

CFR Connection

2022 Issue 3



Child & Family Resources, Inc.

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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Keep Them Reading to Keep Them Learning



Now more than ever, children will need time to relax and play this summer. However, experts say that on average, one month of learning and two months of reading are lost over a typical summer break. Reading is an essential skill that sharpens the brain and improves learning. If children don't read over the summer, they can risk losing many of the skills they learned during the school year. With children already losing out on classroom education due to the pandemic, it is more important than ever to engage children in reading this summer.

It is also known that children who have parents reading with them as toddlers and preschoolers, enter preschool knowing an average of 1100 words! Children who have missed out on that opportunity, enter with only 500-700 words. By first grade, the gap gets even larger with "book rich" children knowing 20,000 words, compared to 5,000 words of children who have not been exposed to reading. The other benefit of reading to children, is that they have shown greater stamina to sit longer and be more in attendance in classrooms.

Reading should not be a chore. It should be fun for children. Every year your local library sponsors a "Summer Reading Program." Those programs typically start in early June, but you can sign up at any time to start earning points. There are prizes that can be earned along the way and incentives to keep the children reading. This year's library summer reading program is titled, "Oceans of Possibilities."

Providers and Parents, here are some tips to get kids to read this summer:

- Set some fun and realistic goals together
- Create a reward system (or use the library reward system if following their program)
- Read the same book as the child/children (so you can have a meaningful discussion about it)
- Lead by example – have lots of reading materials at hand
- Record progress – children love to see something tangible about the progress they have made
- When possible, take field trips related to the books the children are reading
- Let the child choose his or her own books
- Explore other types of reading – such as recipe books, comic books or educational games

Remember if children keep reading this summer, they will keep learning!

<https://gradepowerlearning.com/summer-reading-tips/>
<https://buddingreaders.org/>



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Children's Center Hours:

Monday 9:00am-3:30pm
Tuesday 9:00am-3:00pm

Wednesdays 1:00pm-4:00pm

Thursdays 9:00am-5:00pm

Fridays 9:00am-12:30pm

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

Website: www.cfresources.org

Like us on Facebook

agency highlights...

Pinwheels Events—Growing With Love



In April we celebrated the “Month of the Young Child and Prevent Child Abuse” by holding our annual Pinwheels Events. We were able to partner with our communities and held events at the Seneca Library, the Geneva Community Center and the Yates County Community Center. We also had many other community members donate to our events which were listed in the “Thank You” section of our previous issue.

This year’s theme was “Grow With Love.” With the help from our sponsors, we were able to provide theme related activities, games and snacks for families. Pinwheels were also handed out to children to plant in the ground. Sixteen families and thirty seven children were served at the events.

Welcome New Staff !

Hi my name is **Joan Fifield**. I live in Geneva with my 8 month old puppy Chachi and my adoptive 14 year old dog Daisy. I had worked at Catholic Charities for over 6 years facilitating parenting classes and family case management. I came to CFR a little over a month ago and am currently working as a **Family Educator**. In 2014, I received my BA degree in social work from Keuka College. I love being here. Everyone is so nice and welcoming. I look forward to working with CFR families.

One of my passions is Serenity House. Serenity House is a comfort care home for the terminally ill. It is a very rewarding experience.

In my free time I enjoy going to listen to live music. I enjoy dancing also, but I’m not very good at it. My favorite band is The Beatles. I just saw a tribute band, they were awesome. My favorite lyrics are from The Beatles, “And in the End, The Love You Take Is Equal to the Love You Make.”



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

Budding Readers

Excellus BCBS scholarship

First Congregational Church of Geneva

Geneva Community Center

Keuka Candy Emporium

Lake to Lake Quilt Guild

Period Love Project

Wegmans

Yates County Tuberculosis and Health Association

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.



7 Things to Do This Summer to Boost Your Child's Development



Summer is finally here! For many families, the long sunny days between June and September offer lots of chances to reconnect and have fun together. While it's great to plan special family outings like a trip to the beach, sometimes the simple, everyday activities you do with your children can make the best memories (and teach them important new skills). Here are 7 things to do with your child this summer—to bond with them and boost their cognitive and social-emotional skills at the same time!

1. Do an outdoor activity every day you can-

When the rain stays away and the sun's not too scorching, give your motor skills (running, hopping, climbing, catching) and fine motor skills (grasping tools, digging, drawing, stacking) some practice. Make an outdoor "adventure path" or obstacle course for children to follow, collect items like rocks and shells and sort them into categories, go for a walk and create a map of your neighborhood, or take turns moving like different animals.

2. Read to them every night-

Shared reading is one of the single most important activities you can do with a young child. Not only is it a fun way to bond and relax together after a long day, it also strengthens your child's communication and language skills and sets the stage for early literacy development. Engage your child while you read—ask them what happened at the beginning, middle, and end of the story, or have the child act out of the story with you and pretend to be different characters.

3. Give them special jobs to do around the house-

Kids love to feel important and needed, so giving them their own official "summer job" will boost their confidence and help strengthen their social and motor skills. Select age-appropriate jobs for them: toddlers can take on table-wiping duty or help you sweep up the floor, while older children can prepare their afternoon snack, fold and put away laundry, or sort silverware into different compartments in the drawer. To practice cooperation skills, siblings can work together on a bigger job like making lunch.

4. Set up little mysteries for them to solve-

To keep young minds active during the hot summer months, challenge them with fun "mysteries" that engage and expand their problem-solving skills. Hide one of five toys and then ask your child which one is missing, send them on a treasure hunt with a map you drew, give them silly or interesting riddles to solve, and make a simple repeating pattern with blocks or beads and ask your child to finish it.

Continued on page 5.....

5. Enhance daily activities with simple, skill-boosting games-

With just a dash of creativity, your daily activities can be learning experiences that enrich your child's communication, social, and problem-solving skills. While walking through the neighborhood, read signs together or make up funny nonsense phrases and see if your child can repeat them back. You can also have your child search for specific letters and numbers on signs and cars, or put pictures of things you'll see on your walk in an envelope and have your child pull out the images when you return to remind you of what you saw. As you're driving, ask your child to count all the blue cars, animals, or tall things that pass by. Daily activities can boost development while you're both having fun, and your child will pick up new skills as a bonus!

6. Talk about your day at the dinner table-

Family dinners are a great way to help your kids develop social-emotional skills. This summer, whenever you can, gather the whole family around the table for dinnertime and let each family member take turns talking about their day. Help your child share stories about the day by giving a little gentle prompting. You might say, "Latoya and I went for a nice walk today. Latoya, tell your sister who we saw on our walk."

7. Do a quick check of their development-

One of the most important things you can do this summer is check to see if your child's overall developmental skills are on track in all the areas mentioned in this article. You can do that for free in about fifteen minutes or less. Fill out an online ASQ questionnaire to see what your child's biggest strengths are, uncover new milestones to celebrate, and reveal any areas where your child may need extra support.

Call or email us here at Child & Family Resources for an ASQ for your child's appropriate age.



With the tips in this article—and your own creative ideas—you can transform any summer day into a rich learning experience. The kids will be having so much fun, they'll never guess you're teaching them new skills they'll use forever. Whatever activities you choose to do with your child this summer, enjoy exploring, discovering, and learning together!

Adapted from www.agesandstages.com

registrars' corner...

Andrea Bedette
Registration Coordinator



Dear Licensed and Registered Child Care Providers,

Summer is finally here and with the sun shining, it's normal to want to go outside and take advantage of the warmer weather. However, there are many parent permissions that need to be obtained before the fun can happen!

Before heading out to your approved outdoor play area, **Section .11(f)(7)(i)** indicates a caregiver must have written permission from the parent to apply over-the-counter products, including but not limited topical ointments, lotions, creams, sprays, including sunscreen products and topically applied insect repellent. A separate **OCFS-6010** form must be completed for each over-the-counter product used/ applied and kept on file for review.

Visiting places outside of the programs normal environment, such as field trips, become more frequent during the summer. **Section .6(a)** indicates written consent from the parent for any transportation provided or arranged for by the caregiver must be obtained, **OCFS-6013** has been developed to utilize for compliance. **Section .6(c)** also indicates parents must be informed and agree to a transportation plan, **OCFS-6020** has been developed to utilize for compliance. When transporting children it is important to think about a few things...is the size of your vehicle big enough to accommodate all children in care, do you have the appropriate child safety seats available, and how will you maintain competent supervision during the trip?

Water activities become extremely popular during the summer months to help cool off. **Section .5(g)(1)** states the use of spa pools, hot tubs and fill-and-drain wading pools is prohibited. However, there are many activities that can be implemented in a safe and structured way to stay cool. Water activities should **ALWAYS** be supervised from the beginning to the end of the activity. Remember, a child can drown in less than 2 inches of water.

In 2021, NYS Social Services Law was revised to include two important changes that went into effect on April 1, 2022. The first is a new requirement to educate parents about ACEs, and requires that OCFS provide licensed, registered and enrolled legally-exempt providers with educational materials on adverse childhood experiences. **Child care providers are now required to offer these materials to parents and caregivers at the time of enrollment.** A brochure and additional information can be found on the OCFS website <https://ocfs.ny.gov/programs/cwcs/aces.php>. The second revision requires OCFS to update the mandated reporter training to include information on implicit bias, ACEs, and how to recognize signs of child abuse or maltreatment. **All mandated reporters are to take the revised training, even if they have been previously trained, prior to April 1, 2022.** The revised online course can be found at <http://nysmandatedreporter.org/trainingcourses.aspx>. This must be completed on or before April 1, 2025.

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

Hope you have a safe and fun filled summer!

Sincerely,
Andrea Bedette
Registration Coordinator

New Providers This Quarter

FDC—Eagle Tykes Child Care Center

FDC- Christine Youngs

FDC- Jessica Dudek



New CACP Participants

Brandi Connors

Jessica Dudek

Angela Smith

Christine Youngs

child care training reminders...

Pyramid Module 2 Part I

August 25th

6:30—9:30pm

Canandaigua Site

FREE



The pyramid model promotes the social/emotional development for children from birth to 5. Caregivers have a huge impact on all development, however assisting a child to develop social/emotional skills has life-lasting effects. Providers who attend will understand what those skills are, how to support children developing them, and discover tools that will assist children who may be experiencing behavioral issues due to their lack of social/ emotional skills

Trainer: Tracy Travis

Registration is required; Contact Amanda Hines
315-536-1134 ext. 2310
amanda.hines@cfresources.org



Saturday, August 6, 2022
Time: 9:00 am - 4:00 pm
Geneva Site \$100
(3 people minimum)

Are you interested in supporting the social and emotional development of young children and reducing their instances of challenging behaviors?

FLIP IT is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior. The four steps are embodied in the FLIP mnemonic which stands for: Feelings, Limits, Inquiries, Prompts FLIP IT is nothing new, but transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable.

Trainer: Amanda Miller

Registration is required; Contact Amanda Hines
315-536-1134 ext. 2310
amanda.hines@cfresources.org

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.
- ◊ \$200 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

child care training reminders ...

Business Trainings For Family Child Care Programs

FREE

Q & A: Business Forum

July 21, 6:30-8:30,
Canandaigua Site

Here is your opportunity to ask all those business related questions that you have been wanting to ask. Bring your questions and suggestions with you. This forum is also to gather information from you on what your business questions and needs are.

Business of Family Child Care August 11, 6-9, Geneva Site, OCFS: 5 (BR)

Participants will use the information from this training to incorporate appropriate business practices into their home child care profession.

Organizing my Required Business Files September 20, 6-9, Geneva Site, OCFS: 5 (BR)

Participants will receive information on the best way to organize the OCFS required paperwork for ease in tracking and compliance.

Trainer: Tracy Travis Registration Required

Loose Parts

Sept. 13th - 6-9pm

Geneva Site \$70 (4 people minimum)

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

Trainers: Tracy Travis & Amanda Miller
3(PD) Registration Required

CPR & First Aid –Training

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.

Infant, Child & Adult First Aid/CPR/AED

Blended Learning Course : \$75

July 30, Or Sept. 17, 2022
12:00—2:30pm Geneva Site



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 above.

2 (NH), 4(SS) Registration required.

Health & Safety Training: Competencies in Child Care for Day Care Center, School-Age Child Care and Enrolled Legally Exempt Group Directors

July 25th—July 29th
Or Sept. 26th—Sept. 30th
12:30—3:30pm
\$250 Zoom Training

Directors are responsible for hiring, training and maintaining staff who provide healthy and safe environments for children. This training looks at policies and procedures that reinforce high-quality health and safety practices.

Note: Sign up for this training online at the PDP website:

[https://www.ecetp.pdp.albany.edu/FindTraining.aspx?
Prog>All](https://www.ecetp.pdp.albany.edu/FindTraining.aspx?Prog>All)

Trainer: Tracy Travis
(NH), (SS), (PCD), (CPD), (SB)

Please Note: Unless otherwise specified, to sign up for trainings, please contact:

Amanda Hines
Amanda.hines@cfresources.org
315-536-1134 Ext. 2310



12 Tips for First Time Kindergarten Experience



1. Plan for the emotions.

Even if you or your kiddo have never cried at a separation before, plan for emotions, expect them. If they don't happen, great. If they do, acknowledge them, and move through them. Crying is a sign of a healthy attachment. Have a plan for something fun to do after school together and focus on that

2. When you pick up your child from kindergarten, pack a healthy snack and a water bottle. Have it in the car to give to them right away.

Your kindergartener might not eat much at snack time. After a long first day of a lot of listening and new routines, they will also be exhausted emotionally and physically. Have a snack and drink ready the second you see them.

3. Take “Back to School” pictures the day before.

This tip really makes the first day so much less stressful. Try on any outfits early and snap photos the day before. This will give you less to think about on the morning of the first day.

4. Make friends with an “experienced” parent.

When my oldest started kindergarten, an “experienced” mom took me under her wing. Now, as an experienced mom myself, I try to look out for new parents and check in, introduce myself, and answer any questions they need.

5. Volunteer for something, but brace yourself.

When Back to School Night rolls around, you might be tempted to leave everything blank and not volunteer for anything since you’re new. I would argue that you will have a better experience as a new kindergarten parent if you jump in and volunteer for something.

6. Show up!

As much as you can, show up every day at the beginning and end of the day and greet your child. This can be a challenge for working parents, but if you can do this at all for the first few weeks of school, I challenge you to try it.

7. Ask a lot of questions.

It is ok to ask the teacher, other parents, and the office staff questions. Ask a lot. When you are new, take advantage of that! Don’t be afraid to ask questions. I wish I would’ve asked more when my kids were younger.

8. Make a storage plan for schoolwork/artwork.

Artwork and other items start coming home pretty early into the school year. Make a plan for how you will store things. We always start out the year with a large plastic storage tub for each child.

9. Start a “Back to School tradition.”

Your Back to School tradition doesn’t have to be a feast... and it doesn’t have to take a lot of work or be fancy. Just decide that each year you’ll have some sort of special Back to School ‘thing’ that is special for your family... and do it.

10. Wait to buy any back to school supplies!

Before you buy your child a new backpack or awesome new pencils, do a little research. Check your school’s website or office to make sure you are buying what your child needs and is allowed to bring to school. Some schools are very specific about what is allowed.

11. Arrive early on the first day!

This may seem like a no-brainer, but always give yourself extra time. So many parents bring their kids on the first day so it can be super crowded in parking lots. I love to make sure we are early so that I can meet the teacher, take some pictures, and help my child become acclimated as best I can, before it is time to leave.



12. Take a deep breath and enjoy the moment.

As emotional of a time as this can be, just take a moment to realize that this is a special time for you and your child and take time to acknowledge that, and that you and your child’s emotions are normal.

<https://toddlerapproved.com/2019/08/13-tips-for-first-time-kindergarten.html>



Watermelon Pops

WATERMELON *Frozen* Pops!



Yep, just watermelon! You don't need to add any ingredients or even break out the blender to make these super easy watermelon Popsicles. All you will need is a big ripe watermelon.

To make them just slice your watermelon into disks. Lay them flat on the cutting board and punch out your shapes with the cookie cutters. And don't worry, we don't let any yummy watermelon go to waste – just cut the remainder into cubes and toss them in a bowl to enjoy later.

Take your sticks and place them into the bottom of your cut out watermelon shapes. Freeze and serve for a nice, cold, ***all-natural*** treat.

<https://wunder-mom.com/easy-watermelon-popsicles/>

CACFP Training

July 19th - 6:00-7:30pm

Geneva Site

"Infant Feeding"

Registration Deadline 7/12/22

Sept.24th - 10-11:30am

Penn Yan Site

"Feeding Your Toddlers"

Registration Deadline 9/16/22



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
Or amanda.hines@cfresources.org



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Creative Learning Experiences During the Summer

Our lead article in this Newsletter was about keeping reading going over the summer for your children, but there are also a lot of other fun learning activities that you can do in the summer to keep those little minds active. Below are some great ones to try with your children.

Grow a small garden. What better science project could you do? You can discuss what nutrients plants need to grow, what they need as far as air, water and sunshine and other scientific things about plants. The children love watching the growth happen. And if it is a vegetable, they can also enjoy eating it once it is ready!



Create a family scrapbook of any adventures you are doing over the summer. Children can collect postcards, menus, brochures from places they are visiting, and then write about them. If you visit a zoo, you can take photos of the animals, paste them in a book, then have the children write what they loved about each animal.



Build a homemade bird feeder. The children can build the feeder, and watch what birds come to use the feeder. The kids can look the birds up online and make some notes about the birds who are visiting the bird feeder. In fact, there are a lot of other crafts that children can build such as small wooden airplanes, mosaic projects, kites etc. Any craft activity will have directions that the children will need to read and follow to put it together. Then if they build a little plane or kite, they can take it outdoors and fly it!



Have a child who is old enough, become the family travel agent and help plan a family outing or trip. Have them look up ideas and locations on maps and things to do in the area. Let them take the lead on the project. Or, you can combine this idea with visiting a zoo, and have them look up the zoo, hours, cost, ticket information, directions etc. Children love to be put in charge of things, and be involved in the planning. It is a great learning experience for them.



Go on an outdoor hike/scavenger hunt. Make a list of things to look for before going on your hike. As you hike, the children can collect the things that are on the list. Examples would be different colored flowers, a pine cone, certain types of rocks, (flat rock, round rock etc.), certain types of leaves, or other creative things you can think of. They can collect them and put them in a jar and then decorate the jar as a keepsake from the hike.

get connected ...



COMMUNITY BABY SHOWER

Free celebration for parents-to-be!

Expectant parents will receive:

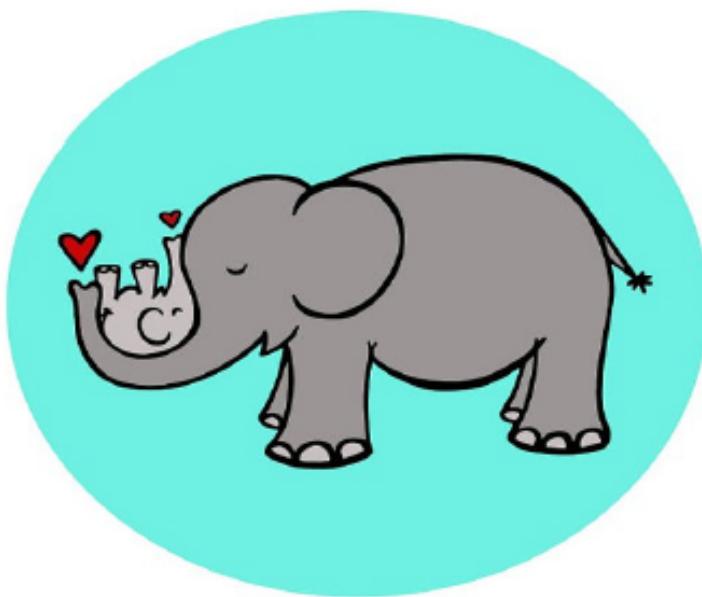
Resource information!

A diaper bag to fill during the event!

A mini food processor with kitchen items!
(while supplies last)

The chance to win raffle prizes!

A morning of fun in your community!



~2 Events~

Yates County

Date: July 30th

Time: 10:00am - 11:30am

Location:

The Keuka Candy
Emporium
131 Main St.
Penn Yan, NY

Ontario County

Date: August 6th

Time: 10:00am - 11:30am

Location:

Geneva Community
Center
160 Carter Rd.
Geneva, NY

REGISTER TODAY

CALL/TEXT TERESA

315-412-4527

CHILD & FAMILY RESOURCES

514 S. Main St. Canandaigua
671 S. Exchange St. Geneva
263 Lake St. Penn Yan
<http://www.cfresources.org>

get connected ...

Stay-n-Play!

...a drop in care program

Need to run an errand? Have an appointment? Or Just need a break?

*Drop-off child care when you need it most in a child friendly, comfortable,
clean and safe atmosphere where your child can play and learn!*



*Clean and Comfy Play and Learning Space for
Infants and Children ages 4 months– 6 years old*

Caring and Experienced Caregivers!

Snack and Fun provided!

Pre-Registration Required!

Tuesdays & Wednesdays, 9:00am-11:30am*

263 Lake Street, Penn Yan

No fees for care, donations welcome!

See program schedule for open dates

Call 315-536-1134 to reserve your registration appointment



Child & Family
Resources, Inc.

Program funded in part by a grant from the NYS OCFS Trust Fund

July 2022 - September 2022

July

4 Independence Day—
Offices Closed
18 Ice Cream Day
30 Yates Baby Shower Event

August

6 Ontario Baby Shower
Event
9 Book Lovers Day
31 Eat Outside Day

September

5 Labor Day – Offices
Closed
12 Grandparents Day
19 Talk Like A Pirate Day



Community Partner

Parenting Groups and Workshops!

Healthy Families: Parenting Partners

Connect with other parents & resources to support your parenting!

Parenting Partners—Hybrid Sessions

1st Wednesday each month- 10-11:30am

3rd Tuesday each month- 1-2:30pm

For info: teresa.deacon@cfresources.org

In person locations will be announced on
our Healthy Families Ontario & Yates Facebook Page

Families In Transition (FIT)

Parenting class for separating, divorcing & co-parenting parents.

Assisting Children in Transition (ACT)

Dates and locations vary all year long. (sliding fee scale available)

For info: amanda.hines@cfresources.org

Looking for a Parenting Workshop?

In-person & virtual options. Contact us for our workshop schedule!

Call 315-781-1491 ext. 2222 for information or

email Joan.fifield@cfresources.org



"If you give your son or daughter only
one gift, let it be enthusiasm."
Bruce Barton

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 or call the NYS Office of the Attorney General at 212-416-8401.

CHILD & FAMILY RESOURCES, INC.

Name: _____

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Enclosed is my/our gift to Child & Family Resources, Inc. in the amount of \$ _____

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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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