

NETWORK NEWS

Enriching the Community

A Message from the CCR&R Director

The end of one year and start of a new one is a perfect time to reflect on the last year. Take an honest look at what you've done. Whether it's your own personal life or your professional career or business. Ask yourself : what could be tweaked and done differently, what needs to be completely changed, what is working and should stay the same?

I've seen a lot of changes this past year. Child care has received a lot of attention, which is great. It's starting to be considered a true profession, just as public school educators. Now is the time to step up the professionalism for your program, if you haven't already done this.

What can you change to make it better and more professional? Simple things like the voicemail message parents hear when they call your program or how you answer the phone, how fast you return phone calls, if you have a social-media account and website for your program and how often/what you post, and how you communicate with parents or potential parents. Do you see yourself as a professional and relay that when you talk about your work? These things can make a difference.

Don't feel overwhelmed by it all. That's why we are here—to help you with all these things! Just let us know what you need or how we can assist. We hope to talk to you soon!

Jennifer Penney



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Family Enrichment Network
is a proud member of:



Early Care &
Learning Council
United to Promote Quality

Possible Expansion Funding

A grant application for programs to expand their capacity or open a new program should be coming out soon. If you are a family child care provider and are interested in becoming a group family provider—you could be eligible!

If you are a center and are interested in adding more spots/classrooms or expanding to a second site—you could be eligible!

Priority areas will include:

- ⇒ Serving infants and toddlers
- ⇒ Located in identified “child care desert” (hint—most of the Southern Tier is located in a child care desert!)

If you are interested in learning more about this opportunity, please contact Business Specialist, Julie Henry or CCR&R Director, Jenn Perney.

Child Care Resource and Referral Contact List

Broome Office: (607) 723-8313

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
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Tioga Office: (607) 687-6721

Ann Shear: Tioga CCR&R Coordinator	Ext: 1186	ashear@familyenrichment.org
Cortney Nornhold: Infant Toddler Specialist	Ext. 826/1187	cnornhold@familyenrichment.org

Chenango Office: (607) 373-3555

Courtney Kimble: Chenango CCR&R Specialist	Ext: 1522	ckimble@familyenrichment.org
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General questions: email: jperney@familyenrichment.org
Program updates or referrals for parents: referrals@familyenrichment.org

SUPERVISION SAFETY REVIEW



Whether you are a “newbie” or an experienced child care provider, it can be difficult to keep in mind all of the regulations and best practices involved in supervising children safely. It’s complicated! The following is a little review of some commonly forgotten, important requirements for supervision and mandatory reporting of supervision lapses.

You are ultimately responsible for people signing in and out of your program accurately —no matter who it is, even if it’s your licensor or registrar.

If a child gets injured in your day care to the point where medical care is needed (911 called or parent transports to ER/ Dr. for treatment), you are required to report the incident to your licensor/registrar ASAP. Do not leave a message! If your licensor/registrar is not in the office, ask to speak to the licensor of the day.

Being out of ratio is always a bad idea. It’s not worth the risk, even for 10 minutes, to let a parent drop off a child that makes you over ratio. This will cause stress to you and possibly a violation, or fine. Most importantly, if you are over capacity, the children’s safety is compromised.

Any lapse in competent supervision requires not only a call to the parents and to your licensor, but also to the State Central Register. To quote Janice Molnar, Deputy Commissioner of OCFS, “Any instance where a child is left unsupervised may place the child at imminent risk of serious harm.” Not sure what is considered “competent” supervision? Here’s a review: within eye contact, in close proximity, physical placement (no backs turned), appropriate limits set (and often reviewed), and positive guidance in the moment.

Have fun and be safe!! For more supervision review, read the Oct. 2017 “Dear Provider” letter which can be found on the OCFS website. Give us a call if you need any assistance finding it.

Child Care Stabilization Grant What can I use the money for?

Federal guidelines allow Stabilization funds to be used for eight (8) purposes:

- ✦ Rent, Mortgage, Utilities
- ✦ Payroll, Benefits
- ✦ Health and Safety Training
- ✦ Facility Maintenance or Improvements
- ✦ PPE, Cleaning & Sanitizing Supplies
- ✦ Equipment related to COVID-19
- ✦ Goods to continue Child Care
- ✦ Mental Health Support for Staff & Children



You have multiple options for using your grant money. You can use it to make updates or maintenance to your program space, purchasing cleaning supplies or PPE, program supplies, staff training and payroll or mental health support for children and staff. Note that ***funds may also be used to pay expenses/debt incurred on or after January 31, 2020***, if those expenses/purchases were made in response to the COVID-19 public health emergency.

You will not need to submit receipts or documentation to OCFS, however, you **MUST** keep all documentation regarding the use of funds for 5 years.

For more information you can check out Tom Copeland’s blog, the OCFS website site or give us a call at 607-723-8313 Ext. 1616.

Congratulations New Child Care Programs!

Broome Family Child Care Provider

Watch Me Grow Child Care—
Kayla Russell

Broome Group Family Child Care Provider

My School—Wendy Ladd

Chenango Family Child Care Provider

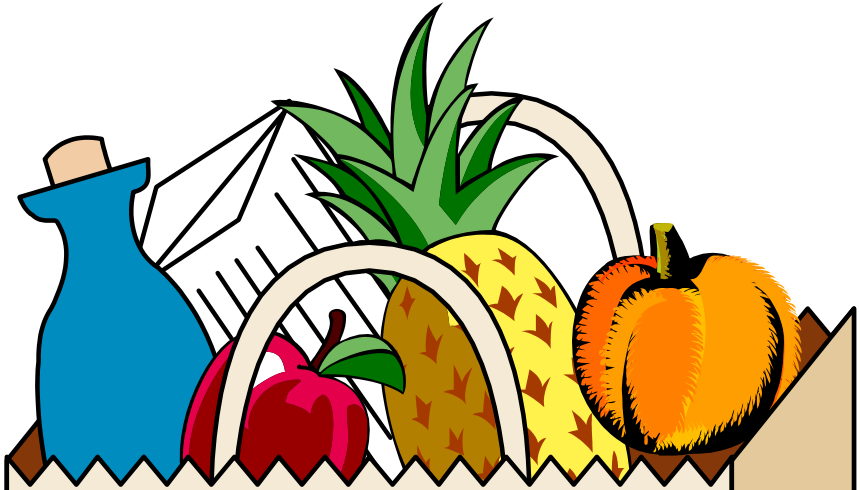
Dallas Beang

Broome School Age Child Care
Broome County Urban League, Inc.



Get outside!

Don't forget to get outside and play this winter. Snow is so much fun for kids! Welcome parents and guests to your program with cute little snowmen made by the kids during the day.



Easy Stuffed Peppers

Recipe by: www.spendwithpennies.com

INGREDIENTS:

- 6 bell peppers
- ½ pound lean ground beef
- ½ pound Italian sausage
- 1 small onion diced
- 2 cloves garlic minced
- 1 can small diced tomatoes (14 ½ ounces)
- ½ cup white rice uncooked
- 1 ¼ cup water
- 1 tablespoon Worcestershire sauce
- ½ teaspoon Italian seasoning
- 2 ½ cups marinara sauce divided
- ½ cup cheddar cheese shredded

PREPARATION:

1. Preheat oven to 350
2. Cut the tops off the peppers (reserve the tops), remove the seeds and membranes and discard. Chop the tops of the peppers to add to the filling.
3. Bring a large pot of water to a boil and cook peppers for 5 minutes. Remove and drain well.
4. In lg skillet, brown beef, sausage, onion, & garlic over med-high heat until no pink remains. Drain any fat.
5. Stir in the diced tomatoes with juice, rice, water, diced pepper tops, Worcestershire sauce, and Italian seasoning.
6. Bring to a simmer, reduce heat and cover. Cook 15-20 mins or until rice is tender. Add more water if needed. Stir in 1/2 cup of marinara sauce.
7. Place 1 1/2 cups of marinara sauce in the bottom of a pan. Fill each pepper with the rice mixture. Spoon remaining sauce over the peppers.
8. Cover with foil and bake for 35 mins. Remove foil, baste peppers with sauce on the bottom. Top with cheddar & bake 10 minutes or until cheese is melted and peppers are tender.

Benefits of Play

By: Courtney Nornhold, Infant Toddler Specialist

Play is key to your child's learning, development, confidence and wellbeing. Unstructured, free play is the best type of play for young children. Play nurtures relationships with oneself and others. It relieves stress and increases happiness. It builds feelings of empathy, creativity, and collaboration. Play is not something to do after the "real work" is done. Play is the real work. All children are born knowing how to play and wonder drives them to explore. As children grow, the way they play changes. Through it, children have their best chance for becoming whole, happy adults.



Here are some ways children learn through play:

- They are developing skills in all areas of development: cognitive, physical, communication, and social/emotional.
- Play promotes healthy habits by actively engaging children in the world around them.
- Play is a natural stress reliever, and an outlet that allows children to work through their anxiety and fears.
- Play allows children to test out new ideas and make connections between their previous experiences and their active investigations.
- Children make their own decisions during play; they begin to make connections between their choices and the natural consequences of those choices.
- Play supports the development of self-control which is critical for success later in life. Play allows opportunities for them to regulate their feelings, delay gratification, and negotiate with others, all important aspects of developing self-control.
- The spontaneity of play promotes risk-taking as children interact with materials and their environment. The sense of the unknown helps children develop mental flexibility and executive function.

Ways caregivers can encourage children to play:

- Follow the child's/ children's lead
- Join the child
- Model how to play
- Involve peers
- Offer open-ended materials
- Create defined space for different types of play (room arrangement)
- Introduce new and interesting materials into play

For any help, new activities, or to just brain-storm ideas, reach out to Infant/Toddler Specialist Courtney at cnornhold@familyenrichment.org or call (607) 723-8313 ext. 826 or (607) 687-6721 ext. 1187.



New DSS Subsidy Regulations For Broome County

By: Jennifer Skinner, Daycare Unit Supervisor
Broome County Department of Social Services



1. Families are now given 12 month eligibility rather than 6 months. No changes may be made during that time unless it benefits the family. For example, family shares cannot be increased and if a child turns 13 during the eligibility period, they will continue to be eligible for child care until the 12 month period is up.
2. Families are guaranteed 3 months child care for a temporary cessation or work/school/training not to exceed 3 months. This includes but is not limited to loss of job or decrease in hours, school holidays and/or breaks, seasonal work, maternity leave, medical.
3. Work requirements have been reduced to 10 hours a week from 20.
4. All providers are guaranteed 24 absent days per fiscal year regardless of reason. This is 24 days per child per provider and includes legally exempt. There are no longer billable sick days as of Dec. 1st. They are all billed as absences. Providers are only entitled to absences if they charge non-subsidy families for absences and if they are open for business on the day of the absence. The fiscal year is from April 1st-Mar 31st. Providers will be given 24 absences from Dec 1, 2021-Mar 31, 2022 and then start with a fresh set of 24 days from April 1, 2022-Mar 31, 2023.
5. Direct Deposit will be available soon. OCFS is working on the specifics.
6. Protective/Preventive and child only cases (OTG and Foster) no longer have family shares. *Each county is different! Call your county DSS subsidy/child care unit with any questions!*

Time to Market your Business

By Cathy Lipski, Health and Wellness Coordinator

It is a new year and there have been many changes that have affected your business. Now might be the perfect time to redefine your marketing strategy to increase your enrollment. Here are five ideas that you should think about.



1. Notice what is unique about other child care facilities.
2. What do parents value in a child care setting?
3. What makes you different?
4. Describe your child care business using words that stand out or “pop”.
5. What makes your program valuable?

You don't want to blend in the crowd. Think about #3, “What makes you different?” If you have a hard time coming up with any answers, here are few suggestions that could make you stand out in the crowd. Your CCR&R and CACFP staff can help you implement the below suggestions.

- ⇒ We are Eco Certified.
- ⇒ We provide fresh fruits and veggies.
- ⇒ We have a nature scape playground.
- ⇒ We are breast feeding friendly.
- ⇒ We participate in CACFP to offer healthy and nutritious meals to children in our care.

Choose your words carefully. When you advertise your business, think about words that stand out or pop.

Which statements sound more intriguing?

“Loving, caring staff” or “Combined teaching experience of over 60 years”

“Meals and snacks provided” or “Fresh fruit and vegetables at every meal”

Give yourself some promoting! Create some promotional materials for your program such as:

- Create a business card
- Make a brochure, Face Book Page, Website
- Word of mouth-tell everyone what you are doing
- Give your program a catchy name
- Maintain the outside of your home as well as the inside to attract parents

Communication is key! Make sure you return phone calls and have an upbeat attitude on the phone even if your day is a bit down beat. During evening calls, try to keep background noise to a minimum.

Give these ideas a try and tap your marketing potential!

JOIN THE NEW

Family Child Care Network

We are excited to receive an opportunity through the NYS Birth To Five Grant and the Early Care and Learning Council to pilot a Staffed Family Child Care Network.

This new Network will support family and group family child care programs in a variety of ways. Joining is completely FREE and will help you with all the business functions of your program! There are lots of benefits to joining the Network! Keep a lookout for an email with more information.

Questions? Call CCR&R Director at (607) 723-8313 ext. 872 or email jperney@familyenrichment.org.

Coming Soon — Save the Date
Please plan to take advantage of this great opportunity
for all child care programs!



Family Enrichment Network's CCR&R will be offering a **comprehensive business training series** for all modalities of child care in the spring of 2022. This training series is aimed at improving the successfulness of child care programs.

Who: ANY child care providers who are interested in improving their business operations are invited to register for our Spring 2022 Core Business Training Series!

What: This is a **free**, six-course business training series that will take place this May -June for a group of up to 20 child care providers.

Why: You will gain confidence, skill, and practical expertise that will help you upgrade your child care business.

Plus, all participants will be eligible to receive a \$1000.00 grant for each of the six classes offered. If you attend all six sessions, that's a total of \$6000.00, plus you get credit for 3 hours per session (a total of 18 hours) towards OCFS training requirements! The training series is FREE so that's a great deal!

Everyone who participates will be awarded the grant funds, as long as funds are spent on "approvable" improvements to your child care business. The guidelines are very generous and reasonable requests will be honored.

Where: The Core Business Training Series will be offered at Family Enrichment Network's location at 24 Cherry Street, Johnson City, from 6:30 to 9:30 pm. The course will start at the beginning of May, 2022. Specific dates to be announced later.

Enrollment will be limited to 20 participants, Please keep an eye out for registration information that will be shared closer to the start date.

Questions? Please contact Ann Shear at 607-687-6721, ext. 1186. Tuesdays and Thursdays are the best times to call.

Or email anytime to ashear@familyenrichment.org

Please Pass the Flavor!

By Cathy Lipski, Health and Wellness Coordinator



Meal time with children can be challenging, especially if you have picky eaters. Using condiments with a side of food science, vocabulary, math and history might just spice up the dining experience and encourage curiosity. Here are some historical facts about some common condiments that you might serve.

Mustard was first used around 5000 years ago in India and comes from seeds of the Brassica juncea plant.

Romans mashed up the seeds and mixed them with wine to create a tart sauce. They called it mustum and today we call it mustard.

Soy sauce was created about 2000 years ago in China. It originally was a flavorful paste made of fermented meat, fish or grain. In the year 1200 it became a more watery condiment made by fermenting and boiling soybeans. This was called jiangyou. In the 17th century, Japanese soy sauce, called shoyu, became the soy sauce we use today.

Tahini is made from ground sesame seeds and can be used to make hummus. In the 13th century, Persians pulverized the seeds to make a spread called ardeh. Eventually it became known as tahina, which in Arabic means “to crush”. The seeds were very valuable and sometimes used as money!

Ketchup is a favorite of many children. It was first introduced in China around 300 B.C. and was made of fermented fish and soy beans. It was called koe-cheup. In 16th century England, early ketchup or catsup was made from fermented oysters, anchovies, fruits and vegetables. At that time, some Europeans thought tomatoes were poisonous! Tomatoes didn’t get on the ingredient list until the 1830s in the United States.

Try these common condiments and expand everyone’s knowledge and taste buds!

For more opportunities to learn about nutrition in early care and education, refer to the most current Professional Development Calendar.

For more information on Child Adult Care Food Program
contact the Family Enrichment Network at (607) 723-8313.
Cathy at ext. 824 or Crystal at ext. 825

This CACFP institution is an equal opportunity provider.

Peer To Peer



Is there something in your program you are successful with and want to share with other providers?

We will be starting Peer To Peer training sessions. If you want to share something, let us know!

Some ideas include: great paperwork organization system, new family enrollment system, parent interactions, parent involvement in program, family communications, planning activities, child observation and assessment, scheduling to get everything done, program advertising and outreach for new families, retaining families, payment billing/collection, or more. There are tons of things to bring to each other!

Be proud of what you do well and share your ideas.

Call or email Jenn for more information!

What is Interest-Driven Learning?



NYAEYC offers an IDL (Interest-Driven Learning) training for caregivers who work with infants and toddlers. This training provides caregivers with the foundational knowledge necessary to create a curriculum that embodies the Core Beliefs of the New York State Core Body of Knowledge and the New York State Early Learning Guidelines. These include the beliefs that children construct their own knowledge based on their curiosity and driven by their interests, that children learn through play, and that children learn best when the adults in their lives work in partnership with each other.

If you would like more information on Interest-Driven Learning and how to sign up for an upcoming training, please contact Cortney Nornhold at (607)723-8313 ext 826 or cnornhold@familyenrichment.org.

One teacher had this to say after she took this training in 2021:

Hello everyone! My name is Alexis, and I'm an Early Head Start teacher at the Cherry Street site. When I first took on the role of an EHS teacher last August, I really didn't have much of an idea on how to plan a lesson for this age group. I struggled coming up with activities that I felt were age-appropriate and effective. I spent hours searching on the internet for activities that I thought were something my children would enjoy, only to second-guess myself and add more stress into my lesson planning. When I received an email about taking a course called "Interest Driven Learning" that was specifically geared toward infants and toddlers, I knew I had to take it. I thought it was going to be another course where I just sat there and tried to read about the same things I've already learned, but thought "what's the harm in trying." The course was very different from those I've taken in the past.

My instructor made sure that everyone participated, had a chance to ask questions, give opinions and different viewpoints on different topics, and did her best to make the six-hour sessions enjoyable. Although a lot of people take the course at once, the instructor breaks people up into smaller groups of three or four people, so there's always a chance for everyone to engage in the activities. Personally, I don't like speaking in front of large groups of people, but breaking up into smaller groups made it so much easier to participate and the groups were a lot of fun.

Throughout the course of the training, we were always referring back to the NYS Early Learning Guidelines and the Core Body of Knowledge (which are extremely handy tools that everyone should have, and you get them for free when you take the training). We never spent too much time reading through the books together, we only referenced certain parts which was really nice, as we weren't forced to stare at a book that we could easily flip through on our own time. We also did activities from handouts that we received prior to the training which really helped us focus on how we were going to put IDL into action in our classrooms.

I always refer back to both the Early Learning Guidelines and the Core Body of Knowledge when I'm lesson planning or trying to think of activities that the children will enjoy and get the most out of their time in-program. IDL helped me realize that every moment is a teachable moment, whether we intend it to be or not. IDL has helped me relieve some stress and realize that I don't need the most exciting activities or the fanciest toys/materials. Children really do love to learn, and they learn best through play and by exploring topics and activities that they're already intrigued by. I encourage everyone, not just the classroom staff, to take this course and expand their knowledge of children, regardless of age.

JANUARY 2022

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

FEBRUARY 2022

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

MARCH 2022

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

Upcoming Training Opportunities

Broome County (JC or Bing):

Jan 18: 6:00-7:30pm—Small Talk: Nourishing Infants and Toddlers—Fayette St., Bing
 Jan 19: 5:30-10:30pm—CPR/First Aid Recert—Fayette St., Bing
 Jan 26: 6-8pm—Watch Me!- Cherry St, JC
 Feb 10: 6-9pm—ACEs 201—Cherry St, JC
 Feb 15: 5:30-10:30pm—Full CPR/First Aid —Fayette St., Bing
 Feb 22: 6-8pm—CACFP 101—Fayette St, Bing
 Feb 24: 6-8pm—Child Development- Fayette St., Bing
 March 8, 10 & 15: 8am-2pm—15 hour Health and Safety - Cherry St., JC
 March 15: 6:00-7:30pm—Small Talk: Nourishing Preschoolers—Fayette St., Bing
 March 16: 6-8pm—Watch Me!- Cherry St, JC
 March 24: 6-8pm—Inclusion of Infants and Toddlers- Cherry St, JC
 March 30: 6-8pm—Playing with Loose Parts- Fayette St., Bing

Chenango County (Chen):

Jan 11: 5:30-8:30pm—CPR/First Aid Skills Testing —Broad St., Norwich
 Jan 19: 6-7:30pm —Record Keeping—Broad St., Norwich
 Feb 16: 6-7:30pm —2021 Taxes—Broad St., Norwich
 March 16: 6-7:30pm —Contracts and Policies—Broad St., Norwich

Virtual (Vir):

Jan 13: 6-8pm—Child Abuse and Shaken Baby (Abusive Head Trauma)
 Jan 20, 25, 27, Feb 1 & 3: 8:30-11:30am—Director Health and Safety

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

Do you want to be a qualified Infant-Toddler Teacher?

Apply for the Funded Infant-Toddler Credit bearing CDA
program in the Southern Tier

Beginning on January 18th, 2022: Earn a 12 credit micro-credential from SUNY Corning Community College in infant-toddler development while obtaining your Child Development Associate (CDA) Credential. Classes will be held as a hybrid modality (in-person and on-line). The funded program will be in person at SUNY Corning Community College and will include preparation for the CDA exams, portfolio development, field/work placement, tutors and advisors. The program provides a full-scholarship which includes the tuition, application and school fees, CDA text-books, clearances, CPR/FA certification, and exam fees.

The CDA Credential is transferable to all 50 states, and several countries. Credits articulate into numerous other SUNY colleges. Course content includes but is not limited to health and safety in classrooms and outdoors, developmentally appropriate planning and programming, basic child development, supporting children's social and emotional development, building relationships with families and colleagues.



Visit our website to find out more about our
upcoming information sessions on Zoom!



SCAN ME

Scan here to register!

[Click here to register!](#)

To learn more about the Funded credit bearing Infant-Toddler CDA program
contact: Christine Duffy-Webb

To APPLY visit our website [HERE](#)

Email: Careercenter.southern@earlychildhoodny.org

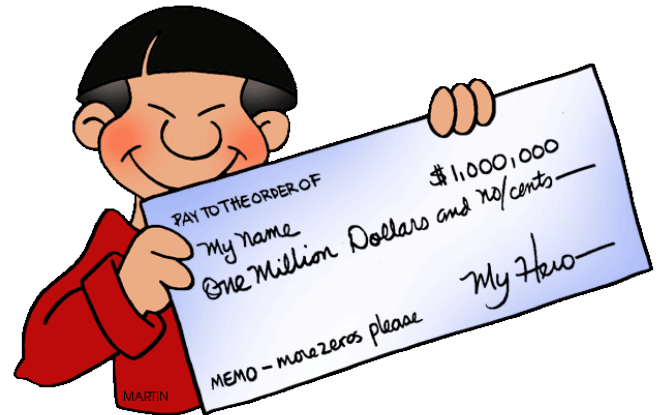
Visit: <https://earlychildhoodny.org/cdsc/southern>



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STABILIZATION GRANT PAYMENTS

If you did not receive a stabilization grant
payment or have any questions on payments,
please call/email Jenn Perney at
jperney@familyenrichment.org
or
(607) 723-8313 ext. 872.





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.