

NETWORK NEWS

Enriching the Community



A Message from the CCR&R Director

Thank you!

Thank you for doing the most important job in the world!

Thank you for working for little respect and low wages!

Thank you for doing a thankless job!

Young children need a strong foundation for future success. It includes not only a healthy and safe environment, but a nurturing, loving place, that is educational, fun, and is developmentally appropriate. Working with children, you need to be patient, kind, understanding, loving, and comforting. But you are also running a business, so you need to know the state regulations, nutritional best practices, budgeting, marketing, organizing, liability, and customer service. You have a lot to do!

Working with children is hard. But it really is the most important job in the world—you are caring for our future generation!

Family Enrichment Network CCR&R says “Thank you” this Provider Appreciation Day!

Jennifer Percy

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Family Enrichment Network
is a proud member of:



Early Care &
Learning Council
United to Promote Quality

Do you have employees?

Then you may need to offer a Sexual Harassment Training for your staff!



Call us today to set up a training for your site.

Julie Henry at (607) 373-3555 ext. 1522 or email jhenry@familyenrichment.org.

For more information on New York’s requirements, visit: <https://www.ny.gov/combatting-sexual-harassment-workplace/employers>

**Child Care Resource and Referral Contact List
Broome Office: (607) 723-8313**

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Chenango Office: (607) 373-3555

Julie Henry: Chenango Coordinator	Ext: 1522	jhenry@familyenrichment.org
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General questions: email: jperney@familyenrichment.org

Program updates or referrals for parents: referrals@familyenrichment.org

Screen Time in a Digital Age

By Cathy Lipski Quality Improvement Specialist



Today's children and teens are immersed in digital media. They are exposed to media in all forms including TV, computers, smart phones and screens. 75% of teens own smart phones, 25% of teens say they are always connected, 76% of teens use at least 1 social media site and 4 out of 5 households have a device for video games.

Visual attention and comprehension are important. This can be of low quality with digital gadgets. Babies prefer to look at faces and when they are less than 6 months old, they don't comprehend what they see or hear on a screen. A 6 month old might make connections to familiar objects, but won't understand how they relate to other objects or reality. When a baby is 3-9 months of age, the child's gaze goes to faces on a screen. Why not focus attention on real life faces?

Infants don't understand the symbolic nature of pictures and treat them as objects. 3 to 5 year olds may still struggle with concepts like fantasy/reality and solutions to problems. Babies are really afraid of their shadows! If you Google "Shadow Baby Scare", you can better understand this childhood dilemma.

The American Academy of Pediatrics' position as of 2017- 2018 discourages screen time for children less than 18 months. They suggest co-viewing with parents or caregivers, screen free zones and limiting screen time for children less than 18 months unless it is a video chat or screen time with a family member or friend. Researchers found that the more screen time an 18 month old had, the more likely the child was to have delays in expressive speech. Overuse of digital media can place an older child or teen at risk of obesity, sleep problems, problematic internet use, negative effects on school performance, risky behavior and Cyber Bullying.

What can a parent or caregiver do? You can become a Media Mentor. Media Mentorship is a relationship in which someone with more experience or knowledge guides a child. Every child needs a mentor. Parents, family, friends, caregivers and educators can be all be mentors. Screen time should not always mean alone time! Create quality viewing experiences by being a Media Mentor and help children navigate through screen time in a digital age.

You can also join Screen Free Week. April 29-May 5, 2019.

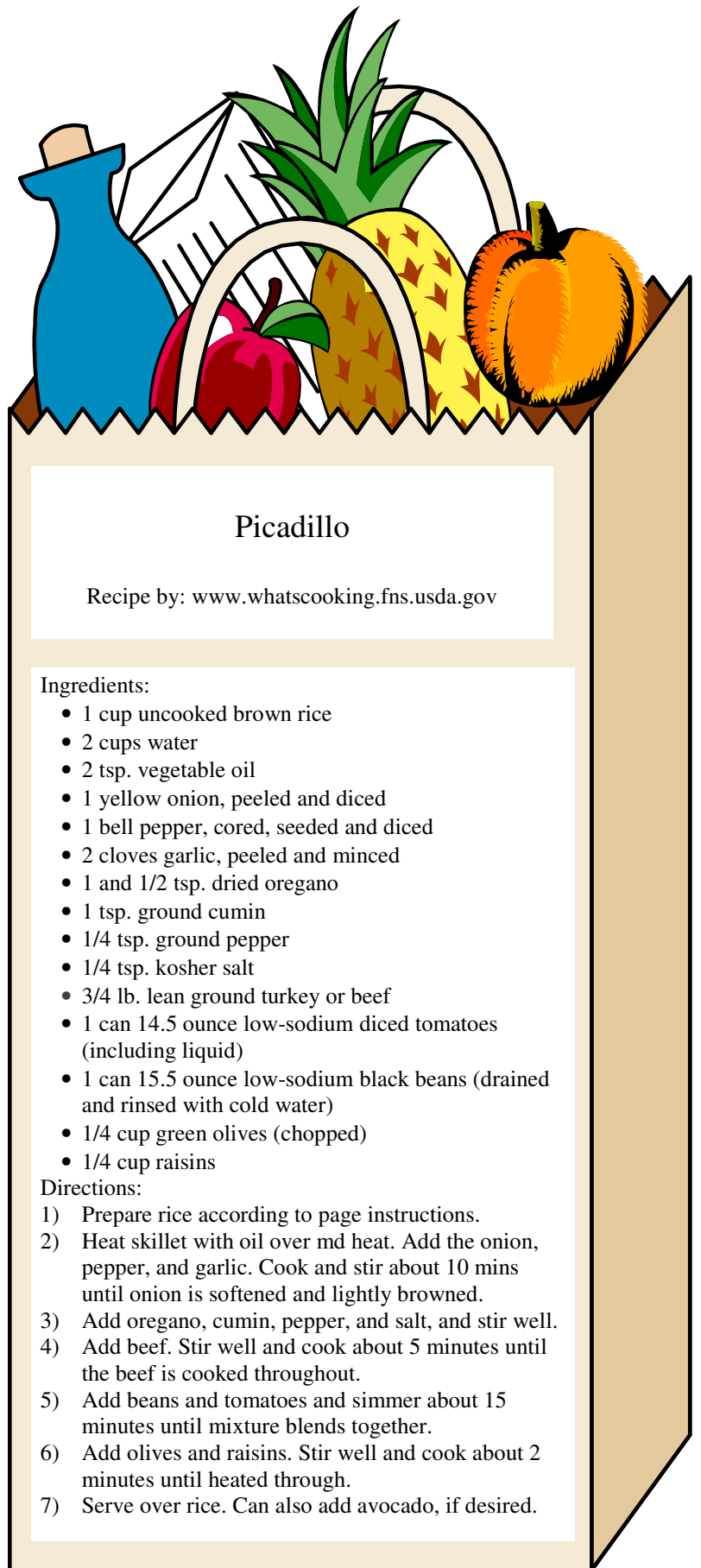
For more information, visit www.screenfree.org





Friday, May 10, 2019

Provider Appreciation Day[®] is a special day in May to recognize child care providers, teachers and other educators of young children everywhere.



Picadillo

Recipe by: www.whatscooking.fns.usda.gov

Ingredients:

- 1 cup uncooked brown rice
- 2 cups water
- 2 tsp. vegetable oil
- 1 yellow onion, peeled and diced
- 1 bell pepper, cored, seeded and diced
- 2 cloves garlic, peeled and minced
- 1 and 1/2 tsp. dried oregano
- 1 tsp. ground cumin
- 1/4 tsp. ground pepper
- 1/4 tsp. kosher salt
- 3/4 lb. lean ground turkey or beef
- 1 can 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1/4 cup green olives (chopped)
- 1/4 cup raisins

Directions:

- 1) Prepare rice according to page instructions.
- 2) Heat skillet with oil over md heat. Add the onion, pepper, and garlic. Cook and stir about 10 mins until onion is softened and lightly browned.
- 3) Add oregano, cumin, pepper, and salt, and stir well.
- 4) Add beef. Stir well and cook about 5 minutes until the beef is cooked throughout.
- 5) Add beans and tomatoes and simmer about 15 minutes until mixture blends together.
- 6) Add olives and raisins. Stir well and cook about 2 minutes until heated through.
- 7) Serve over rice. Can also add avocado, if desired.

Congratulations!!



New child care programs:

Broome County Family Child Care

Ashley Bouchard

Broome County Child Care Center

Family Enrichment Network, Inc.
- Fayette Street, Binghamton

Understanding Autism

Compiled by Julie Henry



- In 2018 the CDC determined that approximately 1 in 59 children is diagnosed with an autism spectrum disorder (ASD).
 - ◊ 1 in 37 boys
 - ◊ 1 in 151 girls
- Boys are four times more likely to be diagnosed with autism than girls.
- Most children were still being diagnosed after age 4, though autism can be reliably diagnosed as early as age 2.
- 31% of children with ASD have an intellectual disability (intelligence quotient [IQ] <70), 25% are in the borderline range (IQ 71–85), and 44% have IQ scores in the average to above average range (i.e., IQ >85).
- Autism affects all ethnic and socioeconomic groups.
- Minority groups tend to be diagnosed later and less often.
- Early intervention affords the best opportunity to support healthy development and deliver benefits across the lifespan.
- There is no medical detection for autism.



Intervention and Supports

- Early intervention can improve learning, communication and social skills, as well as underlying brain development.
- Applied behavior analysis (ABA) and therapies based on its principles are the most researched and commonly used behavioral interventions for autism.
- Many children affected by autism also benefit from other interventions such as speech and occupational therapy.
- Developmental regression, or loss of skills, such as language and social interests, affects around 1 in 5 children who will go on to be diagnosed with autism and typically occurs between ages 1 and 3.

Caregivers & Families

- On average, autism costs an estimated \$60,000 a year through childhood, with the bulk of the costs in special services and lost wages related to increased demands on one or both parents. Costs increase with the occurrence of intellectual disability.
- Mothers of children with ASD, who tend to serve as the child's case manager and advocate, are less likely to work outside the home. On average, they work fewer hours per week and earn 56 percent less than mothers of children with no health limitations and 35 percent less than mothers of children with other disabilities or disorders.

For more information visit: www.autismspeaks.org and www.thearcoftheozarks.org/

Make Science Fun!

Compiled by: Ann Shear

Spring – Finally!

Time to shake off cabin fever, but spring also means rain, and the kids are stuck inside. Running out of ideas? Try these for hours of fun!

CLEAN MUD

You Need:

- Bars of Ivory Soap
- Old cheese graters
- Water table or sensory tub
- Toilet paper
- Pitcher of water

Directions:

- In a sensory tub mix together about four bars of grated soap, toilet paper, and a pitcher full of water. Squish and squish until it looks like soapy sudsy Cool-Whip!
- There is no real “recipe.” Just keep adding more until it feels soft, soapy, and creamy! If it gets stiff and dry, reconstitute with more hot water. Just keep adding more of the ingredients until you get a consistency you like!

Tip: Watch for allergies to the soap!

Dispose of Clean Mud in the trash NOT down the drain! Leave it out for a few days before disposing of it.



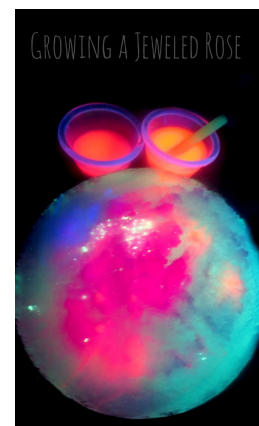
GLOWING SALT AND ICE EXPERIMENT

You Need:

- Ice – see below
- Salt - Kosher salt works well but any salt will do.
- Glow in the dark paint
- Fluorescent paint
- water
- Eye droppers or something similar

Directions:

- Start by freezing a large container of water. (for example: a pie pan) and add glow in the dark paint to the water before freezing to give a glowing block of ice.
- Just before the experiment, make up some homemade watercolors by mixing water with paint. Mix up some with the glow in the dark paint as well as the fluorescent paint to get a rainbow of colors.
- Dim the lights.
- Set out salt and a dropper along with the ice and water colors
- Have kids cover the ice in salt. Talk a bit about the science behind the fun. What will the salt do to the ice? Watch the salt create tunnels in the ice.
- Have kids use the droppers to squirt the colorful water colors onto the ice. As the colorful waters are added, the kids can see the tunnels better.



So much fun to explore science and art in the dark!

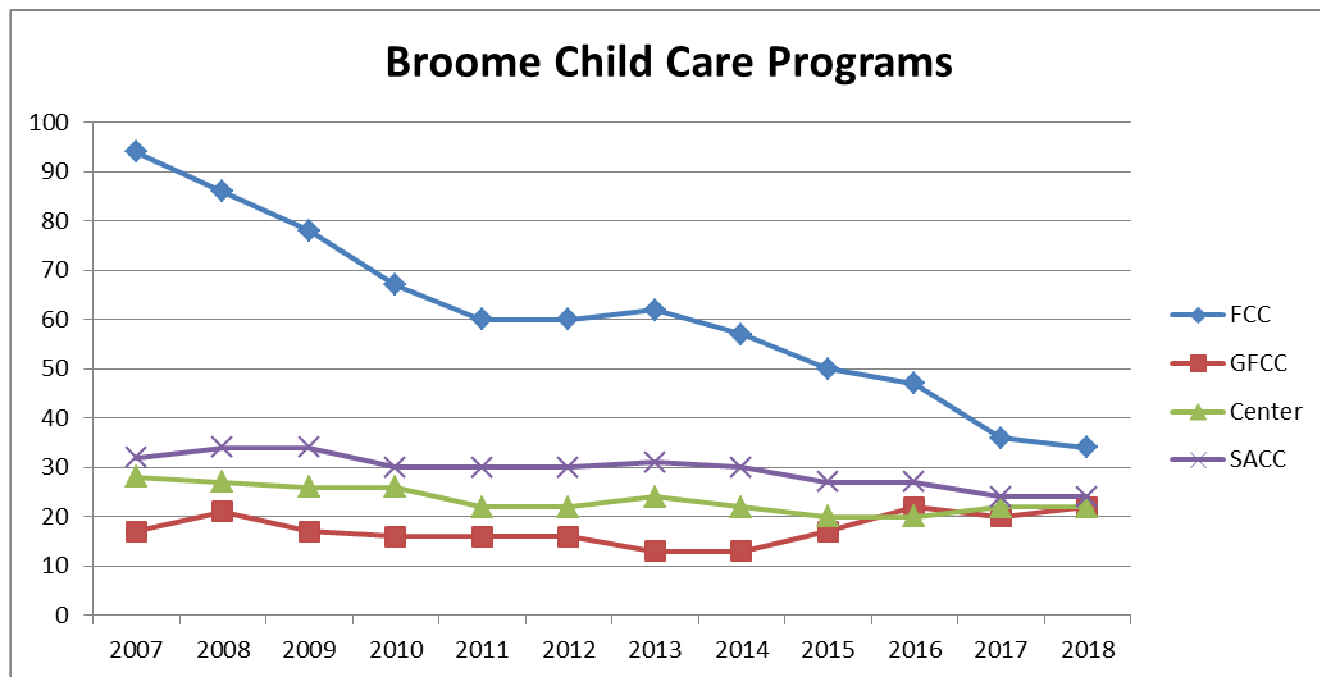
Experiment and picture by: www.growingajeweledrose.com

Community Assessment

Family Enrichment Network just finished the annual community assessment process. CCR&R looks at child care in the community.

As expected, there is still an ongoing shortage of child care, specifically infant providers.

We compared data from the last 10 years of child care programs and continue to see a decrease in the number of family child care programs through Broome, Chenango, and Tioga counties, which is also consistent with other counties across the state. Below is the Broome County Child Care chart showing the changes in the different types of child care since 2007.



As you can see, the number of family child care homes has significantly decreased through this time. Child care centers have decreased by 6 programs over the last 11 years. School age child care programs have decreased 8 programs over this time. Group family child care homes have seen a decrease and increase through the years, currently with an increase of 5 homes since 2007.

Infant care remains the highest request for our referral service. When parents call looking for child care programs, 48% are looking for infant and toddler care. 23% were needing care for their school-age child. Issues finding school age care in many school districts remains. Wrap around care with transportation, for preschool age children after their UPK program, remains the highest need for 3 and 4 year old children.

What we need and how you can help:

- Expand Infant Toddler Care: If you are not currently offering care for infants or toddlers, consider expanding your program to include these ages.
- Expand your program: If you are a family child care provider and can expand to group family child care, please do! Call us to learn more!
- If you know someone who is interested in opening a family child care home, please have them call us to go through the process.
- Advocate with us! Please share your story of offering child care with your elected officials.



Activities to Boost Cognitive Development: For 3-6 Months

Compiled by: Megan Brown, Infant Toddler Specialist
Information from: www.parents.com

Your baby is absorbing everything as his/her brain grows. Learn how to stimulate cognitive development with some brain-boosting activities geared to helping your baby develop intellectually.

- ◇ Read to Him/Her: Read colorful picture books with your baby! She'll love looking at the bright colors and bold, contrasting patterns while listening to your voice.
- ◇ Tell About Your Day: Talk with your baby. Engage him/her in conversation from the day he/she is born, being sure to maintain lots of eye contact.
- ◇ Hang Mirrors At His/Her Level: Attach an unbreakable mirror to the crib or next to the changing table so your baby can see his/her face and movements. Place a large mirror low on the wall so he/she can look at him/herself when he/she is playing on the floor. Your baby won't understand that he/she's looking at his/her own reflection, but he/she will enjoy seeing that person moving his/her arms and smiling at him/her.
- ◇ Provide Noisy Toys: Provide toys that make music or different sounds, especially those that make noise whenever your baby touches them. He/she'll learn that the cause and effect of hitting particular toys is getting to hear pleasant sounds.
- ◇ Introduce Him/Her to a Variety of Sounds: Show your baby how different objects have different sounds by comparing a bell to a rattle or a drum.
- ◇ Show Him/Her New Textures-Give your baby easy-to-clean objects with different textures that he/she can feel and put in his/her mouth.

For more activity ideas for your infant or toddler, contact Infant Toddler Specialist, Megan Brown at (607) 723-8313 ext. 826 or email mlbrown@familyenrichment.org.

Advocacy Update

The New York State budget has passed, so your elected officials are not focused on budget requests.

Take time to send an email or make a phone call, and invite them to visit your program. Explain what you do and why you deserve more money!

For more encouragement or tips, contact Jennifer Perney, CCR&R Director at jperney@familyenrichment.org or call (607) 723-8313 ext. 872.



The History of the First Aid Kit

By Cathy Lipski



Remember Murphy's Law? Anything that could go wrong will go wrong. So be prepared for the unexpected!

Prevention is a necessary concept, but it does not take away the need to be ready for any unexpected accidents. This is especially true when we care for children. Being prepared requires the right tools. It is very important to keep your CPR and First Aid Certification up to date. It is also important to keep a well-stocked First Aid kit handy and ready for use. Always check the kit to make sure you are not running low on band aids and gauze pads to stop bleeding. We know band aids heal anything from real to imaginary boo boos, so don't run out!

Have you ever wondered how such a kit came to be? Just in case you have, here is a brief history of First Aid Kits.

According to the medical supply company Johnson & Johnson, the history starts with its founder, Robert Wood Johnson. Mr. Johnson was on a train headed to Colorado for a vacation in early 1888 when he began a conversation with another passenger. The passenger was the chief surgeon for a railroad. He discussed the difficulty of quickly getting injured railroad workers to medical help.

As a result of this conversation, Mr. Johnson conceived the idea of packaging sterile gauzes, bandages, and dressings in protective metal boxes that could be stored much closer to where the injuries were occurring. The First Aid Kit was born!

Many early kits came with visual flair including dynamic colors, designs, and printing. Some kits were created for a unique purpose or in association with organizations such as the Boy Scouts of America. Other kits had unique design features to address certain circumstances or to create competitive advantages. Modernization of packaging allowed for unit packaging in small card board boxes of a consistent size.

First Aid Kits today are more generic, but Robert Wood Johnson's concept of first aid supplies that are clean, protected, and nearby remains the same. So update and refresh your First Aid Kit on a regular basis, keep it in a convenient, easy to find location and always be sure you're CPR and First Aid Certification has not expired!

Upcoming CPR/First Aid Classes

Broome County:
May 8, 5-9pm—Cherry Street office
Chenango County:
May 23, 5-9pm—Norwich office
Tioga County:
June 12, 5-9pm—Owego office



Remember, if you have a large group needing CPR/First certification or recertification, give us a call and we can come to you!!

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Owego	4	5	6 JC
7	8	9 JC	10 JC	11 Owego JC/Chen	12	13
14	15	16 JC	17	18 Chen	19	20
21	22	23	24 JC	25	26	27
28	29	30				

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Owego	2	3	4
5	6	7	8 JC Chen	9	10	11
12	13	14 JC	15	16 JC	17	18
19	20	21	22 JC	23 Chen	24	25
26	27	28	29	30	31	

JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 JC Owego	5 Owego	6 JC	7	8
9	10	11 JC	12 Owego	13	14	15
16	17	18	19 Owego	20 Chen	21	22
23/30	24	25	26 JC	27	28	29

Upcoming Training Opportunities

Broome County (JC):

- April 6: 9am-1pm—CPR/First Aid
- April 9, 11 & 16: 8am-1pm—Health and Safety for Directors
- April 10: 6-7pm—Sexual Harassment Training
- April 11: 6:45-9:15pm—Webcast: Supporting Children/Families through Good Eating Practices
- April 24: 6:30-7:30pm—Small Talk
- May 8: 5-9pm—CPR/First Aid
- May 14: 6:30-8:30pm—Child Abuse and Abuse Head Trauma
- May 16: 6:30-8:30pm—CACFP: Community Helpers
- May 22: 6:30-7:30pm—Small Talk
- June 4, 6 & 11: 8am-1pm—Health and Safety
- June 26: 6:30-7:30pm—Small Talk

Chenango County (Chen):

- April 11: 6:45-9:15pm—Webcast: Supporting Children/Families through Good Eating Practices
- April 18: 6-7:30PM—Recycle and Reuse
- May 8: 6-7:30pm—Outdoor Safety
- May 23: 5-9pm—CPR/First Aid
- June 20: 6-7:30PM—Let's Get Physical

Tioga County (Owego):

- April 3: 6:30-8:30pm—What To Do When Babies Cry/Child Abuse Case Studies
- April 11: 6:45-9:15pm—Webcast: Supporting Children/Families through Good Eating Practices
- May 1: 6:30-8:30pm—Parent Interviews
- June 4: 6-7pm—Sexual Harassment Training
- June 5: 6:30-8:30pm—What's New and Planning Ahead for Summer/Fall
- June 12: 5-9pm—CPR/First Aid
- June 19: 6:30-8:30pm—Summer Activities

Please see the January—June Professional Development and Training Calendar for full workshop descriptions or visit our website at www.familyenrichment.org.



Save More at the Store

The smartest shoppers know that saving money is more than luck. When shopping for groceries, it's about having a game plan and making smart decisions about what to put in your cart.

1. Ask for advice. Grocery stores, ethnic markets, dollar stores, retail supercenters, and wholesale clubs can offer good deals. Ask friends and family where they shop and find their best bargains!
2. Eat before you shop. Grocery shopping hungry can lead to impulse buying and unhealthy food choices.
3. Read the sales flyer. Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.
4. Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale. For more on couponing, check out Save More at the Grocery Store.
5. Look up and down for savings. Stores often stock the priciest items at eye level. You can save big by looking at the upper and lower shelves too.
6. Check for store brands. Most stores offer their own brand of products that often cost less than name brands.
7. Grab from the back. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items especially in the produce, dairy, and meat aisles.
8. Ask for a rain check. If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.
9. Join your store's loyalty program. Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.
10. Think outside the store. Farmers markets and farm stands can be great options for picking up fresh produce at a discount. Check the National Farmers Market Directory for locations near you.

For more information on nutrition and how you can get a reimbursement for serving healthy meals and snacks to the children in your program,
call CACFP Coordinator, Lisa Rosa at (607) 723-7313 ext. 824 or email lrosa@familyenrichment.org.

This institution is an equal opportunity provider.





Family Enrichment Network
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PO Box 997
Johnson City, NY 13790-0997



Through partnerships with families and community agencies, Family Enrichment Network provides supportive services and programs for the optimal development of children, adults and families.

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.