

Issue 7
2016



Growing Tomorrow's Leaders...
Today
Enriching the Community

Family Enrichment Network Child Care Resource and Referral Parent Newsletter

Family Enrichment Network Services

Family Enrichment Network is committed to offering services that enrich the lives of people in every corner of our community.

From our Child Care Resource & Referral (CCR&R), which can help you find the right child care provider, to our Kinship Care program, and everything in between, there are many services for you to take advantage of. Here is a list of some more services we offer.

- Kinship Care program: offers support for adults who find themselves raising another family member's child. This program is available in both Broome and Tioga Counties.
- Nutritional Outreach and Education Program: Not sure if you qualify for SNAP (Supplemental Nutrition Assistance Program, formerly known as food stamps?) Call and we can help! This program is available in both Broome and Tioga Counties.
- Early Head Start/ Head Start: Helps parents from prenatal to children age 5 with child care needs and support. This program is available in both Broome and Tioga Counties.
- Caring Homes: Provides case management and financial assistance for homeless families or families at risk of homelessness, living in the city of Binghamton & meeting income guidelines.
- UPK: Pre-Kindergarten programs for Binghamton, Johnson City, and Union-Endicott School Districts.
- Special Education Services: Available for the evaluation of your preschool child to receive special services, such as speech therapy, occupational therapy, or physical therapy. This program is available in both Broome and Chenango Counties.
- GED Classes: Instruction based classes on the subjects needed to assist students in passing the GED exam or TASC (Test Assessing Secondary Completion).
- Courthouse Children's Center: Do you need safe child care while you have business in the Family Court in Broome County Use this great resource!
- Want to become a Child Care Provider? CCR&R can help answer questions and assist you in opening your own child care business.
- Chenango County Car Seat Fitting Stations: 3rd Friday of each month from 10am-3pm. Call 373-3555 ext. 1523 for more information.



For more information on any of our programs, check our website at:

www.familyenrichment.org or call 607-723-8313.

Inside this issue:

School Readiness & Quality Child Care	2
Fighting Childhood Obesity	2
Picky Eaters	3
Reading to Children	3
Communicating with your Provider	4
Parent Advocacy	5
Learning to Trust	6

Life affords no greater responsibility,
no greater privilege, than the raising
of the next generation.

~ C. Everet Koop, M.D.





School Readiness and Quality Child Care

What's the Connection?

It is a sad statistic that 40% of all kindergarteners are not ready for school.

Kindergarten teachers are reporting that at least half of their children have difficulty following directions, working independently or have a lack of academic skills. They do not enter school ready to learn. Since a child's readiness to learn is a strong indicator of future academic performance,

what can we do to remedy this situation?

We know that the early years, from birth to 5, are critically important for brain development. Children develop language and cognitive skills, learn to manage emotions and stress, and learn to cooperate with others.

The human brain develops more rapidly during this time than any other. The pace of this growth depends on whether the child's eagerness to learn is stimulated by his or her environment.

The ability to pay attention, stay focused and follow directions directly influences their lives. A safe, nurturing, caring place boosts their chances for future success. Registered providers have had extensive training in child development and are committed to stimulating curriculums that encourage school readiness.

Money spent on quality child care is a terrific investment; for every dollar spent on early learning, society saves seven dollars in later costs! As adults, these children are better educated and more productive, healthier, less likely to be on public assistance and have more opportunities available to them. These are certainly goals we want for all our children, so if you are looking for child care, consider your choice wisely – quality child care pays off!

Fight Childhood Obesity Now

At some point in our lives, most of us have thought about eating better and losing weight. Well how about if we think about helping our children develop better eating habits and physical activity. Let's improve the overall health and fitness of children.

About 25 million American children between the ages of 2-19 are overweight or at risk of becoming overweight. These children have a greater risk of having physical and social problems in their lives. They are also more likely to become overweight as adults.

As a parent, here are a few steps to help you get started so you can help your children:

Get started with discipline: Use self-discipline in your home. Prepare yourself ahead of time mentally to follow some steps and stick to them.

Set an example: Eat right, eat nutritiously, and exercise. Help children develop life long habits of good healthy eating and physical activity.

Be consistent: Do these things everyday. Use healthful choices and healthy eating patterns. Offer nutritious snacks such as fruits and vegetables, low-fat dairy products and whole grains. Limit the amount of sugar intake. Help the children to watch their food intake and help them recognize whether they are still hungry or full.

Encourage moderation: Watch the portions sizes and set limits on food choices.

Exercise, Exercise and Exercise: Make it a priority to have children exercise daily and join them. Help them find different physical activities they enjoy.

Only serve 100% juice: Children ages 1-6 should only have 4 to 6 ounces of juice daily and infants under 6 months should not be given juice unless recommended by their doctor. Children ages 7 and older should only have 8 to 12 ounces of juice a day.

Reduce screen time: Keep television and video games to a maximum of 2 hrs per day and keep them moving.

Start now and don't wait. Try a few of these simple steps and see what happens. Their health and their bodies are depending on you.



How to Get Picky Eaters to Eat Their Meals Without All the Arguments and Tears

Children go through different phases of being very picky eaters usually from about one year to their early teen years. This is all very normal and is a part of human development. A lot of people have tried different techniques but one childcare provider came up with the “Jobs” philosophy. If the parents and the childcare provider work together with consistency each and every time, this method will work and the children will feel more in control and positive about their meal time.

The Jobs philosophy is remembering that everyone involved has 3 jobs. The adult or the cook and the child have 3 jobs. If each person does his or her job, mealtime will become very positive. The adult jobs are when to serve the meal, what to serve and where it will be served. The child or the eater’s job is to decide on whether he or she wants to eat, what to eat, and how much to eat.

This means that the children are in charge of their tummy. They have control to decide what goes into their stomachs and how much. A lot of adults were raised differently and had to try bites of everything and clean their plates so this philosophy goes against their instincts.

To avoid wasting food, serve small portions at first. Children can always ask for seconds if they are still hungry. If a child says he is not hungry, you must respect that. The child can join the others at the table without being forced to eat. You can say to the child, “I understand you are not hungry right now and that’s ok but we will not be eating again until snack time in a few hours so please make sure you are making the right choice.”

Studies have shown that forcing a child to eat everything on the plate at each meal as well as using food as a reward or punishment can lead to eating disorders.

Sometimes making meals more interesting can help the situation. For example let the children use a straw to eat their applesauce or drink their milk with a straw. Also adding a little flavoring to items such as cinnamon on applesauce, bananas, waffles, green beans and even soup. Also ketchup on the plate can inspire children to eat. Children love to dip their food.

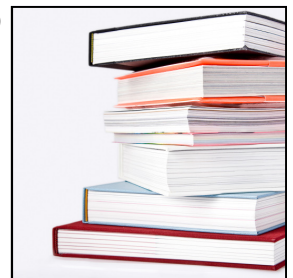
Meal time can be completely stress free and a fun happy time by using the “Jobs” philosophy and some creativity. Please try this method if you have picky eaters.



Books for Infants and Toddlers

Children begin to develop language awareness at birth. Sharing books with your child is a wonderful way to start him or her on a path of life-long reading. While children will benefit from being read to from a variety of sources, characteristics of books most appropriate for children under three years of age include:

- simple sentence structure and few words per page
- pictures that match the text
- simple songs and rhymes
- pictures of everyday items such as toys, clothes, food, and animals
- pictures of babies and toddlers doing familiar things



Board books are durable books perfect for the youngest readers. Their pages are slick for easy wiping, thick for easy turning, and rounded on the edges for safety. Sensory appeal books are also favorites among infants and toddlers. Often these books use pictures that are simple and vivid to catch the still developing eyes of small children. Some contain fabric or yarn to appeal to their sense of touch. Others use scratch-and-sniff stickers to incorporate their sense of smell. Still others produce sound to engage their sense of hearing.

Building a Partnership: Parents and Providers Working Together

When the parent - provider relationship is working at its best, there are many opportunities to add to the overall development of children and to provide family-centered services. A successful parent-provider partnership is good for everyone:

- Children have support in their daily activities.
- Parents benefit when providers (and staff) understand and respond to their children's needs, and provide information and resources that can help them.
- Providers benefit by having the much needed input, support, and participation of parents for their program.

What Parents Can Do

Parents want the best for their children. When placing their children in child care, many parents go through a period of anxiety and uneasiness because they are concerned about their child's well-being. However, there are ways parents can ease some of their concerns when choosing a child care provider. Parents should look for and ask:

- Do they provide the kind of activities you want for your child?
- Do you agree with their methods for guiding your child's behavior?
- What are the program's policies and procedures?
- Do they encourage parent involvement?
- Are you, the parent, comfortable with the provider?
- Do you think your child will fit in well?
- How does the provider prefer to communicate? Are you comfortable with that method?

Promote Good Communication

There are many ways you can help a provider get to know your child and maintain positive communication. Here are a few:

- Give your provider specific information about your child such as: what comforts her, what is she afraid of, what is her favorite toy, food, or songs and what skills has she acquired.
- Share how you celebrate birthdays and holidays.
- What's happening at home that might affect your child's behavior.
- Keep your emergency contact information up to date.
- Volunteer to help out in the program whenever you can. Let the provider know you support the program.
- Attend parent-provider conferences.
- Visit occasionally during the day.
- Be respectful. Understand that the provider has other demands. Ask, "Is this a good time to talk?"

Adapted from The Daily Parent Newsletter

Community Resources

Medical and Insurance Resources:

Mothers and Babies Perinatal Network at 457 State Street, Binghamton, behind the Colonial Plaza or call 772-0517.

Parenting Support and Resources:

Binghamton PAL Center at 457 State Street, Binghamton or call 771-6334.

Endicott Family Education Center at 200 Jefferson Ave., Endicott or call 760-5755.

Johnson City Family Resource Center at 601 Columbia Drive, Johnson City or call 763-1252.

Owego Family Resource Center at 72 North Street, Owego or call 687-1571.

Waverly Family Resource Center at 374 Broad St., Waverly or call 565-2374.

Norwich PAL Center at 27 West Main Street, Norwich or call 334-8909.

Budget Stretchers and Food Resources:

WIC: Broome County call 778-2881

Chenango County call Opportunities for Chenango at 334-7114

Tioga County call Tioga Opportunities at 687-4222 or 1-866-352-3680

SNAP (Food Stamps): Broome County call 723-8313 ext. 827

Chenango County call 337-1500

Tioga County call 201-5678

CHOW call 211.

Salvation Army call 722-2987.

For assistance with any other needs, call 211 to help you find the right resource.

Parent Advocacy

Not As Difficult Or Time-Consuming As You Might Think!

All parents and families have a variety of needs and interests, and every family is different. We also know that no matter what your individual circumstances are, as a parent, you want the best for your children.

One of the best ways to ensure that your children get what they need is to be actively involved. We also know that parents are very busy people with limited free time and countless demands upon it. But there are also a multitude of programs and resources that can help you, and being an advocate for your child doesn't have to be as time-consuming as you might think.

Join Child Care Aware Parent Network, a free website for everyone who cares about children and the quality of care they receive. It is not only for parents. It is intended to bring child care to the forefront of the nation's agenda and to create new perspectives about the priority of children's issues. Parent Network offers high quality information on parents and child care. When you join, you will receive networking and advocacy tools, as well as free webinars on important topics.

Join today at www.ccaparentnetwork.org.



Family Enrichment Network

PO Box 997
24 Cherry Street
Johnson City, NY 13790

Phone: 607-723-8313
Fax: 607-723-6173
Toll free: 1-800-281-8741
E-mail: info@familyenrichment.org

Growing Tomorrow's Leaders...Today
Enriching the Community

www.familyenrichment.org

The mission of Family Enrichment Network is to provide supportive services for the optimal development of children and families. This mission includes a strong commitment to partnering with families and community agencies to develop and provide programs to achieve the best results for children and families. We believe in coordinating children and family services using a comprehensive and collaborative approach to improve their quality of life while ensuring the greatest value for our investment in child, adult, and parent development.

To learn more about our mission, and share in our vision that all children and families have the opportunity to grow and develop to their full potential, please visit our website at www.familyenrichment.org.

Learning to Trust: The First Emotional Task

According to Erik Ericson, renowned developmental psychologist and psychoanalyst, the primary emotional task that infants have, is to develop trust. Enter: parents and care givers. We teach infants to learn to trust by meeting their physical needs, changing wet diapers and feeding them when hungry. We help them learn to trust by soothing and comforting them when they're fretful. When we provide interesting things for them to look at and play with, they know that we are paying attention and care about what they are doing and learning. By not leaving them for long periods of time in an infant seat, they learn to trust us to keep them comfortable. Periodic smiles in their direction and lots of physical cuddling keep them assured that we love them and that they can count on that love. Sounds easy? The concepts are, but in the middle of busy days and nights, it can be difficult to remember just how critical all of this trust building with infants can be. Infants, however, can't learn to trust any other way. Trust is the cornerstone of healthy emotional development and it begins in infancy.

