

NETWORK NEWS

Enriching the Community



A Message from the CCR&R Director

Fall is my favorite time of year. I'm not a big fan of the summer heat. I like the temperatures where I can wear a light jacket or hooded sweatshirt. I like the falling leaves and the smells of pumpkins, apples, and cinnamon, although my allergies might not like them. I love football and other fall activities, like visiting apple and pumpkin farms and corn field mazes. Thanksgiving is my favorite holiday. It is good to take time to remember what we are thankful for.

This year, I'm thankful for some return to normalcy. OCFS has eased some of the COVID regulations for child care programs. I'm thankful for more investment into the child care field with the Desert grants and Stabilization 2.0 for Workforce Support grant. I'm thankful for a great CCR&R staff that supports the early childhood programs in the community. I'm thankful I was able to go to my first in-person conference event in September in over two and a half years! Although zoom makes it easy to attend things, you can easily get distracted and it's harder to engage. The ability to talk to your neighbor during a brief break is missed when virtual. We are holding our first in-person big event again this year by bringing back our Chenango Fall Conference. Join us on Saturday, November 5th for a great day of learning and networking with others in the field. Check out page 11 for more information on registration. I hope to see you there!

Jennifer Penney

Table of Contents

CCR&R Contacts	2
CCAP	3
CACFP Recipe	4
Circle Time	5
CPR/First Aid Warning	6
Caring Spaces	7
Read For The Record	8
Next Level Collaborative	9
Calendar of Events	10
QUALITYstarsNY	11
Fall Conference	11



Family Enrichment Network
is a proud member of:



Early Care &
Learning Council
United to Promote Quality

FLU NOTIFICATION

Remember, you are required to post information on the flu and the benefits of the flu vaccination in your program! There is not a specific document you need to post. OCFS has several examples that are acceptable. Posting means a hard copy placed in plain view of parents in your program. You can also email it and put it in your newsletter to parents to go above and beyond what is required. If you need any assistance, please reach out for help!



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

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
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Lisa Rosa: FCCN Coordinator	Ext. 1619	lrosa@familyenrichment.org
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Tioga Office: (607) 687-6721

Cortney Nornhold: Infant Toddler Specialist	Ext. 1187	cnornhold@familyenrichment.org
Trina Zigata: IT Mental Health Specialist	Ext. 1186 Cell: (607) 201-5678	tzigata@familyenrichment.org

Chenango Office: (607) 373-3555

Erica Hazard: Chenango CCR&R Specialist	Ext: 1522	ehazard@familyenrichment.org
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General questions: email: jperney@familyenrichment.org

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

Child Care Assistance Program No longer Subsidy



As you know, the parent assistance eligibility rates increased on August 1. Many more parents now qualify for help paying for child care. But are you having a hard time convincing parents to apply? Do you have some parents that refuse?

Here are some tips for talking to parents and explaining this newly revamped system:

shutterstock.com · 1813262152

The Child Care Assistance Program is NOT WELFARE or a welfare program! It is a scholarship program to help parents pay for the huge child care expense. It is similar to scholarship programs to help parents pay for college. Would you ever turn down all the scholarships and grants available to help pay for college? No? Then why are you turning down child care assistance because it's the same thing. It is just operated through the Department of Social Service's existing Daycare Unit which falls under the New York State Office of Children and Family Services. Instead of creating a new system to disperse this funding, an existing system was used to make it easier and streamlined.

We have long known that child care was expensive. Parents often paid more for child care than they spend on rent or their mortgage. And at the same time, child care workers made minimum wage or less with little benefits. To fix this broken system, the federal government has invested much more money and it is going through this scholarship program. Parents need to take advantage of it to help fix this broken system!

Previously, the subsidy system had some difficulties, but with all the recent federal and state changes, those are being fixed, so there are less barriers to apply. Parents who apply are eligible for 12 months, instead of having to apply every 6 months. If a parent's income increases, they are not automatically kicked off. If a parent loses their job, they are not automatically kicked off as well. They have 3 months to look for another job. Parents can be attending school, including a 4-year college, and qualify for assistance without working. A parent who is working only has to work 10 hours a week to be eligible for assistance.

There will always be some families that have the stigma against it. But many have just heard historical stories about the difficulties, so emphasizing this is a newly revamped program might help.

Sometimes, things just need to be explained more fully for people to understand them and we are seeing this as the case for the Child Care Assistance Program.

Remember, have your parents contact the county DSS in which they live.

Broome County: (607) 778-2628

Chenango County: (607) 337-1500

Tioga County: (607) 687-8500

OCFS will also be doing a state-wide campaign to increase awareness and utilization. Share their information on social media and the resources from their website when available:

<https://ocfs.ny.gov/programs/childcare/ccap/>

For information, contact Jenn at jperney@familyenrichment.org.

Sharing Your Concerns



We often hear you had a licensing visit and have questions or concerns after the visit. It is ok to ask for clarification on the regulations. If you receive a violation and are unsure where it is in the regulations, ask your licensor to show you. Of course, be respectful! Use it as a learning opportunity. And if you disagree with something, we encourage you to call the supervisor to ask for a second opinion. Don't be afraid of retaliation. The only way things will change is to speak up! If you need support navigating this sensitive area, please reach out for help!

What is CCR&R?

“I know I get calls from you all the time, and lots of emails, but what exactly do you do?”

CCR&R is the Child Care Resource & Referral.

We are funded by OCFS, which is your licensing agency, to support you in a variety of ways!

We are NOT licensing.

We are NOT quality rating.

We are NOT here to judge you!

We are here to **support** you!

Are you struggling with something? That’s what we are here for! Don’t struggle alone! Get the help you need! Even if you think it’s something you can handle, ask for assistance. A second set of eyes is always a good thing. Don’t be embarrassed. Everyone makes mistakes. Everyone has weaknesses and strengths. Let us help you overcome those weaknesses and we can even learn from your strengths at the same time!

Call us today!



Congratulations

New Child Care Programs!

Broome Family Child Care Providers

Lisa Beylo
Victoria Allen

Broome Group Family Child Care Providers

Latoya Foster
Melanie Shauger
Ink & Graphics, LLC—Sarah Franco

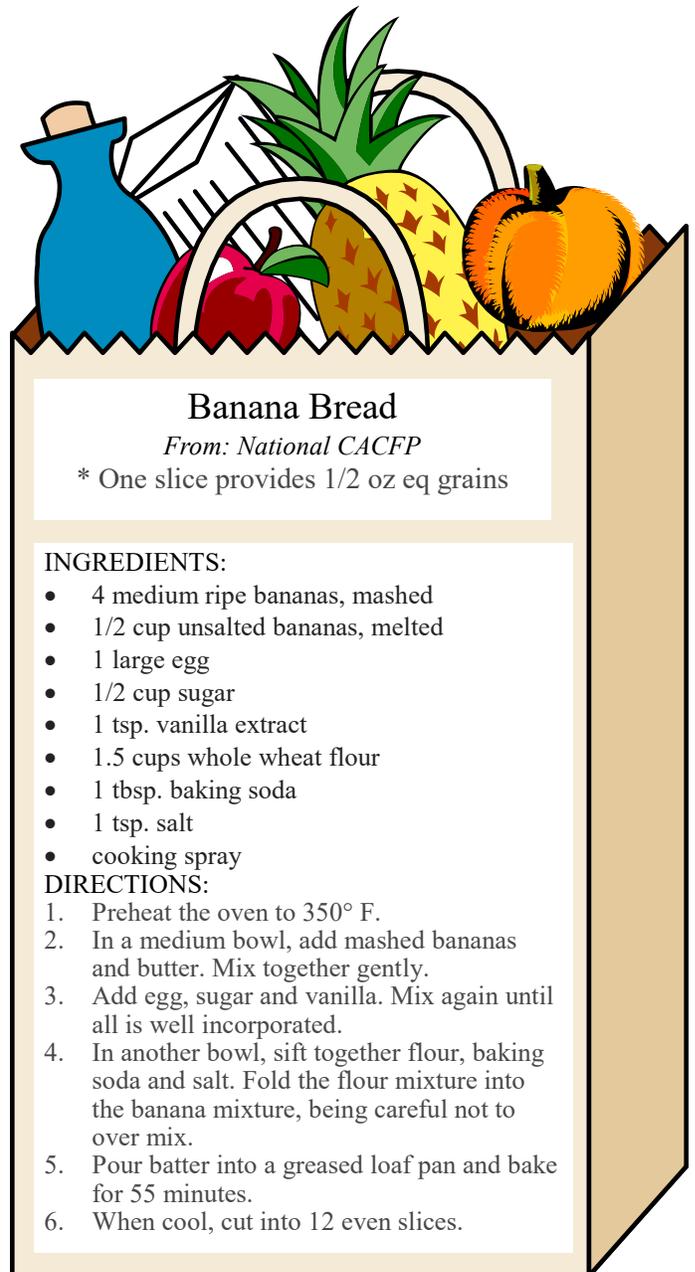
Broome Child Care Center Endwell United Methodist Church

Chenango Family Child Care Providers

Sheila Bishop
Jessica Vondauber

Tioga Family Child Care Provider Christine’s Family Daycare—Christine Rathke

Tioga Child Care Center Tioga Downs Racetrack, LLC.



The Purpose of Circle Time



Using circle time to promote more learning is not necessarily the primary purpose; rather, circle time should promote a sense of community and help children learn to know and enjoy each other and to practice the social and emotional skills they need to succeed.

During Circle Time

- Create a sense of belonging for everyone
- Listen attentively
- Make all children feel safe, included, and respected
- Pay more attention to the children's interests than to your need for circle time to look a certain way
- Celebrate success
- Encourage everyone to participate but also allow children to pass
- Be enthusiastic and keep it lively

Preventing Problem Behavior

- Whenever possible, set up circle time away from other distractions (an open door, etc.)
- Keep it short; 5-10 minutes for older 2's; 10-15 for 3's and up
- Include hands-on and physical activities
- Give choices about where to sit; set boundaries for each child such as carpet squares
- Use a circle mini schedule to help children know when their favorite activities will happen
- Give opportunities for children to be successful and praise them when they participate appropriately
- Provide fidget toys
- Be prepared to do something else if an activity isn't working or children are losing interest

Excerpts taken from:

Successful Circle Time: Tips for a more effective and enjoyable group time, by Sharron Krull;
sharronkrull.com/articles/act_successful.pdf

Building Secure Relationships Through Baby Doll Play

Are you looking for ways to build and develop your relationships with the young children in your care?

If so, then your Infant Toddler Specialist has a program called Baby Doll Circle Time that you can join.

This program starts with training and then includes technical assistance to help you with implementing the materials into your program.



Baby Doll Circle Time was created by Becky Bailey, PhD, the creator of Conscious Discipline. The goal of Baby Doll Circle Time is to enhance the quality of the relationship between caregiver and children by strengthening attachment, attunement and social play.

If this sounds like something you would like to learn more about, contact Infant Toddler Specialist, Cortney. Email her at cnornhold@familyenrichment.org or call (607) 687-6721 ext 1187.

What If...?

Would you be prepared if you were in any of the following scenarios?

1. A young child bumped her mouth while in care and the child care provider takes care of the injury, notifies the parent and completes an accident report. Six months later the child's tooth starts turning black so the parent takes her to the dentist.

* The provider pulled the accident report that she has on file and makes a self-report to OCFS.

2. A provider was brought into a law suit because a child she had 10+ years prior, came forward and said that he was molested by a person while in her care.

* The provider pulled her sign in/out sheets to show who was and was not on site 10+ years prior.

3. In a GFDC setting and the provider and her assistant are outside on the playground with the children. Parents are coming and going for pick up. The provider turns away from the swings for a split second to say hi to a parent and a child falls from the swings. She complains that her arm hurts. The provider takes the child inside to check her arm, ice it and make sure she is ok. The child seems fine and goes back out to play. The provider didn't call the parent because the provider knows that she is driving and on her way to pick up the child. The parent arrives 10 minutes later, the provider tells her what happened and they leave. Later the parent takes her child to the hospital and the child has a broken arm.

* The provider did not complete an incident report, she did not call the parent when the incident happened and she did not self-report when the parent took the child to the hospital. The parent files a law suit against the provider.

Two of the above are true stories!

1. Regulations state that you must complete an incident report for all injuries (even if they seem minor) and you must self-report whenever a child needs to seek medical care.

2. It is "Best Practice" to keep child files and sign in sheets up until the child turns 18 (21 for special needs child).

3. Regulations state that if a child needs medical care, you must contact the parent, complete an incident report, and follow up by self-reporting.

With any business keeping good records is an important tool to protect yourself, your family, your home and the families that you care for. Along with these records you should have an accountant familiar with child care, a written and signed contract with each parent, written set of policies that includes the required items from the regulations and good insurance.

Please call Julie at 607-723-8313 ext. 1616 with any business related questions.



WARNING For CPR/First Aid

Did you know you CANNOT take a virtual or online-only CPR/First Aid class? Any class you take MUST include an in-person, hands-on skills demonstration. So be careful what you sign up for!

We have been seeing many providers lose out of the cost for their online class and have to re-take the class with us in person. Please call us with any questions on your training needs!

Ways to help Young Children with Big Emotions

“Asking a three-year-old to share a much-loved toy with someone else is a really hard thing for some children to do. Put into adult perspectives, how many of us would readily hand over our car keys to a complete stranger, simply because we were asked to?” -Dr. Lesley Jones

Young children may be small in size, but they often have big emotions. It’s important to know what social and emotional developmental milestones are appropriate at different ages, as well as things you can do to support their development. Children learning how to cope with those big feelings and new social situations will take time and practice to develop these new skills. Putting children’s behaviors into perspective; understanding what is going on and learning some simple, effective strategies goes a long way to taking the frustration out of these challenging moments.

Here are some strategies you can use to help young children:

- ⇒ Set clear expectations
- ⇒ Visual rules and routines
- ⇒ Stay positive
- ⇒ Watch your language
- ⇒ Follow up and follow through
- ⇒ Practice makes perfect

Are you interested in learning more about how to handle big emotions with young children?

Reach out to Infant Toddler Specialist, Cortney.

Email cnornhold@familyenrichment.org or call (607) 687-6721 ext 1187.



What is Caring Spaces?

“Children need the freedom and time to play. Play is not a luxury. Play is a necessity.”

- Kay Redfield Jamison, PhD, Professor of Psychology, John Hopkins, School of Medicine



Caring Spaces is a three-tiered approach to measuring quality in infant and toddler environments evaluating the child care provider’s ability to provide a free exploratory environment, responsive caregiving, and age-appropriate materials and experiences.

This program explains the importance of having a “container-free” environment. Container baby syndrome refers to movement, behavior and other difficulties caused by an infant spending too much time in a restrictive device. Responsive caregiving supports the children’s growth and development and is how trust is developed. Activities for infants and toddlers should be meaningful, intentional, and developmentally appropriate.



You can earn your *Caring Spaces Endorsement* through training and technical assistance visits from the Infant Toddler Specialist, Cortney Nornhold.

To learn more, email Cortney at cnornhold@familyenrichment.org or call at (607) 687-6721 ext 1187 to get started.

Helping Children Create Strong Identities

It's activity time. As the classroom teacher, I ask my 4 year olds, "I need you to split into 2 groups. Boys on this side. Girls on this side." There's one child standing in the middle of the room and doesn't know where to go. What do you do?

You probably go over to them and say, "Jana, you are a girl, so go over to that group with the girls." But what if Jana doesn't feel like a girl?

That one simple action, which wasn't intentionally hurtful or harmful, may have just set that child up for years of confusion and a sense of not belonging. You think it sounds a little dramatic, right?

Let's say this situation is something that happens in your classroom weekly, then in the classroom Jana goes to next year, and the year after that. Jana also has a home environment that tells them often to dress pretty for the boys, that girls wear long hair, or girls play with dolls.

All these common gender stereotypes and norms are easy to fall into. Many times, we don't even think about them and the impact they may have on children. This is a great opportunity to stop, reflect on our practices working with children and make positive changes, especially in our language.

Here are some things to consider and questions to think about:

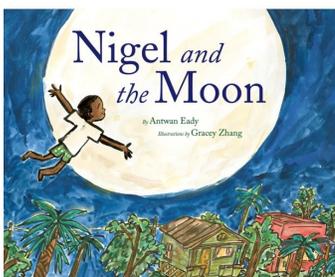
- Are you inclusive of all families?
- Do you use a lot of gender-specific language, "boys" and "girls" instead of "child"?
- Do you express gender stereotypes to the children when they play, telling boys they should play one way and girls they should play another?
- Do you stop boys from playing with baby dolls or wearing princess dresses?
- Does talking about this (or reading about this) make you uncomfortable?

It's ok to admit when you don't know something, or to admit you have been possibly making mistakes unknowingly. But now is the time to learn and grow.

First, it is important for educators to explore training opportunities on different DEIB (Diversity, Equity, Inclusion, Belonging) issues. These trainings will provide you tools for creating an environment of belonging for all. Be aware of your words and the possible affect they may have on children, both now and in the future. Understand stages of gender development occur anywhere from ages 2-7 years but just might not be named yet. Simply support whatever children express, There's no need to apply any pressure in either direction or to correct children. Just believe what they say. Let them lead with any questions they ask and answer any questions age appropriately. Always have open communication with parents. Make sure parents know your program's mission, vision, and values. ** If you have not updated these in a while, now is a great time to do that and to include DEIB!

For information on the stages of development, a great resource is The American Academy of Pediatrics and www.healthychildren.org/

If you have any specific program needs, please reach out to Jenn at jperney@familyenrichment.org or call (607) 723-8313 ext. 872.



Read For The Record

October 27, 2022

Nigel and the Moon

By Antwan Eady

Follow Building Brighter Futures for Broome on Facebook for information on a local event or visit www.jstart.org for more ideas.

Next Level Provider Collaborative



Family Child Care Networks are one of the key quality improvement supports for family child care programs. These community initiatives have paid staff with expertise helping family child care providers and they offer ongoing support services and resources. available to all licensed family child care providers. They offer professional development, coaching and consultation, and business and administrative supports.

The Next Level Provider Collaborative Network through Family Enrichment Network offers many benefits, below are just a few of the benefits,

- * Free subscription to the Brightwheel Software and support to use it. Brightwheel can save providers 20 hours a month on administrative functions with features including:
 - parent payment collection
 - recurring parent statements
 - daily communication with parents
 - health screens
 - parent newsletters
 - contactless check in and out
- * Free access to our Health Care Consultant
- * Help with setting up your business and tax information
- * Participate in monthly zoom networking meetings and network with other providers in the group
- * Plus many more benefits, like free tickets to area events. We were able to offer free tickets to the Nitro Circus held at Mirobito Stadium on September 10th.

The Next Level Provider Collaborative Network is a great way to meet other area Family/Group Family Child Care Providers and get support and resources you need. If you want to learn more about this great support system, please call Lisa at (607) 723-8313 ext. 1619

Outsmarting Ticks

By Cathy (Lipski) Lee, Health and Wellness Coordinator

Tick-borne illnesses, such as Lyme Disease, present particular risks to children because of active lifestyles that expose children to disease-carrying ticks. Research shows that children aged 5 to 14 are at the greatest risk of contracting tick borne illnesses.



There are ways to prevent tick bites and possible tick-borne illnesses. Ticks like to hitch a ride on people or animals that pass by any plant growth or wood pile on which the ticks are sitting. They do not jump or crawl to find their next meal.

Change any clothing that has been worn outside in possible tick habitats. If possible, shower after spending time outdoors to wash away any ticks that might be lurking. Check for ticks in hiding places such as under the arms, behind knees, in the belly button and on the scalp. Putting clothes in the dryer for about 10 minutes on high will kill any ticks that are stuck on clothing.

It is a good idea to create tick safe zones in your yard or notice where they might be in parks. A tick safe zone might use wood chips or rock walls to separate woods and brush from play areas. Keep lawns and play areas free from wood and brush piles and consider deer resistant crops and plants to prevent deer from transporting ticks to yards and playgrounds. Ticks do not like the sun! So play in sunny areas that ticks despise.

If a tick is found on anyone, remove it immediately by using tweezers to grasp it as close to the skin as possible. Pull it away from the skin and cleanse the area with alcohol or soap and water.

Early diagnosis and proper treatment can prevent any complications from possible tick borne illnesses. Watch for symptoms such as fever, fatigue, chills, headache, muscle and joint pain and swollen lymph glands. The telltale bull's eye rash, found with Lyme Disease, usually shows up 3 to 14 days after being bitten by an infected tick. If any symptoms are noticed, contact a medical provider.

Unfortunately, we have to co-exist with ticks. We can however, outsmart them by taking precautions.

OCTOBER 2022

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

NOVEMBER 2022

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

DECEMBER 2022

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

Upcoming Training Opportunities

Broome County (JC or Bing):

- Oct 12: 6-8pm—Inclusion of Infants and Toddlers with Disabilities - Cherry St, JC
- Oct 18: 6-9pm—ACEs 101—Fayette St, Bing
- Oct 25: 6-7:30pm—Small Talk: Connecting Children with Nature—Fayette St, Bing
- Nov 1, 3, & 4: 8am—2pm—Provider Health & Safety—Cherry St, JC
- Nov 9: 6-7:30pm—Paperwork, Paperwork, Paperwork—Fayette St, Bing
- Nov 21: 5pm—end—CPR/First Aid/AED—Fayette St., Bing
- Nov 22: 6-7:30pm—Small Talk: Connecting Children with Nature—Fayette St, Bing
- Dec 8: 6-7:30pm—Tax Prep—Fayette St, Bing
- Dec 19: 5:30pm—end—CPR/First Aid/AED—Fayette St., Bing

Chenango County (Chen):

- Oct 20: 6-7:30pm—Provider Talk: Regulations & Paperwork
- Nov 5: 8am-3pm—Fall Conference
- Nov 16: 6-8pm—Loose Parts
- Nov 17: 6-7:30pm—Provider Talk: Share Your Best Tips
- Dec 8: 6-7:30pm—Provider Talk: Self Care
- Dec 13: 6-7:30pm—Tax Prep

Tioga County (Owego):

- Oct 25: 6-7:30pm—Paperwork, Paperwork, Paperwork
- Oct 26: 6-8pm—Watch Me!
- Nov 17: 6-7:30pm—Tax Prep

Virtual (Vir):

- Oct 18, 20, 21, 25 & 27: 8:30am-11:30am—Director Health and Safety
- Nov 10: 6-9pm—201 Level ACEs
- Nov 17: 6:30-8pm—Change for the Better
- Dec 7: 6-8pm—DAP for Infants and Toddlers
- Dec 6, 7, 8, 12 & 13: 8:30-11:30am—Director Health and Safety
- Dec 21: 6-8pm—Loose Parts

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

QUALITYstarsNY is expanding!

We are currently recruiting participants in your area and wanted to share some more information with you. We now have two Quality Improvement Specialists in our area that would love to help! Colleen Finch has been helping many programs in our area for a few years and now Tonya Rivera is another Quality Improvement Specialist that can help as well! Tonya has been in the early childhood field for many years as a trainer, director and supporter of quality programs.

QUALITYstarsNY uses evidence-based practices to support early childhood programs in their efforts to meet the needs of the families they serve. QUALITYstarsNY partners with early childhood programs to provide individualized support and resources to help them create the best program they can for children, families, and staff.

We have been providing services to hundreds of family child care, center based, and school based early childhood programs since 2012.

At no cost to programs, QUALITYstarsNY participants receive:

- One-on-one support from a Quality Improvement Specialist
- Professional development opportunities and scholarships for staff
- Access to high quality classroom materials and furnishings
- Data-driven assessment to inform quality improvement planning
- And much more!
-

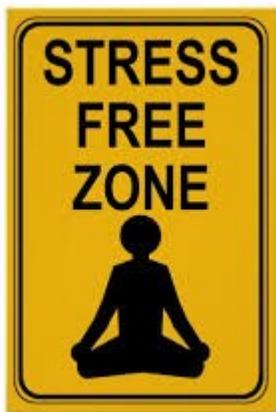
We'd be happy to answer any questions or schedule a time for a quick phone call to tell you more about our work with programs and how to apply. We can be reached at cfinch@qualitystarsny.org and trivera@qualitystarsny.org. We look forward to hearing from you!



Colleen Finch



Tonya Rivera



Chenango Fall Conference

Saturday, November 5, 2022
8am—3pm

Chenango County Grange #29,
167 County Rd 32A, Norwich, NY

To Register: Call Erica at (607) 373-3555 ext. 1522
Or email ehazard@familyenrichment.org

Special Rate for 2022! \$50—both EIP and VOICE Accepted!



Family Enrichment Network
24 Cherry Street
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.