

# CFR CONNECTION

*...hand in hand for children and families*



Child & Family  
Resources, Inc.

Ontario, Seneca and Yates Counties

2026 Issue 1

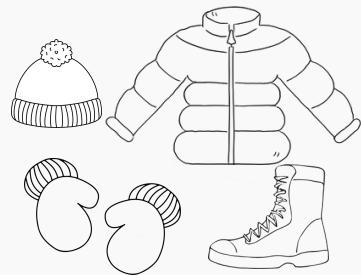
The Children's Center at Yates County Courthouse serves as a vital resource for families and children who may need support during court proceedings. This nurturing environment provides a safe and engaging space for children to stay while their guardians attend to court matters. The center is equipped with age-appropriate toys, books, and activities designed to make the experience as positive as possible for young ones. It also serves as a crucial support system for families, offering access to helpful resources and information about community services. By ensuring that children are well cared for, the center helps reduce stress for both the children and their guardians during potentially challenging times.

The Children's Center was opened by CFR in 2008 and has served hundreds of children and families over the past 17 years.



We are thrilled to announce the kickoff of our Children's Winter Gear Drive, dedicated to supporting families in need during the chilly months ahead. As temperatures drop, it's essential that everyone in our community stays warm and comfortable. We invite you to join us in this important effort by donating new children's coats, boots, hats, and mittens. Your generosity will help ensure that every family has the necessary winter gear to brave the cold.

Donations can be dropped off at The Children's Center (415 Liberty St.) or the Penn Yan Center location (263 Lake St.) from January 5-February 6, 2026. Let's come together to spread warmth and kindness this winter season. Thank you for your support!



The Children's Center hours:  
9am-5pm: Mon., Tue., Thurs. and Fri.  
9am-12:30pm: Wed.

# Happy Holidays

Hope you all stayed warm during the holiday season!

Here's to a bright year ahead.

From all of us at Child and Family Resources.



## Come Work With Us!

- **Family Child Care Services Specialist (1 part-time, 20 hrs. a week, Penn Yan location)**
  - Prior experience in family-based childcare setting required
  - Familiarity with business/administration practices of regulated family-based child care programs
  - Excellent computer skills, including use of Microsoft services and ability to learn and competently navigate child care management software
  - Ability to facilitate provider peer groups as well as coach individuals on software use
- **Family Resource & Support Specialist (2 full-time, Penn Yan and Seneca Falls locations)**
  - Ability to build professional and supportive working relationships with parents
  - Connects families with service referrals
  - Supports families with home visits using fun, interactive tools and activities
  - Regular travel in Ontario County or in Seneca County
  - Hybrid home office option after 6 months
- **Healthy Families Program Supervisor (1 full-time, Canandaigua location)**
  - Must have solid experience in supervising and mentoring staff
  - Experience with family services, Master's degree required
  - Family-centered and strength-based philosophy
  - Experience in home visitation, with a strong background in prevention services in the 0-3 population.

Send your Resume to:  
[cfr.info@cfresources.org](mailto:cfr.info@cfresources.org)

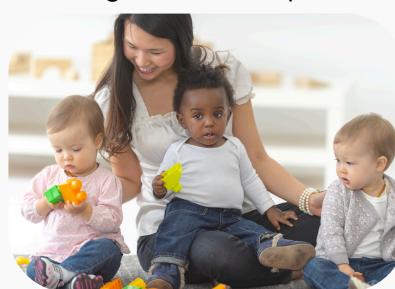
## Cozy Connections: Supporting Infants and Toddlers During the Winter Months



Winter often means more time indoors and changes to daily routines for infants and toddlers. While outdoor play may be limited, these quieter months offer wonderful opportunities to strengthen relationships and support early development through responsive caregiving.

Infants and toddlers learn best through warm, consistent interactions with caring adults. Simple moments- like diapering, feeding, and getting dressed-become powerful learning experiences when adults slow down, talk with children, and respond to their cues. Making eye contact, narrating what you are doing, and offering comfort helps young children feel safe, secure, and understood.

During long winter days, predictable routines and cozy interactions support social-emotional development and self-regulation. Singing songs, reading books, and providing gentle movement indoors all help children stay engaged while building trust and connection.



Remember, it's not about doing more, it's about being present. Those everyday moments of connection lay the foundation for healthy growth and lifelong learning.



### Winter Responsive Care Tips For Infants and Toddlers

- Follow the child's cues during care routines
- Talk, sing, and describe actions throughout the day
- Build predictable routines to create a sense of security
- Offer comfort and reassurance during transitions
- Use indoor time for songs, stories, and gentle movement

Remember: warm relationships are the most important learning tool

\*\*\*These practices reflect Developmentally Appropriate Practice (DAP) and support early learning guidelines for infants and toddlers by promoting responsive relationships, individualized care, and whole-child development.

*“Small moments of connections make a big difference”*

Written by: Amanda Miller

## Dear Licensed and Registered Child Care Providers,



With winter comes colder weather. Below are a few things to remember during this time to help you maintain regulatory compliance...

**Section .4(h)(4)** states **all paths of egress** on the interior and exterior of the home, including corridors, aisles, and approaches, must be kept free of obstructions, impediments and debris at all times. Since inclement weather is here, please make sure all paths of egress are free from wet leaves, ice, and snow during your hours of operation.

**Section .5(c)** states **portable electric heaters** or other **portable heating devices**, regardless of the type of fuel used, may not be utilized in program. Please check the regulations for specific requirements or connect with your licensor or regulator.



**Section .7(h)** indicated programs must offer daily supervised **outdoor play**, except during inclement or extreme weather. Outdoor play throughout the year encourages seasonal exploration. Find activities that match the season and use the outdoors not only for movement but learning! Child Care Weather Watch has a fantastic chart to understand weather throughout the year, helping guide you on when play is safe and unsafe for children outdoors. <https://www.c-uphd.org/documents/wellness/weatherwatch.pdf>. If outdoor play is not an option due to the inclement weather, indoor physical activities can be offered such as yoga, Simon Says, and Follow the Leader to help keep children active.



### Texting Initiative

OCFS is now offering programs the opportunity to sign up to receive important information and updates through text messages. For more information, please visit <https://ocfs.ny.gov/programs/childcare/info-for-providers.php#texting>. Programs can opt out of receiving text messages at any time.

### CBC Renewals

If your CBC renewal is due, please check your email for a FAMS generated 'pop' email with information on the next steps. You can also obtain this information in your FAMS account. If you need additional guidance or resources, please visit <https://ocfs.ny.gov/programs/childcare/ccdbg/training-resource-information.php> for more information.

Remember, your licensor or registrar is available to answer any questions you may have regarding regulatory compliance. Do not hesitate to contact them!

Stay Warm!

Sincerely,

Andrea Bedette  
Registration Coordinator



# 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:

- Nov. 4<sup>th</sup>, 2025
- Dec. 2<sup>nd</sup>, 2025
- Jan. 6<sup>th</sup>, 2026
- Feb. 3<sup>rd</sup>, 2026
- Mar 3<sup>rd</sup>, 2026
- April 7<sup>th</sup>, 2026
- May 5<sup>th</sup>, 2026
- June 2<sup>nd</sup>, 2026
- July 7<sup>th</sup>, 2026
- Aug. 4<sup>th</sup>, 2026
- Sept. 1<sup>st</sup>, 2026
- Oct. 6<sup>th</sup>, 2026
- Nov. 3<sup>rd</sup>, 2026
- Dec. 1<sup>st</sup>, 2026

## Contact Us

Tracy Travis  
Family Child Care  
Services Coordinator  
315-719-5892  
tracy.travis@cfresources.org



## Dear Providers,

CFR's mission is "dedicated to providing affordable, 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." Here at CFR, we know the struggles you face, and we are here to help.

As CCRR Coordinator, I am here to remind you that you play a vital role in the lives of young children. The first five years of life are a crucial time of social, emotional, physical, and cognitive development that teaches children life skills and emotional regulation. This time span is when a child's brain develops at its fastest rate, creating over a million neural connections per second. Let this sink in, then think for a moment of the long-term implications of children not receiving high-quality care and learning, and try to imagine a world without loving and supportive caregivers.

This is where you come in. You are not just providing high-quality care; you are educators proving a framework for positive learning experiences. I have seen your classrooms, and they are bright, stimulating, safe, and nurturing where children have unlimited opportunities to learn and explore. I have seen your teachers and they are loving, caring, and dedicated professionals who deserve recognition for all they do. Your children have opportunities throughout the day to interact with each other. By allowing time for children to play, hidden talents are discovered, and new friendships are forged. When children interact with their peers, they overcome shyness and learn empathy, respect, and kindness. They challenge one another. In other words, they thrive!

I do not want to downplay structured learning. Academic readiness, lead by skilled and caring educators, help children develop literacy and math skills and teaches routines, all of which prepare them for kindergarten.



In spite of all this, I think we can all agree that the work can be difficult at times. What happens, for instance, when we have children with special needs? These situations test our resolve and grit. If you can withstand these challenges, it shows your resilience to forge a path forward to greater awareness and understanding of the difficulties that our children face daily. If you give up, who will lead the charge? Every child deserves a caregiver who truly has their best interest at heart and who truly wants to make a difference in their lives.

And yet, despite our resolve to stay the course, discouragement sometimes sets in, especially when we don't always see a noticeable difference right away. This is the true test. BUT... when we take a deep breath and self-reflect, we realize that we ARE making a positive difference every day. Every time a child has an ah-ha moment, it is proof that we are trying to accomplish is working. The least we can do is offer our children a strong start in life to prepare them for whatever lies ahead and to give them a solid foundation on which to thrive.

At CFR, we believe that each child care provider is an essential part of a community of care and collaboration that reaches beyond our doors. It truly does "take a village."

**Donna Wilcox**  
**CCRR Coordinator**

# Child Care Training Reminders

January 13<sup>th</sup>

## Canandaigua Office 6:30-8:30pm “Adult and Pediatric First Aid/CPR/AED- Blended”

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 Participants**
- **Trainer:** Candi Hart
- **Topic Area:** 2 (NH), 4 (SS)
- **Cost:** \$95.00.
- **EIP is available to Licensed or Registered Providers and approved Assistants.**



Apply for EIP [HERE!](#) or visit:

<https://www.ecetp.pdp.albany.edu/mytraining>

January 22<sup>nd</sup>

## Penn Yan Office 6:30-8:30pm CACFP Training

“Food for Thought: Incorporating Food into Literacy with CACFP”  
Explore how you can integrate food and nutrition into literacy activities while aligning with CACFP guidelines to support healthy habits and early learning.

- **2 Minimum**
- **Trainer:** Amanda Miller
- **Topic Area:** 2 (NH)
- **Cost:** FREE



# Child Care Training Reminders

**February 10<sup>th</sup>**

**Penn Yan Office 6:30-8:30pm**

## **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. The session also covers how to spot red flags, modify materials for different needs, and collaborate with families to support every child's growth.

- **2 Minimum**
- **Trainer: Amanda Miller**
- **OCFS: 1 (CD), 3 (PD)**



**March 31<sup>st</sup>**

**6-8pm via ZOOM**

## **An Introduction to Money Management and Retirement**

After completing this course, participants will be better able to manage money and plan for retirement. This course focuses on the following areas:

- Managing money by:
  - reducing spending
  - increase savings
  - setting financial goals
- Preparing for retirement by:
  - knowing how to save
  - understanding the five rules of investment
  - learning about IRA options



- **2 Minimum**

- **Trainer: Tracy Travis**

- **OCFS: 5 (BR)**

**March 21<sup>st</sup>**

**Penn Yan Office 12-2pm**

## **“Adult and Pediatric First Aid/CPR/AED-Blended”**

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 Participants**

- **Trainer: Tracy Travis**

- **Topic Area: 2 (NH), 4 (SS)**

- **Cost: \$95.00**

- **EIP is available to Licensed or Registered Providers and approved Assistants.**

**Apply for EIP HERE! or visit:**

**<https://www.ecetp.pdp.albany.edu/mytraining>**



## Child Care Educators Professional Development

Spring Conference 2026

March 14, 2026

8:30am-4:00pm

See Registration QR code for link to full session descriptions and payment options



HOBART AND WILLIAM SMITH  
COLLEGES

### Location:

### In Collaboration with:



Register Here

or

Scan the Code Below



**\$40**  
per person

**Registration Closes March 4, 2026.**

Transportation may be available through HWS for local  
Geneva area caregivers only.

Please contact 315-536-1134 for more information.

## Agenda

- 8:30-9:00 Arrival & Check-In
- 9:00-10:00 Keynote Speaker  
Barb Owens, Early Childhood expert & consultant
- 10:15-12:15 Workshop Session 1
- 12:30-1:15 Lunch included
- 1:30-3:30 Workshop Session 2

## 5 hours of training!

- Training will count towards OCFS topic areas.
- Network with other family- based, center -based and school-age based professionals!
- Learn new tips for supporting children in your care



## Oven Baked Pancakes with Spiced Pears



### Ingredients:

- $\frac{1}{2}$  cup pancake mix, whole-wheat
- $\frac{1}{2}$  cup water
- 4 cups + 1 Tbsp pears, canned in extra light syrup, diced (about 2 15 oz cans)
- 1 Tbsp cornstarch
- 1 Tsp pumpkin pie spice
- $\frac{1}{2}$  tsp vanilla extract

### Directions:

1. Wash hands with soap and water for at least 20 seconds
2. Preheat oven to 375 degrees
3. Spray loaf pan with nonstick cooking spray
4. In a small mixing bowl, combine pancake mix and water. Whisk until smooth
5. Pour pancake batter into loaf pan and bake in the oven for 35 minutes.
6. While pancakes are cooking, separate pears and syrup. Place pears in a small bowl and syrup in a medium nonstick pot.
7. Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature pear syrup. Whisk until smooth.
8. Heat syrup mixture on medium-high heat and whisk continuously until it begins to boil, about 5 minutes.
9. Add pears to syrup mixture. Stir, bring mixture to boil, about 7 minutes.
10. Reduce heat to medium-low and simmer for 3-5 minutes or until it becomes slightly thick. Stir often to prevent pears from sticking to the pan. Heat to 140 degrees or higher for at least 15 seconds. Remove from heat.
11. When pancakes are cooked completely, cut into 6 even slices. Remove pancakes from the pan.
12. Serve 1 pancake slice with  $\frac{1}{2}$  cup spiced pears. Serve immediately, or keep warm at 140 degrees or higher.



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Every Donation Counts!  
Thank You for  
Making a Difference!

**Recent donors from September 1,  
2025 through December 31, 2025**

- Fidelis Care
- Geneva Reads
- Keuka College Students and Faculty
- Knights of Columbus
- Lakeshore Family Cosmetic Dentistry
- Lynch's Furniture
- Maguire Ford in Canandaigua
- Toys for Tots

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.

**DONATE**

**CHILDREN'S  
CENTERS** *in the  
Courts*

NEW YORK STATE UNIFIED COURT SYSTEM • DIVISION OF COURT OPERATIONS  
OFFICE OF ALTERNATIVE DISPUTE RESOLUTION AND COURT IMPROVEMENT PROGRAMS  
[WWW.NYCOURTS.GOV/HP/CHILDRENSCENTER](http://WWW.NYCOURTS.GOV/HP/CHILDRENSCENTER)

The Children's Center is currently seeking donations of new or gently used Children's Winter Hats & Mittens Coats & Boots  
Donations can be dropped off at The Children's Center from January 5-February 6, 2026

Programs are also in need of:

**Diapers & Baby Wipes**

Donations can be dropped off at any CFR location



## Felt Story Fun

With this cute color-learning and rhyming activity, you can make your own small felt board using a 9X12 piece of foam board. Spray board with a spray adhesive and attach a 9X12 piece of felt. Cut out felt mittens based on colors in the poem. You will need two of the blue mittens. While reciting the story you can place the colored mittens on the board and children can join along or sing out the color answers as they learn the story.

### The Lost Mitten

My poor little kitten lost her mitten  
And started to cry, boo-hoo.  
So I helped my kitten to look for her mitten.  
Her beautiful mitten of BLUE.  
I found a mitten just right for a kitten  
Under my mother's bed.  
But, alas, the mitten was not the right mitten  
For it was the color RED.  
I found a mitten just right for a kitten  
Under my father's pillow.  
But, alas, the mitten was not the right mitten,  
For it was the color YELLOW.  
I found a mitten just right for a kitten  
On the hand of my brother's toy clown.  
But, alas, the mitten was not the right mitten,  
For it was the color BROWN.  
I found a mitten just right for a kitten  
Under the laundry so clean,  
But, alas, the mitten was not the right mitten,  
For it was the color GREEN.  
I found a mitten just right for a kitten  
Inside a grocery sack.  
But, alas, the mitten was not the right mitten  
For it was the color BLACK.  
I found a mitten just right for a kitten  
Under the kitchen sink.  
But, alas, the mitten was not the right mitten  
For it was the color PINK.  
I found a mitten just right for a kitten  
Inside my favorite shoe.  
And this time the mitten was just the right mitten  
For it was the color BLUE.



## Coffee Filter Snowflakes

Children love to make snowflakes in the winter!

Since coffee filters are round and also very porous, they make great snowflakes.

Just fold the coffee filter several times as directed below. Have the children cut them and then open them up. Painting them with water colors is another option.

- Fold the filter in half, then fold in half again, then fold in half a third time.
- Have the children cut designs in the folded filters along the loose edges (can also put a couple on the folded edge)
- If they have a difficult time holding the folded filters closed while cutting, you can use a clothespin to help hold them shut.
- Once they are cut, the children can open them and paint them with water colors or markers



## ROUTINE

Establishing routines early in a child's life provides them with a sense of stability and security. These predictable patterns play a vital role in a child's development. Understanding the importance of routine for children helps shape their social, emotional, and academic growth.



It is important to understand what a consistent routine entails. Routine refers to the structured sequence of activities or tasks that are regularly scheduled throughout the day, such as waking up, mealtime, school, bedtime, or any other activities that the family may have scheduled.

Children, especially in their early years, thrive in environments where they know what to expect. The security of a predictable routine helps children understand that their needs will be met, reducing feelings of anxiety and uncertainty. It allows children to focus on learning and exploration, knowing that they are in a safe and supportive environment. Consistent routines promote independence and self-regulation. Children begin to understand feelings and emotions to help manage them.



Consistent routines are far more than a means of structuring a child's day. They are a powerful tool in fostering cognitive, emotional, social, and language development. Routines provide children with a sense of security, enabling them to focus on learning and personal growth without the distractions of uncertainty and anxiety. By providing children with a predictable and supportive environment, consistent routines help them build essential life skills such as independence, time management, and emotional regulation. They also create opportunities for positive social interactions and promote a sense of belonging within a community.



Establishing and maintaining consistent routines is an investment in a child's future success. The benefits of consistent routines extend far beyond the early childhood years, shaping the foundation for academic achievement, personal well-being, and lifelong learning.

**Dawn Waite-Dinehart**  
Parent Services Coordinator





## Ontario County Resource Guide



### Ontario County Food Pantry & Meal Resources

12/30/2025

TOWN	FOOD PANTRIES	ADDRESS
Bloomfield	The Blessing Room Pantry, Inc. (Wed & Sat 10-12:00pm, Fri 4-6pm)	15 Church Street
Canandaigua	Canandaigua Churches in Action Food Pantry (Tues 12-2pm, Wed, Fri, Sat 10-12pm, room 31)	120 North Main St.
	FL Treasure Trove Food Pantry (Tue-Fri 10-5pm, Sat 10-3pm)	222 S. Main St.
	Salvation Army - Canandaigua (Tues, Thurs. 11-1pm)	110 Saltonstall St.
Clifton Springs	Caring Hearts Food Pantry (Thurs 11- 1pm)	12 Hibbard Ave
Clifton Springs	Clifton Springs United Methodist (3 <sup>rd</sup> Thurs. 4:30 to 6:30)	1 East Main St.
Geneva	Boys & Girls Club of Geneva (call: 315-759-6060)	160 Carter Road
	St. Michael's Orthodox Church Food Pantry (Sat 10-1:00pm, 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> Saturdays)	98 Genesee Street
	Center of Concern (M-F 10-1pm, Sat 10-12pm)	58 Avenue D
	Salvation Army - Geneva (M-F 9:30-12:00pm)	41 North St.
Honeoye	Community Food Pantry (1 <sup>st</sup> Sat 9:00-10:30am)	8758 Main St.
Middlesex	Friendship House (Wed 3-5pm, Fri & Sat 10:30-2:30pm)	5614 Williams St.
Naples	Naples Open Cupboard (Tues, Wed, Th, Sat 11:00-2:00, Wed 5:00- 7:00pm)	24 Mill Street
Springwater	Springwater Community Food Pantry (Sat 9-11:00am)	8001 S. Main St.
Victor/ Farmington	Victor-Farmington Food Cupboard (Mon, Wed, Fri 9:30-11:15 am, Wed & Th 5:30-7:15pm)	6548 Anthony Dr.
Manchester/ Shortsville	Twin City Food Cupboard (2 <sup>nd</sup> Th & 2 <sup>nd</sup> Sat 10-12, 4 <sup>th</sup> Thu 5-7pm) *Red Jacket School District residents only, any age	4 Center St. Shortsville

TOWN	BLESSING BOXES	ADDRESS
Outdoor community pantry stocked with food		
Bloomfield	Community Support Shoppe	24 Maple Ave Bloomfield
Canandaigua/Bristol	Pay It Forward Food Pantry	4518 NY 64 Canandaigua
Canandaigua	Noah's Blessing Box	99 Chapin Street Canandaigua
Clifton Springs	Phelps Blessing Box	4 Railroad Ave Clifton Springs
Farmington	Blessing Box	1757 Beechwood Lane
Farmington	Mertensia Park	1390 Mertensia Road
Farmington	Thompson Health's Farmington Medical	1614 State Route 332
Geneva	The Blessing Box	54 Avenue E. Geneva
Geneva	Little Free Pantry at Geneva Public Library	244 Main Street Geneva
Honeoye	Free Little Pantry	8842 Main St. Honeoye
Naples	Main Street Blessing Box	175 South Main Street
Phelps	United Church of Phelps	58 Main St Phelps
Victor	Grammy's Blessing Box	298 High Street Victor
Victor	Victor-Farmington Library	15 W Main Street Victor
Springwater	Springwater Community Blessing Box	8001 South Main Street

Need resources? Call 211 or NY Connects (1-800-342-9871) or visit Foodlink.org

## Check out Yates County Community Resource Guide!

### Food Assistance Available in Yates County:

- *Penn Yan*
  - *HOPE Center- Keuka Pantry*
    - *202 E Elm St*
  - *The Living Well*
    - *121 E Elm St*
- *Dundee*
  - *Dundee Baptist Church*
    - *20 Seneca St*

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



**Home Energy Assistance Program (HEAP) benefit is available!**

[Click here for more info!](#)

