.

These patterns and statistics challenge the assumption that high-quality early childhood settings are sufficient. While developmentally appropriate environments matter, children's broader social and economic context shape their ability to benefit from them. Unequal childhoods are driven by structural forces, leading to both gender and racial wage gaps, labor inequalities, and inadequate safety nets as they enter the workforce. Although policy can reinforce inequity through underfunded programs such as Temporary Assistance for Needy Families (TANF), it also holds transformative power. Direct governmental assistance to families can positively influence early brain development, underscoring the malleability of the developing brain and the importance of early intervention.

Universal Child Care for all, regardless of income level or cultural background, holds the most promise, in my humble opinion, and I am excited to see what the future holds. Given that substantial public resources have historically been allocated to support industries during economic downturns, comparable investments in early childhood initiatives seem fair. Fortunately, poverty by itself is not destiny. It is the accumulation of poverty-related risk factors that causes enduring harm. With adequate governmental and community support, children can and will thrive.



Donna Wilcox
CCR&R Coordinator

As a childcare advocate, I must continue to question the systemic inequities that persist, despite clear evidence of harm. We must approach early childhood work through an advocacy lens. Equity in early childhood is not only an educational issue, but a moral, ethical, and policy imperative-and there's no time like the present. The past can guide our steps, but it cannot choose our destination. That remains our task- and our children's future depends on it.

The Heart of Our Community:

A Celebration of You ...

May 8, 2026.



To our incredible early childhood professionals,

If you look at a map of our community, you see roads, parks and buildings. But if you look at the soul of our community, you see you. At Child and Family Resources, we have the privilege of seeing the magic you perform every single day. This year, as we celebrate our 50th Anniversary, we find ourselves reflecting on the half-century of growth, laughter, and learning we've shared with you. Frankly, we think it's time for a standing ovation.



We know that child care isn't just "babysitting." It is the essential architecture of a child's future. While the rest of the world sees finger paints and nap mats, we see brain development, emotional regulation, and the literal building blocks of a stable community.



Why You Are Our Heroes

The Comfort Experts: You dry the tears of a toddler who misses home, providing a safe space where children feel brave enough to take risks.

The Brain Builders: Every story you read and every "why?" you answer fires the synapses that create lifelong learners.



The Family Lifeline: You support parents so they can go to work with peace of mind, knowing their most precious "possessions" are in the best hands.

The Masters of the Pivot: Whether it's a rainy day or a "wrong-shaped" cracker meltdown, you handle it all with a patience that truly qualifies as a superpower.



Half a Century of Partnership

For 50 years, Child and Family Resources has been more than just a CCRR; we have been your partner in this mission. We've seen the landscape of early childhood education change, but one thing has remained constant: your unwavering dedication.

We know it isn't always easy. We see the long hours, the constant sanitizing, the paperwork, and the physical exhaustion. We know your heart goes home with these children, and you spend your evenings thinking about how to help them reach their next milestone. Your dedication is the quiet engine that keeps our world turning.

A Note of Deep Gratitude

As we celebrate our 50-year milestone, we want to say a massive THANK YOU to the community that makes our work meaningful.

Thank you for choosing a profession that requires so much of your heart.

Thank you for the glitter in your hair and the playdough under your fingernails.

Thank you for trusting us to be your resource and advocate for five decades.

You are more than child care providers. You are mentors, healers, educators, and the ultimate community builders. We are so incredibly proud to work alongside you and to support the vital, beautiful work you do.

Keep shining, keep playing, and keep changing the world—one little hand at a time. Here's to the next 50 years!

With immense respect and gratitude, Your Team at Child and Family Resources



Ontario, Seneca and Yates providers,

Don't forget to RSVP to our
2026 special PA Day event!!

Child Care Training Reminders

- May 18th – Canandaigua Office – 6:30-8:30pm
 - What Is Best Practice for Babies
 - Several topics related to babies will be discussed in this training. Topics such as 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.
 - 2 Minimum
 - Trainer: Candi Hart
 - Topic Areas: 1 (CD), 3(PD), 7 (SDC), 9 (SBS)
 - Cost: FREE

- June 3rd & June 10th – Zoom 10am – 1pm
 - Developmentally Appropriate Practice: Foundations for Responsive High Quality Childhood Education
 - After completing this training in the National Association for the Education of Young Children’s Developmentally Appropriate Practices (DAP), childcare directors will be equipped with the knowledge to create high-quality, research-based learning environments that improve child outcomes, support teacher effectiveness, and strengthen overall program quality and compliance.
 - 5 Minimum
 - Trainer: Donna Wilcox
 - Topic Areas: 1 (CD), 3 (PD)
 - Cost: Free
 - Registration opens April 22nd. You must have an Aspire account to register.
 - Link: <https://nyworksforchildren.org/aspire/go/register.aspx?evid=586325>



as part of the
2026 Early Care Management Training
program funded by NYS OCFS

- June 8th – Canandaigua Office – 6:30- 8:30pm
 - Adult and Pediatric First Aid/CPR/AED
 - The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck & back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies, to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate from the American Red Cross Adult and Pediatric First Aid/CPR/AED valid for two years.
 - 6 Minimum
 - Trainer: Candi Hart
 - Topic Areas: 2 (NH), 4 (SS)
 - Cost: \$135.00
 - EIP is available for licensed or registered providers and approved assistant.
 - Apply for EIP [Here](#)

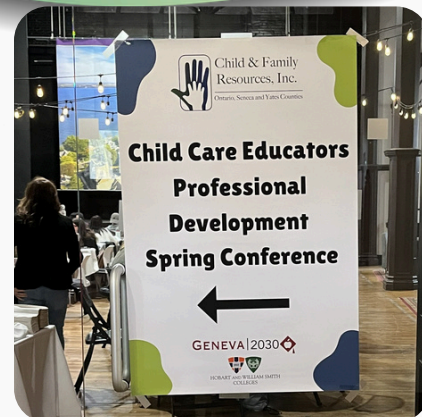
- June 30th - Zoom 6-8pm
 - Managing Money
 - After completing this course, participants will be better able to manage money and plan for retirement. This course focuses on:
 - Managing Money By
 - Reducing Spending
 - Increasing Savings
 - Setting Financial Goals
 - Preparing for Retirement By
 - Knowing how much to save
 - Understanding the five rules of investing
 - Learning about IRA options
 - 2 Minimum
 - Trainer: Tracy Travis
 - Topic Areas: 5 (BR)
 - Cost: FREE

Child Care Training Reminders

The Child Care Providers Professional Development Spring Conference 2026 was a tremendous success! A total of 64 participants joined us for a full day of learning, connection, and professional growth. Each attendee earned 5 hours of OCFS training credit while deepening their knowledge of child development and best practices to support the children and families they serve.



Throughout the day, participants engaged in a variety of sessions designed to spark new ideas, encourage reflection, and provide practical strategies that can be implemented right away. The energy in the room was incredible, with meaningful conversations, collaboration, and shared experiences happening across every session.



We were especially honored to welcome back Barb Owens as our keynote speaker. Her inspiring presentation on *Mutual Collaboration in Child Care* resonated deeply with attendees, reinforcing the importance of teamwork, communication, and strong partnerships in early childhood settings.



We extend our sincere appreciation to all of our providers who made the day so impactful. Opportunities like this are only possible because of the dedication and passion within our child care community.

We are excited to continue building on this success and look forward to growing the conference in the years ahead, bringing even more opportunities for learning, connections, and inspiration.



...your family and child care resource centers

Quiche Florentine

Ingredients:

- 1 (200 g) enriched pie crust
- 6 cups fresh spinach, chopped
- ½ tbsp butter
- 3 large whole eggs
- 1 cup milk
- 1 cup shredded cheese
- 1 tsp onion powder
- 1 tsp garlic powder



Directions:

- Preheat oven to 425 degrees. Bake pie crust for 8-9 minutes. Then allow to cool. Lower oven temperature to 350.
- Sauté the spinach with butter over medium heat until spinach was wilted. Set aside and allow to cool.
- In a medium bowl, mix all ingredients together including the spinach. Salt and pepper to taste. Pour mixture into pie crust and bake for 50-55 minutes.
- Cut into 10 even slices and serve warm.



*One serving provides 1 oz meat/meat alternate,
½ oz eq. grains and ¼ cup vegetable.*

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."

Every Donation Counts!
Thank You for
Making a Difference!

*One of the key components of our annual **Community Baby Shower** is inviting other community agencies and programs also serving families to join the event and share information with attendees.*

*Thank You to all for supporting the **Yates County Community Baby Shower!***

Recent donors from January 1, 2026 through March 31, 2026

- Bloomfield Food Pantry
- Bombas Socks
- Budding Readers
- Mary Kay
- Lakeview Health Services
- Ontario County Public Health
- Period Love Project

- **Care Net/PCC**
- **Child Advocacy Center**
- **Fidelis Care**
- **Finger Lakes Lactation**
- **Public Health**
- **Penn Yan Academy**
- **Penn Yan Public Library**
- **Safe Harbors**
- **The Living Well**
- **Thompson Hospital**
- **WIC**

Additionally, we thank our donors from the FLX Gives 2025 and ROC The Day 2025 events!

CFR has been a Bombas Giving Partner for 3 years providing over 8000 socks to those in need.



Your cash donations will be used to assist a family in need or support our programming for parents, children & caregivers.

Inside-Out FUN!

Nature Scavenger hunt

- Caregivers make a list of items little ones can find outside. Then the little ones can go outside and hunt for these items all around their backyard



Toy Carwash

- Take toy cars outside with you, big or small. Then have 1 container of just water, and 1 container of soap and water mixed. You will also need either a toothbrush or sponge and a towel. The little ones can now wash their cars outside with these items and have some fun sensory play while doing it!



Big Bubbles

- Making your bubble wand
 - Cut 2 pieces of string: one 3 ft long and another 1/5 ft long
 - Tie the ends of the string together, making a loop
 - Tie the ends of the loop to sticks
 - Add a small weight, like a metal washer to the bottom string to keep it tight
- Bubble Mix
 - 4 cups warm water, 1/2 cup blue dawn and 1/2 cup sugar (dissolved completely)

Indoor Obstacle Course

- Use pillows, cushions, painter's tape, cardboard boxes and create an amazing course for the little ones to run through



Make Their Own Transportation

- Take an old cardboard box and let the kids paint on it. They can make it into their own airplane, spaceship, firetruck.



Indoor Road

- Use painter tape and put 2 pieces parallel to each other, continue doing this to make your road as big as you want it. Then the little ones can drive their cars on it.



Managing Spring Fever with Children

It is nearly impossible to focus this time of year when flowers are blooming, and cool mornings give away to calm afternoons. We are all ready to break from routines and shake off the rigidity of winter. Children's routines are important, especially if they have special needs and getting that energy out is very important. They feel the need to move and the desire to embrace the new season. So, here are some easy ways to make Spring Fever work in your favor.



Keeping routines such as sleep, school and downtime. Children thrive with schedules and expectations. Spring cleaning and organizing. Get the children involved with tasks which could be indoor or outdoor depending on weather.



- Embracing outdoor activities can significantly benefit children.
- Exposure to sunlight improves health in children.
- Interaction with nature can reduce stress levels.
- Physical movement increases heart health and muscular development.
- Social play outdoors encourages communication skills and teamwork.
- Adventure and exploration foster curiosity and cognitive growth.



Help support self-regulation and mood swings due to changes in the season through activities, communication, coping skills, spending time together and individual interests.



Spring fever does not have to be a bad thing. In fact, it can be a driving force for change that your children (and you) need to keep going strong into summer. There is nothing wrong with a little extra energy in these longer and warmer days.



JOIN US FOR THE 2026

COMMUNITY BABY SHOWER

LOCATIONS & TIMES:

Penn Yan Academy Cafeteria

- **March 28th**
- 10-11:30am
- Birth & Baby Class 12-2pm

Geneva Community Center Gym

- **June 27th**
- 2-3:30pm
- Birth & Baby Class 11:30am-1:30pm (Black Box Theater, inside GCC)

Seneca Falls Community Center

- **September 26th**
- 10-11:30am
- Birth & Baby Class 12-2pm

2026 Community Baby Shower
Registration ~ Birth & Baby Class
Registration



FREE EVENT

Expectant Parents will Receive:

- Community resource information
- A diaper bag and baby supplies
- The chance to win raffle prizes
- Food and beverages will be available
- A fun time with other expectant parents!

REGISTER using the QR Code,

Or [click here](#) for the link,

Have a question? Call/Text

315-412-4527



healthy families
ontario, yates, & seneca
An Affiliate of Healthy Families America™



Office of Children
and Family Services
Healthy Families NY

COME
SEE
US

- April 18th - Geneva Book Fest
 - West Street Elementary, Geneva
 - 11:30-3pm with a half hour early start for a quieter experience
- April 25th - Geneva Library Basket Raffle
 - Geneva Library
 - 10am -12pm

We Just Missed You!
Don't worry, we have two more Community Baby Showers you can sign up for!

- June 27th at Geneva Community Center from 2-3:30pm
- September 26th at Seneca Falls Community Center from 10-11:30am

[Ontario County Resource Guide](#)

[Yates County Community Resource Guide!](#)

Food Assistance Available in Seneca County:
[Food Pantries Link](#)

- May 16th - Mental Health Walk
 - Jack's Track behind Canandaigua Academy
 - 11am-1pm
- June 5th - Learning Carnival
 - Seneca Falls Rec Center
 - 10am - 2pm

CHILD & FAMILY RESOURCES, INC
PRESENTS

FAIRWAYS 4 FAMILIES FUNDRAISER

FRIDAY, AUGUST 21ST, 2026
12:00 PM SHOTGUN START

Silver Creek Golf Course
1790 E River St. Waterloo, NY

REGISTRATION: 11AM-12 PM
4 PERSON SCRAMBLE: \$400/TEAM
INCLUDES: GOLF, CART, LUNCH
AND DINNER FOLLOWING

AWARDS:

MEN'S, WOMEN'S & MIXED TEAM
LOW SCORES
MEN'S & WOMEN'S CLOSEST TO THE PIN
MEN'S & WOMEN'S LONGEST DRIVE

OPTIONAL:

SKINS
MULLIGANS
50/50
RAFFLES
DOUBLE YOUR MONEY
PUTTING CONTEST