

# NETWORK NEWS

## Enriching the Community

### A Message from the CCR&R Director

A lot has been going on at the State this past winter and spring. It seems child care is finally getting some focus. The Governor's office has asked the Regional Economic Development Councils to consider the child care issues in their region while approving funding applications. Previously, child care was not considered when building new businesses or expanding existing businesses. As we know, parents can't work if they can't find child care. Economic development people are finally starting to understand that as well.

The governor also has his Child Care Availability Task Force looking at issues across the state. They have found what we know to be true in our area.

1) There is a lack of child care, especially infant and toddler care. 2) Child care is expensive for parents. 3) Child care workers make low wages with little benefits. It will be interesting to see what solutions come out of the work of the task force this year.

Locally, the Greater Binghamton Chamber of Commerce has a Child Care Workgroup looking at how local businesses can support child care. We hope to identify solutions to increasing the supply and affordability of child care locally.

I also wanted to point out the State has recently passed a new law eliminating non-medical exemptions for vaccination requirements. This means you need to ensure your program has the immunization records for any families that previously stated they refused vaccines for their religious beliefs. OCFS has issued guidance on what you need for your records, including the scheduled appointments for the needed immunizations. Please call your Health Care Consultant or licenser for any questions to ensure you are in compliance with the new law.

Enjoy your summer. As always, we are here to help, so let us know what you need!

*Jennifer Perney*



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Family Enrichment Network  
is a proud member of:



Early Care &  
Learning Council  
United to Promote Quality

# **Centers, SACC, Group Family Child Care**

## **Anyone who has an employee! This is for you!**

### **Comply with New York Sexual Harassment Prevention Laws Checklist**

As of October 9, 2019 the law requires that all employers provide a sexual harassment prevention policy and training on an annual basis to all employees. This means that if you have employees, assistants, substitutes, etc. you need to provide this training. Just as important as the training, you must have a written policy and make sure that it is posted in your program.

**1. Fair and Safe Workplace**

\* Ensure that workplaces are safe and free from harassment for both employees and non-employees.

**2. Policy**

\* For all New York employers, adopt a sexual harassment prevention policy

**3. Sexual Harassment Prevention Training**

\* Review applicable sexual harassment prevention training requirements and existing policy (if any).

**4. Strategic Considerations - *Nondisclosure Agreements***

\* Consider whether to require nondisclosure provisions in settlements and agreements related to sexual harassment.

Be sure to check our training calendar or call for more information regarding our upcoming Sexual Harassment Compliance trainings.

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#### **Child Care Resource and Referral Contact List**

##### **Broome Office: (607) 723-8313**

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General questions: email: [jperney@familyenrichment.org](mailto:jperney@familyenrichment.org)  
Program updates or referrals for parents: [referrals@familyenrichment.org](mailto:referrals@familyenrichment.org)

# Why Do Children Need Physical Activity?

By Cathy Lipski Certified Fitness Instructor, Quality Improvement Specialist



It appears that young children are always moving. Sometimes, we cannot seem to keep up with them! Did you ever wonder how much moving around really counts as physical activity? Are children as active as we might think they are? Do they really need structured physical activity? When children are moderately to vigorously physically active, their hearts are beating faster and they are breathing harder than when they are standing or walking slowly. They might get a little sweaty or even a bit flushed. Walking quickly is moderate activity and running is vigorous activity.

There are some very important reasons why moderate activity and vigorous activity are so important. Young children who increase their activity levels tend to decrease their levels of unhealthy body fat. Daily activity reduces the likelihood of developing type 2 diabetes, cardiac problems and other health issues associated with being overweight. In the past, these were health concerns of adults, but now children are falling prey to these health issues. There is a trend for children to eat more unhealthy foods and not get enough physical activity. That is not a good combination!

Preschoolers should participate in about 60 minutes of structured physical activity each day and 60 minutes of unstructured activity each day. Structure physical activity is active play that is led and planned by an adult. Adults can play, too! Unstructured physical activity the active play that children choose to do on their own at a park , on the swings, riding a bike, in yard or just running around and having fun!

Children can learn to enjoy physical activity and it really does comes naturally! It is all about play and practicing basic movement skills to improve their physical fitness. As adults, we can help them create happy and active experiences that will lead to a lifetime interest in physical activity.

For more FREE information on this topic, attend the Small Talk Session on July 23.

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## Inside Games

Is it too hot or rainy to get outside? Here are some quick indoor games to play this summer.

- Balloon tennis: As simple as it sounds—grab some fly swatters and balloons
- Paper plate skating: Grab some paper plates and throw them on the floor. Let the kids skate around.
- Sheet Parachute: Don't have a parachute? Grab a sheet and have fun!
- Laser Maze: Use crepe paper or string and some tape to make a laser maze in a hallway.
- Tape Games: Grab some painter's tape or masking tape and there are tons of games. Make lines of tape and see how far kids can jump on 1 leg, how long they can jump backward, or long far they can stretch.

Have a great summer!



Cornell Cooperative Extension  
Expanded Food and Nutrition Education Program (EFNEP)



Do you want to offer free nutrition education classes for your staff or families?

EFNEP offers 3 different series of classes (6 to 9 classes) where participants can learn about eating more fruits and vegetables, drinking fewer sweetened beverages, maintaining a healthy weight, being more physically active and living a healthier life.

The “Healthy Children Healthy Families” series focuses on healthy eating and parenting for children ages 3 – 11 aimed at parents and caregivers. It would be a great way to meet family engagement by offering these workshops for the parents in your program.

Call (607) 772-8953 for more information today!



## Congratulations!!

New child care programs:

### Broome County Family Child Care

Gabrielle Keeney  
Sarah Otis

### Chenango County Family Child Care

Pasanen's Playground—Brandy Pasanen

### Chenango County Group Family Child Care

Little Explorers Daycare—Carrie Gregory

### Frozen Yogurt Blueberry Bites

Ingredients:

- 1 cup blueberries
- 1 cup non-fat Greek Yogurt

Directions:

- 1) Place blueberries and Greek yogurt in two separate bowls. Place a piece a parchment paper on a large baking sheet.
- 2) Drop each blueberry into Greek yogurt with a spoon, swirl around to coat and place on the parchment paper. Repeat until all blueberries are covered.
- 3) Freeze for an hour or more, then enjoy as you please.

## Encourage Optimistic Thinking With Young Children

Compiled by: Megan Brown, Infant Toddler Specialist  
Posted on April 26, 2019 on Redleaf Press Blog By Laura J. Colker, EdD,  
and Derry Koralek



Optimistic thinking equips children to be more successful learners, happier and healthier individuals. Below are five steps to start intentionally teaching young children how to be optimistic thinkers.

1. Read the book aloud, all the way through, at least once at group time and one-on-one with individual children.
2. Read the book together again with the same group or individuals as before. This time, stop frequently to ask pertinent questions and engage children in discussion.
3. Discuss the choices the main characters make, whether their reactions are based on facts or fears, and how they resolve the problem confronting them optimistically. You can tailor your questions to fit the story and the children:

What happened to \_\_\_\_\_ in this story?

How did this make \_\_\_\_\_ feel?

What do you suppose \_\_\_\_\_ was thinking inside his/her head?

What would you say to \_\_\_\_\_?

What would you have suggested that \_\_\_\_\_ do?

How did \_\_\_\_\_ think things through?

What plan did \_\_\_\_\_ come up with?

What do you think will happen next time \_\_\_\_\_ has a problem?

Would you have ended the story like this? If not, how would you end the book? Why did you pick this ending?

4. Relate the main characters' experiences to those of the children. Make sure the children understand the book's message and how thinking optimistically makes life better.
5. Repeat the steps with the children (both one-on-one and with groups) reading aloud as many books as you can fit into your daily program.

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## MAT—Medication Administration Training

Do you or your staff need MAT?



The Broome County Health Department offers the MAT class on the 1st Thursday of each month between June and December.

To register or for more information, contact Colleen Coddington at (607) 778-2869.

# Taking Care of Business

Tom Copeland – [www.tomcopelandblog.com](http://www.tomcopelandblog.com)  
Compiled by Ann Shear, Tioga CCR&R Coordinator



Family child care providers start their business because they love children and want to care for them. Taking care of children is half your job. The other half is taking care of your business.

The most important thing you do is to provide quality care for children. With a good business foundation you'll be able to continue doing this work for a longer period of time. It will enable you to support your family, perhaps retire earlier or be able to spend more time with children.

When you think about the business side of family child care, start by asking yourself this question: "What do you want from your work this year?"

Your answers might be:

- More money, more paid or unpaid time off
- Recruit more children
- Terminate some children
- Save for retirement
- Reduce your stress
- Have less conflict with parents
- Other?

To get what you want you first have to identify what you want. It's not selfish to focus on what you want as a business. You care for your spouse, your own children, your daycare children and maybe even your parents.

It's time to care for yourself. Are you sacrificing too much for others? Maybe. If you are giving all your time and money for others and not saving for yourself, then it's time to rethink this. If you think there is no money to save for yourself, maybe it's time to rethink how you run your business. If you haven't raised your rates in three years, it may be time to do so now. If you don't think you can make more money at what you are doing, maybe it's time to think about taking on another job.

## **Set Goals**

To start thinking about your business, set goals each year. What aspects of your business do you want to improve this year? Create a list. Your list might include: Raise rates, reduce expenses, enforce my late pick up fees, implement two marketing strategies, get business liability insurance, and so on. Pick one or two priorities and measure how well you did at the end of the year. Reset new goals each year. It's never too late in the year to set goals.

## **You Can Do It**

There is nothing about the business side of family child care that you can't manage. You may need some help – tax preparer, insurance agent, or advice from other providers. But you were smart enough to start your own business. You manage multiple tasks: chef, activity manager, conflict manager, finance officer, shopper, and so on.

In the end, how you run your business is up to you. There are no strict rules about this. In my opinion, however, the stress associated with being a family child care provider is often the lack of attention paid to the business side of what you do.

For any assistance with your family child care business, give any CCR&R staff a call!



## Family Engagement in Your Child Care Program

By Cathy Lipski Quality Improvement Specialist

You are not a day care island. You might feel like that for 8 or more hours during the day when you and the children in your care are together, however, at the beginning and ending of each day you see parents, grandparents, friends and other family members of the children. You will be engaged with these people for however long you care for their children.

Successful family engagement depends on meaningful communication between your program and families. Studies show that children become successful learners when childcare providers and families come together. To enhance family engagement, programs can encourage families to help out at any special function when they can. As a provider, you can encourage families to support the child's learning at home and in the community. It is important to establish open lines of communication from the first time you meet with families. This is the key to overcoming barriers and strengthening family engagement from the start. One way to communicate all important information about your program including history, philosophy and policies, is in a handbook. Then all program information is conveniently located in one place.

Another way to stay engaged is by being culturally competent. This means you promote acceptance of families by celebrating their different cultures.

Parent surveys are a great way to see if your program is meeting the needs of your families. It can provide you with ideas and suggestions to enhance your program. Conduct the survey annually since your program might change from year to year.

Children whose families are actively engaged in their learning have greater future academic motivation, better socio-emotional skills, adjust easier to school, have improved behavior and attitudes at school and at home and tend to have higher test scores and grades.

Family involvement goes a long way toward fostering capable, hardworking, healthy and happy children. Let's all do our part to get them there.

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### Upcoming CPR/First Aid Classes

Broome County —Cherry Street office:

July 10, 5-9pm  
September 11, 5-9pm  
October 12, 9am-1pm

Chenango County—Norwich office:

August 1, 5-9pm  
October 3, 5-9pm



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

# What Does Drowning Really Look Like?

Compiled by Cathy Lipski Quality Improvement Specialist



You know what drowning looks like, correct? Wild flailing, spitting water, waving arms and yelling for help. Guess what, that is not what drowning looks like. We all have it wrong.

Approximately 750 children will drown next year and 375 of them will do so within 25 yards of a parent or another adult. A frightening statistic comes from the U.S. Centers for Disease Control and Prevention. In 10% of drowning situations, an adult will be watching the child and have no idea that the child is in trouble. In the movies and on TV, drowning is full of drama. In real life, there is little drama. In the “Instinctive Drowning Response”, a term credited to water-safety consultant Francesco A. Pia, Ph.D., people who are drowning tend to become very quiet and do not wave for help.

How can we tell if someone is in need of help? A 2006 article from the U.S. Coast Guard’s On Scene magazine listed the characteristics of the Instinctive Drowning Response:

Except in rare circumstances, drowning people are physiologically unable to call out for help.

Drowning people’s mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help.

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water’s surface.

Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements.

From beginning to end of the Instinctive Drowning Response, people’s bodies remain upright in the water, with no evidence of a supporting kick.

Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water for 20 to 60 seconds before submersion occurs.

Sometimes a child who is flailing in the water doesn't need help. It might be “aquatic distress”. Aquatic distress doesn’t last very long. The adult or child realizes they are not in a good situation, but have the physical and mental capacity to get out of danger.

The most important indicator that someone is drowning is that it doesn’t look like the person is drowning. If you notice any of the signs listed above, ask the swimmer “are you Okay?” Keep in mind that children playing in the water make noise. If they become quiet, you need to get to them and find out if something is wrong.

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## Advocacy Update

The legislative session is done, so your elected officials should be home this summer.

Take time to send an email or make a phone call and invite them to visit your program.

Explain the specifics of your program and what you see.

⇒Do parents struggle to pay for child care?

⇒Do your staff make low wages with no benefits?

⇒Is your program struggling financially because of no outside support and parent payments alone can’t cover costs?

Let them know!!

Who should you contact?

Assemblywoman Donna Lupardo, Assemblyman Clifford Crouch, Senator Fred Akshar.

For your exact area’s official, words of encouragement or tips, contact Jennifer Perney, CCR&R Director at [jperney@familyenrichment.org](mailto:jperney@familyenrichment.org) or call (607) 723-8313 ext. 872.





# This Year's Tick Season Might Be the Worst in Years!

By: Julie Henry, Chenango CCR&R Coordinator



In fields, forests and yards, we head into what is expected to be an extremely heavy tick season. And with ticks, come the dangers of tick-borne disease, namely Lyme disease.

According to the CDC Lyme disease is an infection spread by the bite of ticks that causes more than 300,000 illnesses each year in the United States. Keep in mind; these are only the reported cases of Lyme disease.

According to the CDC the most prominent tick population is in the Northeast region. The CDC is currently working on new ways to prevent Lyme disease. CDC scientists (entomologists, ecologists, and epidemiologists) have been working together to understand the complicated interactions between ticks, small mammals, deer, and people to help fight this illness.

Prevention is key! The CDC is exploring better insect repellents, permethrin treated clothing, and rodent targeted treatments.

Before heading out: dress in long sleeves and pants and consider tucking pant legs into socks, especially if you will be walking in tall grass or wooded areas. Tick repellent containing DEET is the best, following the manufacturer's instructions. For prolonged outdoor activities such as camping, look for clothing and camping gear that is treated with permethrin.

When you return home from a walk through the woods, time in the garden or playing, it's important to perform a thorough tick check - from head to toe. Don't forget to check the pets, including between the pads of their paws and inside their mouths. If you do find a tick, remove it with a slow, steady pull so as not to break off the mouthparts and leave them in the skin. Then wash hands and bite site thoroughly with soap and water. Flush ticks down the toilet or wrap them tightly in tissue before disposing in a closed receptacle. If you suspect a tick bite, seek medical attention as soon as possible

Make sure your Health Care Plan includes applying insect repellent on children. Insect repellent is in the same category as sunscreen and can be applied topically without MAT training or a Health Care Consultant, but you need written permission from the parent.

## **Natural Tick Repellent**

16 oz water  
12 drops of Lemon/Citrus oil  
12 drops of Eucalyptus oil

Mix all in a spray bottle and apply to clothing, hair and skin before going out doors. Re-apply every 4 hours as needed.

Be mindful of any allergies prior to use.

## **Other Insect Repellent Essential Oils**

Add a couple of drops of oil to water in a spray bottle.

- \* Mosquitoes - Lemon & Eucalyptus blend
- \* Flies – Lavender, Eucalyptus & Lemongrass blend
- \* Spiders – Peppermint, Orange & Eucalyptus blend
- \* Tics – Lavender & Eucalyptus blend
- \* Fleas – Eucalyptus, Lemon and Cypress blend

JULY 2019

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

AUGUST 2019

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

SEPTEMBER 2019

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

**Upcoming Training Opportunities**

Broome County (JC):

- July 10: 5-9pm—CPR/First Aid
- July 16: 6:45-9:15pm—Webcast: Safety Throughout the Year
- July 23: 6:30-7:30pm—Small Talk
- July 29: 6-8pm—Sensory Fun for Infants and Toddlers
- July 30, Aug 1, & Aug 6: 8am-1pm—Health and Safety for Directors
- Aug 7: 6:30-8:30pm—Storm Ahead
- Aug 27: 6:30-7:30pm—Small Talk
- Aug 28: 6-7pm—Anti-Sexual Harassment Training
- Sept 11: 5-9pm—CPR/First Aid
- Sept 23: 6:30-8:30pm—Fuel for Action
- Sept 24: 6:30-7:30pm—Small Talk
- Sept 24, 26, & Oct 1: 8am-1pm—Health and Safety
- Sept 30: 6-8pm—Learning Centers

Chenango County (Chen):

- July 16: 6:45-9:15pm—Webcast: Safety Throughout the Year
- July 18: 6-8pm—Cavity Free Kids
- Aug 1: 5-9pm—CPR/First Aid
- Aug 15: 6-7:30PM—Bountiful Health and Nutrition
- Sept 3: 6-7pm—Anti-Sexual Harassment Training
- Sept 19: 6-7:30pm—Screen-Free Time

Tioga County (Owego):

- July 16: 6:45-9:15pm—Webcast: Safety Throughout the Year
- July 31: 6:30-8:30pm—CACFP: Community Helpers Nutrition Calendar
- Sept 18: 6:30-8:30pm—The Dangers of Not Immunizing
- Sept. 21: 9am-2pm: Saturday Seminar

Please see the July-December Professional Development and Training Calendar for full workshop descriptions or visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).

# Eating Grains



Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

## Nutrients

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

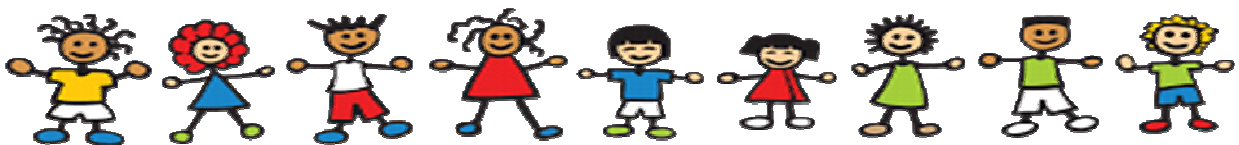
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

## Health benefits

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.

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](mailto:lrosa@familyenrichment.org).

This institution is an equal opportunity provider.





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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](http://www.familyenrichment.org).