

CFR CONNECTION

STAY CONNECTED WITH CHILD AND FAMILY RESOURCES, INC.



Child & Family
Resources, Inc.

**CHILD & FAMILY
RESOURCES, INC.**

**SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES COUNTIES**

pg 1. - CCR&C Article

pg 2. - Agency Highlights

pg 3. - Infant/Toddler

*pg 4. - Registration &
Legally Exempt enrollment*

pg 5. - For Providers

*pg 6-7. - Child Care
Training Reminders*

pg 8. - Food Bits-CACFP

pg 9. - Donation Page

*pg 10. - Big Hands/Little
Hands - A Fun Cool Treat*

*pg 11-12. - For Parents-
Positive Parenting*

pg 13.- Get Connected

Child & Family Resources is committed to the idea that every child is entitled to feel safe and loved no matter what their economic situation may be. We believe that children can have access to endless opportunities fueled by hope, not hardship.

But let's be real. The work has never been harder.

The times in which we live have seen immense change and challenges. Families find themselves navigating through turbulent economic insecurity, mental health crisis, system inequalities, and sometimes intergenerational trauma. And children, especially the most vulnerable, feel the impact in countless ways.

That's where we come in.

We stand at the precipice where outcomes could drastically improve or deteriorate based on what actions are taken next; it implies both risk AND opportunity.

The entire child and family care system is at a critical juncture, and Child and Family Resources stands ready to help families find quality childcare, advocate for policy reform and legislative changes, and take action. We are armed with the proper tools in which to serve our families. We step in when children are at risk and support families before they lose hope. And we are the ones who fight every day to ensure that systems meant to protect them don't instead harm them.

But we cannot do this work alone.

We need partnerships—across agencies, sectors, and communities. We need policies that fund prevention, not just reaction. We need support systems that empower families, rather than judge them. And most importantly, we need to listen—to the voices of children, to the experiences of parents, and to the professionals on the frontlines. When we include families and communities in our solutions, we build systems that heal rather than harm.

Every child who sleeps safely tonight, every family who finds support instead of stigma, and every bright future that becomes possible all start with the work we as a cohesive front with the surrounding communities do together. We are servants who will stand in the crossfires for our families, never complaining, and just doing our jobs – which is our promise to you.

We don't have to serve; we get to serve.

And let's not forget childcare providers and their workers. They are resilient, compassionate, and possess an unwavering belief that a better future for our children and their families is possible. They need our support too; someone to encourage them to keep fighting the good fight for the good of our children, and they are not alone. Their work will not go unnoticed.

Let's keep building together —one child, one family, and one act of courage at a time.



Donna Wilcox, Child Care Resource Center Coordinator

Courtney Ellis
Office Manager &
Marketing Specialist



New Staff



Hello! My name is Brittany Trank and I recently joined CFR to work in The Children's Center at Yates County Courthouse. I got my degree in Business Administration in December of 2023. Prior to starting at CFR, I worked for the YMCA of Greater Rochester. I started as a site assistant for their before and after school program at Red Jacket School. I then became the Site Supervisor; I really enjoyed the elementary age group they were a lot of fun to be around. Once they opened their new facility, I worked in the Mickey Sands Childcare Center as a lead teacher in their younger toddler room. I worked there for roughly 2 years but also took my maternity leave while there. Lastly, I was a Head Coach for Red Jacket's modified softball team in spring of 2023. Outside of work I spend all my free time with my son who is 19 months old, we love going to playgrounds and taking walks together. I'm excited to have joined the CFR family and having the ability to continue to pursue my passion of helping kids.

My name is Britteny Guzman, and I am so happy to join the CFR team as a Child Care Specialist out of the Penn Yan office. I currently live in Geneva, NY. I was born in Germany and raised most of my life in Seneca Falls, NY. Prior to joining CFR, I worked for 10 years for a Migrant and Seasonal Head Start program and held many roles there. I attended SUNY Cobleskill for my undergraduate work in Early Childhood and Walden University for my Masters of Arts in Teaching in Early Childhood. In my free time I enjoy spending time with my family especially my two children Jocelyn and James. I am so excited to see where my work at CFR will take me and what impacts I can have with children and families in the future!



Seeking Program Supervisor for the Healthy Families Ontario and Yates programs.

COME

WORK

WITH

US!

- Experience with family-centered and strength-based family services
- Experience in home visitation with a strong background in 0-3 prevention services
- Must have a solid understanding of and/or experience in supervising & motivating staff as well as providing support to staff in stressful work environments.
- Knowledge of infant & child development, parent-child attachment, maternal-infant health and dynamics of child abuse and neglect.
- Excellent verbal & written communication and trust building skills. Knowledge of basic computer software, good analytical skills and excellent time-management.
- Requires Masters Degree in health, social work or human services field OR a Bachelor degree in health, social work or human services field and at least three years' experience in family education or home visiting
- Local and instate travel required for supervision and required training.
- Position will support staff in Penn Yan and Canandaigua offices.
- Salary commensurate with education and experience.
- Send resumes to: cfr.info@cfresources.org OR visit our [Indeed ad](#) for more information.

Exploring Fall with Little Ones: Safe & Engaging Ideas for Daycare Providers

Amanda Miller
Child Care Specialist



Fall is a wonderful time to engage infants and toddlers in seasonal learning. The colorful leaves, pumpkins, and crisp air provide natural opportunities for sensory exploration and language development. In New York State childcare programs, it's important to plan these experiences while keeping OCFS regulations in mind to ensure safety and developmentally appropriate practice.



Taking children outdoors to explore the changing seasons supports both gross motor development and curiosity about the natural world. According to OCFS regulations (**417.7 and 418-1.7**), children must have daily outdoor play, weather permitting. Fall is the perfect time to encourage safe leaf play, nature walks, or using buckets to collect acorns or pinecones. Keep in mind you will want to ALWAYS inspect the outdoor space for choking hazards, sharp sticks, or toxic plants before exploration. Infants can participate by sitting on a blanket with leaves to crinkle and explore with proper supervision.

OCFS regulations emphasize providing a variety of **age-appropriate activities (417.7, 418-1.7)**. Fall offers many natural items that can be turned into safe sensory bins or art projects. For example:

- Toddler-safe sensory bins with dried corn, leaves, and scoops
- Pumpkin exploration- toddlers can touch, smell, and scoop the insides of a pumpkin while providers monitor closely for choking hazards

Talking about fall colors, textures, and changes in the environment fosters early language development. As an Infant/Toddler Specialist I encourage providers to:

- Use descriptive words ("The leaf is crunchy and orange")
- Sing a fall-themed song during circle time
- Read books about pumpkins, apples, or animals preparing for winter.



These practices align with regulations requiring activities that promote cognitive and language development in infants and toddlers.

Health & Safety Considerations



- Dress children appropriately for the weather, as required by OCFS (**417.11-418-1.11**).
- Wash hands after outdoor play and sensory exploration, especially when handling natural materials.
- Ensure all items used in play are non-toxic and developmentally appropriate.

Exploring fall doesn't have to be complicated, it can be as simple as crunching leaves together or painting with pumpkin stamps. By keeping OCFS daycare regulations in mind, providers can create safe, fun, and developmentally rich seasonal experiences for every child.



Kelli Aruck

Legally Exempt Coordinator



Dear Enrolled Legally Exempt Providers,

Did you know that you are required to be in compliance with NYS childcare regulations at all times, regardless of the type of care you provide? All non-relative legally exempt providers are required to have an annual inspection. Relative providers may not be required to have an annual inspection but these programs may be subject to inspection for various reasons. One of the most common reasons for an inspection, that is not an annual inspection, is a complaint. If a complaint is reported about your program, an inspection must be completed.

All enrolled Legally Exempt providers are required to comply with New York Regulations Part 415, Child Care Services. See the link below to view the regulations in detail.
<https://ocfs.ny.gov/programs/childcare/regulations>



Below you will find some items that we look at during inspections. These all correlate with a specific regulation.

- You must maintain immunization records for any child not yet enrolled in kindergarten or higher, in a NYS public or private school.
- You must record attendance in real time, as children are dropped off and picked up. For in home-care this would be the time you arrive to begin care and the time care ends. Attendance should include arrival, departure and noted full day absences. This should be completed separately from the time sheets you submit to DSS.
- You must conduct evacuation and shelter in place drills. Evacuation drills must be conducted at least monthly for all shifts of care. Shelter in place drills must be conducted at least twice a year. A record of each shelter-in-place and evacuation drill conducted, using forms provided by the Office or equivalents, must be maintained on-site.
- You are required to maintain a written emergency plan.
- Napping/Sleeping arrangements must be made in writing between parent and provider.
- The program is required to have a working smoke detector on all levels of the home and at least one working carbon monoxide detector.
- All hazardous materials must be kept inaccessible to children.
- You must have two separate and remote ways to escape in the event of an evacuation.
- You are required to report any changes that may affect your enrollment.



This list above is not exhaustive. There are many regulations, and it is your responsibility as a legally exempt provider to make sure your program is in compliance at all times. If you need forms such as attendance and evacuation drill logs, please reach out to us, your legally exempt team. If you need health and safety items, like smoke detectors, safety latches, and safe sleep arrangements, we may be able to offer a grant to help you obtain those items!

Tracy Travis
Family Child Care Services
Coordinator



Wondering what all the talk is about the new Empire State Family Child Care Collaborative?



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



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

Join **Tracy Travis, Family Child Care Services Coordinator**,
for a Zoom informational session to learn all about the new program.

Can't make one of the scheduled dates?
Contact Tracy for an in-person or Zoom one-on-one session with you!

Helping You Grow Your Business - And Your Future

Candi Hart
Professional Development
Coordinator



October 14th
Directors Coalition

12–1:30pm

160 Carter Rd, Geneva NY

Calling all childcare and SACC directors! Join us for the next Director's Coalition, hosted at the Boys and Girls Club of Geneva. This session will feature a guest speaker, Brigid Daly Wagner, from QUALITYStarsNY, who will share valuable insights and answer your questions about how QUALITYstarsNY can support your center's success. Don't miss this chance to connect with fellow directors, share ideas, and strengthen your program!



- **Cost:** FREE
- **Trainers:** Donna Wilcox and Candi Hart



October 21st
Tom Copeland's
Depreciation
6–8pm via ZOOM

After completing this class, participants will understand how to use depreciation and know what cannot be depreciated. This class focuses on the following areas:

- Identifying what items must be depreciated as a business expense
- Depreciating the home
- Conducting an inventory of household items that can be depreciated
- Depreciating items not claimed in earlier years

- **3 Participants Minimum**
- **Cost:** FREE
- **OCFS:** 5 (BR)
- **Trainer:** Tracy Travis

October 31st & November 1st
Health & Safety
9am–5pm BOTH days
Penn Yan Office

This competency-based 15-hour training provides a foundation for practice that promotes and protects the health and safety of children in home-based childcare. Successful completion of this course is required for all new family or group family day care applicants in New York State prior to licensure or registration, as well as for existing family or group family day care providers who change location or modality. This course is required for all new FDC and GFDC providers by NYS OCFS.

- **Cost:** \$340
- **OCFS:** 2(NH); 4(SS); 5(BR)
- **Trainer:** Tracy Travis

October 23rd
ACES
6:30–7:30pm via ZOOM

This training aims to broaden New York State's child care providers' understanding of ACE's and their impact on young children, their families, and the field of early childhood education.

- **3 Participants Minimum**
- **Cost:** \$20
- **OCFS:** 10 (ACE)
- **Trainer:** Tracy Travis

November 5th

**Oh What a Thrill- Risky Play
6-8:30 via ZOOM**

This dynamic training session explores the importance of risky play in child development. Participants will delve into the benefits of allowing children to engage in adventurous, high-energy activities that challenge their physical and cognitive abilities. Through hands-on experiences, discussions, and case studies, we will examine how risky play fosters resilience, problem solving, confidence and risk assessment skills.

- **2 Minimum Participants**
- **Cost: FREE**
- **OCFS: 1 (CD); 2(NH), 3(PD)**
- **Trainer: Amanda Miller**

November 18th

**Tom Copeland's
Employees and Other Topics
6-8pm via ZOOM**

After completing this class, participants will be able to make the most out of their employees. This class focuses on the following areas:

- Filling the proper paperwork for employees
- Identifying the federal payroll tax forms to file for employees
- Identifying when and how to pay estimated taxes
- Making the most out of dependent care assistance plans
- Finding and working with a tax professional
- Handling an IRS audit
- **3 Minimum Participants**
- **Cost: FREE**
- **OCFS: 5 (BR)**
- **Trainer: Tracy Travis**

November 6th

**Statutes and Regulations Pertaining to Child Abuse
6:30-7:30pm via ZOOM**

Any abuse or maltreatment of a child is prohibited. Suspected child abuse must be reported to the Statewide Central Register. Explore the regulations with fellow child care providers and learn tips to support our youngest children.

- **3 Minimum Participants**
- **Cost: \$20**
- **OCFS: 8 (SCA)**
- **Trainer: Tracy Travis**



**November 20th
First Aid/CPR/AED
6:30-8:30pm
Penn Yan Office**

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.

- **5 Minimum Participants**
- **Cost: \$135 (\$95 CPR cost & \$40 registration fee)**
- **OCFS: 2 (NH), 4 (SS)**
- **Trainer: Tracy Travis**



Amanda Hines
CACFP Administrator

Pumpkin Yogurt Parfait

A healthy, festive option that meets
CACFP guidelines

Ingredients (per child serving):

- ½ cup low-fat vanilla yogurt
- ¼ cup canned pumpkin puree (unsweetened, counts as vegetable)
- 1-2 Tbsp whole-grain graham cracker crumbles or low-sugar whole-grain cereal (counts as grain)
- Sprinkle of cinnamon or nutmeg (optional, no sugar added)



Instructions:

- In a small cup, layer half the yogurt, then pumpkin puree.
- Add remaining yogurt on top.
- Sprinkle graham cracker crumbles or whole-grain cereal.
- Lightly dust with cinnamon or nutmeg for flavor.

Serving Size (CACFP crediting)

- Vegetable: ¼ cup pumpkin puree
- Grain: ½ oz equivalent (graham or cereal)
- Milk/Meat alternate option: ½ cup yogurt



****Meets CACFP requirements for a reimbursable snack: two components (vegetable and grain, OR vegetable + meat alternate).**

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."

Your support helps us continue our vital work in helping children and parents in Ontario, Seneca, and Yates Counties.

Every Donation Counts!
Thank You!

We received over \$27,000 in donations this past year!
Donations included books, jackets, diapers, toys, quilts, and monetary gifts to support family needs and program supplies!

- 1st Congregational Church of Canandaigua
- Budding Readers
- CareNet
- CAP-Cayuga Seneca Action Agency- Diaper Distribution Program
- Discovery Toys
- E&V Energy
- Friendship House
- It's a Wonderful Run 5K
- Knights of Columbus
- Lake to Lake Baby Quilt Program & Keuka Quilters
- Lakeshore Family & Cosmetic Dentistry
- Mitchell Pierson Jr, Inc
- Our Lady of Peace Parish
- Pivotal Public Health Partnership
- QuilterBees
- Quilter's Guild
- Rushville United Methodist Church
- Unique Toyshop
- Penn Yan Walkers Group
- Wood Library

DONATE



Donations are always appreciated. Your donations will go to a family in need, or support our programs for parents, children and caregivers.



Budget Friendly Fall Activity Check List!

 Go on a nature hike!

 Have a picnic!

 Go pick pumpkins!

 Carve Jack-o-Lanterns!

 Visit an apple orchard!

 Make your own local fun!

 Create an outdoor obstacle course!

 Spend time around the fire pit!

 Make apple cobbler!

 Pop popcorn on the stove!

 Roast pumpkin seeds!

 Watch a favorite fall movie!

 Roast marshmallows!

 Drink hot chocolate!

 Go for a Sunday drive!

 Camp out in the backyard!

 Enjoy some spooky science!

 Take up bird-watching!

 Jump into a pile of leaves!



Courtney Ellis
Office Manager &
Marketing Specialist



Winter Safety Tips For Children



Sunglasses in winter help block those strong UV rays.



Take frequent indoor breaks



Have children wear multiple thin layers



Even sunscreen can prevent later health risks



Cover ears with hats, fingers with gloves, feet with warm socks and boots, and necks with scarfs to prevent frostbite

Check your surroundings before sledding



CHILD & FAMILY RESOURCES PRESENTS



FAMILY CONNECTION CIRCLE

SENECA COUNTY

First Presbyterian Church
23 Cayuga St., Seneca Falls
1st & 3rd Thursdays
10:00-11:30 AM

YATES COUNTY

Finger Lakes Lactation
270 Lake St., Penn Yan
2nd & 4th Tuesdays
10:00-11:30 AM

ONTARIO COUNTY

New Location
Geneva Public Library
244 N Main St, Geneva
1st & 3rd Tuesdays
New Time
11am - 12:30 pm

- Focus Age Group: Prenatal through 2 years old; older siblings are welcome!
- FREE, no registration required
- Virtual options available
- For more details and updates about these events: please call, visit our website or follow us on Facebook

See You There!



October 18th from 9am – 12pm
Community Resource Fair
Desales Gym, Geneva NY



October 25th from 11am – 3pm
Fall Into Canandaigua
Main Street, Canandaigua NY



October 25th from 1pm – 2:30pm
Halloween Walk In The Park
Seneca Falls Rec. Center,
Seneca Falls NY



November 1st from 11am – 4pm
Penn Yan Fall Festival
Main Street, Penn Yan NY

