

NETWORK NEWS

Enriching the Community



A Message from the CCR&R Director

With spring comes new life and new opportunities. I'm excited to see community events coming back this year with opportunities to network and see the community in person and not on zoom.

First up—The Children's Fair is coming back to SUNY Broome this year on Sunday, April 30 from 12pm-4pm. This is such a great event for young children. There is an opportunity for area programs to conduct an activity for children under 5 in the gym or have an information table in the community room. Contact me for more information on either option. And remember to share the event flyer with your families!

The next event in May—the Four County Library System is putting on Book Fest at the Discovery Center on Saturday, May 13, 2023. This is another great opportunity to share with your families. There will be fun activities, a performance from the Tri-Cities Opera in the Story Garden, and free admission to the Discovery Center all with just a library card (and there will be a registration table there for those who don't have a card already.)

May also is a time to celebrate our child care and early childhood educators with Provider Appreciation Day on Friday, May 12th. Our CCR&R team has been looking at ways to break the cycle of stress and renew ourselves with fun, so want to plan some summer picnics. Our initial plan is to have a picnic for our child care provider community sometime this summer in each county. More information will come, but we are open to any ideas you have while we are planning these fun events! Send me an email with any ideas!

Jennifer Penney

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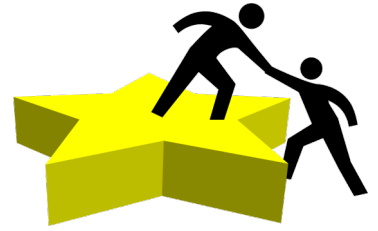
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CDA Assistance

If any of your staff would like to be included in newsletters, trainings we offer, or have staff that need assistance with their CDA portfolio and/or application please contact Anna.

Also, make sure you are updating information about your business for referrals. This includes point of contact, hours, days, rates, vacancies, etc. We want to make sure we are giving out accurate information to the families in our area about your business.

Contact Anna at aboerner@familyenrichment.org or (607)-723-8313 x829.



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

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Cortney Nornhold: Infant Toddler Specialist	Ext. 1187	cnornhold@familyenrichment.org
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Healthy Attachment

A healthy attachment relationship is built when a caregiver:

- Takes the time to know a child well,
- Works to be a good reader of a child's cues,
- Knows and honors a child's likes and dislikes,
- Works to understand what a child's behavior means,
- Helps a child to know and understand their feelings,
- Knows how and when to provide limits,
- Helps a child develop a sense of self-worth and competence,
- Creates opportunities for a child to feel independent,
- Learns how to comfort a child who is feeling distressed,
- Offers developmentally appropriate play activities,
- Celebrates a child's small victories.



Are you a child-care provider that builds healthy attachments? If so, you are helping to shape a little human's mental, emotional and physical health for life!

For more information or onsite assistance, contact Leslie Vermaat for preschool caregivers or Traci Decker for infants and toddler caregivers.

Excerpts taken from The Safe Havens Training Project. www.familycommunications.org



Training Updates

We have been cancelling many training opportunities already this year. Since January, we have cancelled 8 scheduled trainings.

We must cancel trainings if we do not have enough enrollment. To give you an idea of the time involved in preparing for a training, depending on the exact topic, it takes our trainers:

10 hours to research a newer topic and another 10 hours to create the agenda, outline, and put together all the information. It can take 2 hours to prepare materials, training certificates, sign in sheets, and handouts for a training. It can take 1 hour to submit the training through state approval processes with SUNY PDP, EIP and ASPIRE, then waiting for their review is another week minimum.

As you can see, there is a lot of work put into trainings. Even if it's a curriculum a trainer has used previously, there is still work put in to make sure it is updated, including the latest research and information.

Please help us continue to be able to offer you the required OCFS training hours. We know sitting in front of a computer and clicking a button isn't fun, so attending in-person trainings is so much better! You get a chance to talk to others in the field and network while you learn. Even if it's "old" information, you can always learn something new or get a new perspective on things.

Remember, we don't make the regulations and requirements for trainings. Those are set in law by OCFS. We are just here to help you meet those requirements in the best way possible.

We are always open to ideas and feedback! Please feel free to share topics you want to learn about so our trainers can start the process of putting together a training for you.



Week of the Young Child

April 1—7, 2023

Join the National Association for the Education of Young Children (NAEYC) and celebrate early childhood education. It's a time to recognize that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life.

For ways to celebrate, including daily activity ideas, visit www.naeyc.org/events/woyc/overview

Congratulations

New Child Care Programs!

Broome Family Child Care Providers


Kiminu Goodson

Broome School Age Child Care Program

KCE Champions, LLC.

Broome Group Family Child Care Providers

Kiddie's Club House, LLC—Olivia Folkes

Chili Macaroni & Cheese

From: Taste of Home

INGREDIENTS:

- 2 1/2 lbs lean ground beef (90% lean)
- 1 md onion, chopped
- 1 md green pepper, chopped
- 1 banana pepper, finely chopped
- 2 cans (28 oz each) diced tomatoes, undrained
- 2 cans (16 oz each) kidney beans, rinsed/drained
- 2 1/2 tsp chili powder
- 2 tsp ground cumin
- 2 cups uncooked elbow macaroni
- 4 cups shredded cheddar cheese
- Optional: sour cream and additional cheese

DIRECTIONS:

In a Dutch oven, cook beef, onion, and peppers over medium-high heat until beef is no longer pink and vegetables are tender, breaking beef into crumbles, 8-10 minutes; drain. Transfer to a 7-qt slow cooker. Stir in tomatoes, beans, chili powder and cumin. Cook, covered, on low until flavors are blended, 5-6 hours. Cook macaroni according to package directions, drain. Add to the slow cooker. Stir in cheese until melted. If desired, serve with sour cream and additional cheese.

What is Mind in the Making?



Teachers, parents, therapists, and anyone who comes in contact with children on a daily basis can benefit greatly from participating in the *Mind in the Making* program. But what is it? *Mind in the Making* was created by researcher Ellen Galinsky who was fueled by the question “how do you keep the fire for learning - which every child is born with - lighting up the eyes of children?”

Mind in the Making is all about building what Galinsky calls the “Seven Essential Life Skills”, that are based in executive functions, in adults and children.

What are executive functions?

“Executive functions refers to the processes that involve managing thoughts, actions, and emotions to achieve goals. These skills begin to develop early in a child’s life through experiences and interactions. The skills make it possible to consider alternative perspectives and respond to changing circumstances (cognitive flexibility), to keep information in one’s mind so it can be used (working memory), and to resist automatic and impulsive behavior (inhibitory control) so one can engage in goal-directed reasoning and problem solving. Children with better executive function skills learn more from educational experiences, are more likely to graduate from college, and have better health and wealth in adulthood.” - *Mind in the Making Overview*

In a survey with 1,750 respondents who attended *Mind in the Making* training, 98% of participants reported that it helped them improve their skills with children, 98% learned new knowledge and new approaches, and 97% reported that it made them want to learn more.

Want to learn how to improve your children’s and your own essential life skills? Call us!

To learn more, contact Cortney or Rachel who both participated in the Train-the-Trainer for *Mind in the Making* with Child Care Aware of America.

Cortney—cnornhold@familyenrichment.org

Rachel—rdowd@familyenrichment.org

Step Outside

By Cathy Lee, Health and Wellness Coordinator

The benefits of outdoor play are understood by parents and educators. Outdoor play promotes developmental milestones and overall health for children. However, it can be challenging for parents, teachers, and families to find time to fit outdoor playtime into their days.

Think about outdoor play as something important. It is just as important as a healthy meal or sleep. If you only have 15 minutes, go outside! It doesn't take much time to make a big difference.



Here are a few simple suggestions:

Don't be afraid of the dark. Step outside and see the stars!

Take advantage of parks. Tailor your activities to the season and climate.

Invest in outdoor fun at your home. Build a sandbox, mud kitchen, or simple playhouse. Help children design and a plant garden.

Toss the electronics. Children and adults spend a lot of time staring at their devices when they could be outside building fabulous snow forts, fairy gardens or just looking at clouds!

If you create time for outdoor play, you'll see the benefits for everyone!

Suspension & Expulsion

In 2021, 250 preschoolers nationwide were suspended or expelled each day. Preschool students are more likely to be expelled than students in any other grade. That's an expulsion rate three and a half times greater than that of K-12 students. Suspension and expulsion in the early years, may interfere or delay the process of identifying and addressing underlying issues for young students, including undiagnosed mental health, behavioral issues or a disability.

Although we may not label all of our exclusionary discipline practices in early childhood as “suspensions” or “expulsions,” it is important to recognize that they are the equivalent of suspending or expelling a child. Suspensions and expulsions are types of exclusionary practices that involve asking children to leave the classroom, program, or school temporarily or permanently.

What can we do to prevent preschool suspension and expulsion?

You can pause and reflect. Take a deep breath and ask yourself hard questions. Consider your own experiences and reactions.

Build relationships with the children and families in your care. Ask families about their home routines.

This information will help you support children's development.

Focus on the strengths of each child and family. This will help engage you in more positive interactions and build strong relationships that are needed to do your best work.

Implement practices that support social-emotional development. A great way to do that is by attending *Pyramid Model* training.

If you are seeing a persistent challenging behavior, then you may need to use a behavior chart to document observed behaviors and then create a behavior support plan.

If you have any questions or would like more information or training opportunities about suspension and expulsion, please contact Cortney at (607) 687-6721 ext 1187 or cnornhold@familyenrichment.org.

What do exclusionary discipline practices look like in early childhood settings?
Examples of exclusionary practices in early childhood

 **In-School Suspension could look like...**
Disciplining a child by sending the child out of the classroom, such as to the director's office.

 **Out-of-School Suspension could look like...**
Asking a family to pick up their child early because of behavioral issues (e.g., biting, hitting, not following directions).

 **Expulsion could look like...**
Telling a family that they will need to find another care arrangement/center because the child is not a "good fit" for the program or that the program can 'no longer support' their toddler or preschooler.

 **'Soft' Expulsion could look like...**
Asking the family repeatedly to pick their child up early because of behavior issues, requiring them to leave or miss work frequently.

STOP
Before you kick a child out of your program, give us a call!

Reasons you should NOT ask a child to leave your program:

- You are there to prepare a child for school and teach skills. Asking them to leave does neither of those.
- You pass any issues and concerns onto another program.
- You are not “fixing” the real issues happening in your program.
- Children need positive attachment to a primary caregiver and removing them from a classroom is causing a disruption in attachment.
- Research suggests that school expulsion and suspension practices are associated with negative educational and life outcomes.

Donuts in Disguise

By Cathy Lee, Health and Wellness Coordinator



Cold and crunchy cereal can be delicious and nutritious meal or snack. However, some "healthy" cereals contain as much or more sugar than a donut. While some sugar can be part of a balanced and healthy eating pattern, it's best to consume it in moderation. When reading the total amount of sugars on nutrition labels, natural sugars are from the actual cereal ingredients, while added sugar makes it taste sweeter. If you are curious, a Dunkin Donut Chocolate Frosted Donut has 13 grams of sugar. So take a look at this list and decide if you are eating donuts in disguise!

6 "Healthy" Breakfast Cereals That Have As Much Sugar as a Donut

1. Kellogg's Frosted Mini Wheats (12g sugar, 12g added sugar):
While they are high in sugar, Frosted Mini Wheats are also relatively high in fiber. This can make them a more filling option for an occasional sweet treat.
2. Honey Nut Cheerios (12g sugar, 12g added sugar):
While Cheerios cereals do contain whole grains, Honey Nut Cheerios contain 12 grams of added sugar per 1-cup serving. Original Cheerios contain 2 grams of sugar per serving.
3. Quaker Simply Granola Oats, Honey & Almonds (13g sugar, 10g added sugar):
With words like "granola," "almonds" and "oats," it might be easy to assume that this is a healthy breakfast option.
4. Bear Naked Fruit and Nut Granola (13g sugar, 10g added sugar):
Bear Naked is known for their natural-food brand philosophy. Instead of making this cereal the focus of your breakfast, try sprinkling some of the granola on top of yogurt or alongside some fruit.
5. Raisin Bran Crunch (19g sugar, 13g added sugar):
While Raisin Bran is full of vitamins and minerals, Raisin Bran Crunch has 19 grams of sugar (13 grams are added sugar) per 1-cup serving.
6. Special K Chocolate Delight Cereal (12g sugar, 12g added sugar):
Special K cereals are one of the most popular "healthy" cereals on shelves. Just because a product is marketed as a healthy food doesn't mean it is.

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 the CACFP staff:

Cathy at (607) 723-7313 ext. 824 or email clipski@familyenrichment.org
Crystal at (607) 723-8313 ext. 825 or email crozelle@familyenrichment.org

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CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month.
Take the opportunity to update your mandated reporter training.
Friday, April 7th is Go Blue Day. Wear your favorite blue in honor of your commitment to preventing child abuse.

Move and Learn

By Cathy Lee, Health and Wellness Coordinator



Movement is crucial for children. Movement and imagination are the elements of successful learning and play. One way to make learning more fun is to create games that challenge the mind and the body! Here is a simple activity you can try with your children that incorporates a science lesson about weather, specifically wind patterns, with movement skills. The idea of the activity is to understand wind patterns by trying a variety of movements.

Try these sample movements from the Wind on the Move. More details on this activity, as well as many others, can be found in the book Moving with Words and Actions, by Rhonda L. Clements and Sharon L. Schneider.

Can you and your partner hold hands while a very strong wind blows in your face and pushes you backward?

Show me how you and your partner would move if the strong wind was hitting your back and pushing you forward.

Wind can make things flutter. Make a fluttering motion with your fingers and arms.

Wind can make trees sway. Find a way to sway your upper body back and forth.

Wind can break twigs off branches. Can you make a bending motion with your arms?

As you can see, the possibilities to connect movement and learning are endless! So learn, move, laugh and play all at the same time.

The Benefits of Outdoor Play

By Erica Hazard, Chenango CCR&R Specialist

Spending time outdoors in their early years directly affects your child's physical strength, coordination, and even the development of their immune system.

- ⇒ Kids who spend more time outdoors playing are less likely to develop weight-related health issues because they are able to engage in active play.
- ⇒ Being outside gives infants and toddlers lots of time and opportunity to develop their large motor skills, to freely crawl, toddle, walk, climb, run, and move their bodies through space in new and different ways. This improves their overall fitness and is an important defense against childhood obesity.
- ⇒ Playing outdoors allows children to develop self-confidence, independence and self-esteem. They also become aware of limits, boundaries and challenge in their play.
- ⇒ When children are used to playing outdoors, they are more likely to try new activities. Outdoor experiences can provide an opportunity to explore, discover and appreciate the natural world, as well as be active, strengthen fine and gross motor movement skills, test physical limits and get messy.
- ⇒ Time spent in the outdoors should be an important part of the daily program for all children, including babies. Researchers say that the frontal cortex, which is responsible for controlling emotions and problem solving, is activated during playtime. The experience of playing forces the brain to make those neurotransmitter connections that are critical to a child's development. Many outdoor activities naturally help young children develop essential motor skills like coordination, agility, balance, and dexterity. Kids who are encouraged to explore outdoor environments will put their abilities to the test and constantly develop new skills through trial and error.



Family Child Care Business

By: Julie Henry, Business Specialist



Ten tips for keeping your finances steady!

1. Separate your business and personal bank accounts

A business-only account can help you track income and expenses and help you implement several of the following strategies.

2. Pay yourself a salary

Budgeting for a personal salary can help address a common challenge: varying cash flow. Set up an automatic transfer from a business bank account to your personal account, like a regular paycheck.

3. Automate your budget

Apply a similar strategy to stay on top of building savings and paying debt. Set up automatic transfers to an emergency fund, savings account, retirement accounts, etc. You can always adjust how much goes toward each account month to month.

4. Don't forget your emergency fund

It's even more important to have a dedicated emergency fund as a freelancer. The typical advice of covering three-to-six months of expenses might need to be adjusted as well.

5. Plan for retirement

Research retirement plans, like SEP IRAs, which have some of the tax advantages available to traditional full-time employees. Then, set up automatic transfers to the account.

6. Keep investing

Don't squirrel everything away in retirement accounts. While retirement accounts carry important tax advantages, allocate assets outside of them for growth as well.

8. Pay quarterly taxes

If your expected tax liability on your self-employed income for the year would be \$1,000 or more, you are required to file an annual return and pay estimated taxes quarterly. Don't forget to take full advantage of your tax deductions.

9. Cover yourself with insurance

Employers typically provide health, life, and disability insurance to their employees. However, self-employed individuals are on their own when it comes to selecting and purchasing coverage. State-based exchanges are a good place to start for browsing health insurance options. Life and disability insurance may be critical if you have family depending on your income.

10. Keep track of your hours

Many people begin working for themselves to control their hours and schedule. To ensure work doesn't take over other important things in your life as well as calculating your time/space percentage.

Reference: USBank

DON'T FORGET

Chenango County
Earth Day Conference
Saturday, April 22, 2023

Location: Rogers Environment Education Center,
2721 State Route 80, Sherburne, NY

Celebrate Earth Day and join us for a conference day.

More information available soon.

Call Erica at 607-373-3555 ext. 1522 or email ehazard@familyenrichment.org with questions.



APRIL 2023

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

MAY 2023

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

JUNE 2023

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

Upcoming Training Opportunities

Broome County (**JC** or **Bing**):

April 5: 6-9pm—ACEs 101
 April 12: 6-8pm—Sustainability Plan
 April 18: 6-7:30pm—CACFP 201
 April 18: 6:30-8:30pm—Child Abuse
 April 19: 6pm—CPR/First Aid
 April 25, 27 & May 2: 8am-2pm—
 Provider Health and Safety
 May 2: 5:30pm—CPR/First Aid
 May 4: 6-8pm—ECERS Overview
 May 10: 6-7:30pm—Business
 Roundtable
 May 11: 6-8pm—Inclusion of Infants
 & Toddlers With Disabilities
 May 16: 8:30am-3:30pm—Director
 Institute: Orientation
 May 16: 6-8pm—Early Childhood
 Nutrition
 May 18: 6-8pm—Sensory Fun
 May 20: 9am-12pm—Healthy Sexual
 Development
 June 1: 5:30pm—CPR/First Aid
 June 6: 6-7:30pm—CACFP 201
 June 8: 6-7:30pm—Stretch Your
 Paycheck
 June 14: 6-7:30pm—Developmental
 Domains/Milestones
 June 22: 6-7:30pm—Diversity

Chenango County (**Chen**):

April 11: 6-8pm—Sustainability Plan
 April 27: 6-7:30pm—Provider Talk:
 Music and Movement
 May 25: 6-7:30pm—Provider Talk:
 Building Relationships
 June 7: 6-8pm—What Infants and
 Toddlers Need
 June 22: 6-7:30pm—Provider Talk:
 Risky Business

Tioga County (**Owego**):

April 6: 6-7:30pm—Contracts/Policies
 April 27: 6-8pm—Play
 June 13: 6-7:30pm—How to Build a
 Budget

Virtual (**Vir**):

April 4: 6:30-8:30pm—Child Abuse
 May 9: 6:30-8:30pm—Regulations
 May 23: 6:30-8:30pm—Powerfully
 Positive
 May 31, June 1 & 2: 6-8:30pm—
 Pyramid Model
 June 6, 8, 9, 13 & 14: 8:30am-
 11:30am—Director Health and
 Safety

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

The Southern Tier Leadership Initiative celebrates 2 years in April! This great milestone means that at least 200 leaders in our area have the opportunity to connect, network and collaborate on topics that important to them. Membership is

always FREE and this will connect you with all the upcoming workshops and resources available. Please visit our website to learn more about the Leadership Initiative and sign up to become a member: www.earlychildhoodny.org

Many great things are happening in the Spring; we are working on solidifying a Speaker on the topic of Diversity and Inclusion for an anticipated May evening event. We are also developing some incredible learning communities to support professional development plans and cultivating emotional resilience! As well, there are several panel discussions being developed to support your leadership needs. These events are ASPIRE Registered and they are developed out of conversations through networking or one-on-one discussions. If you would like to discuss ideas, you're always welcome to

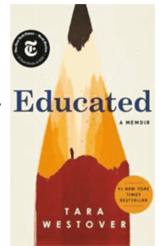
Networking Meetings have changed for 2023 and are now on TUESDAYS! We meet the third Tuesday of the month (with some exceptions) at 1:30 – 2:30. This space is for leaders to discuss the topics of impact, provide solutions to one another and to offer support. Please register here to attend on the website.

Upcoming Fall Book Club: This spring boasts two book clubs!



Southern Tier and Central NY Leadership Initiatives are collaborating on **Family/Group Family Members** Book group. Family/Group Family Members will be invited to join in on the facilitated book group on the Book “Graceful Leadership in Early Childhood Education” by Ann McClain Terrell. Members must register by April 15th and will be mailed a copy of the book at no cost. This will be a three-part event, Wednesdays, May 10th, 24th and June 7th from 6:30 – 8pm!

Open to ALL Southern Tier Leadership Initiative Members, the Spring Book group: “Educated: A Memoir” by Tara Westover will be offered as a three-part event on May 17th, May 31st and June 14th from 6:30 – 8:00. This event is also limited to the first 15 Leadership Members. Please keep an eye out on our Leadership website for registration information.



The Southern Tier Career Development Center has continued to grow. Our services include but are not limited to resume review, test prep services (fee-based), college planning and study plans, scholarships, employment network. Please visit our website to learn

more about the services available through the Career Development Center: www.earlychildhoodny.org

We have several Career Conversations for Spring planned. Formally known as “Lecture Series” Southern Tier Career Conversations are facilitated discussions to help support topics and themes important to those in early childcare. Some planned upcoming topics:

Career Pathways: April 24th, 6:30 – 8:00pm

Customer Service in Childcare Career Conversation: May 2nd, 6:30 – 8:00pm

Currently there is a Enhance NY B5 CUNY/SUNY Early Childhood Workforce Scholarship that provides individuals with up to \$4,000 in scholarships to pursue a credit-bearing credential or degree programs at a CUNY or SUNY campus. I would be happy to discuss this and provide an overview to you and your staff.

We have several information days set but would love the opportunity to meet with you one-on-one as well. If you're interested in scholarship, please register on our website or use the QR Code:

If you would like to meet with me, please reach out:
Email me at Christine.Duffy-Webb@cuny.edu





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.