



# News & Views

JULY/AUGUST, 2016

*The mission of Family Enrichment Network is to provide supportive services for the optimal development of children and families.*

*The vision is that all children, adults and families in our service area have the opportunity to grow and develop to their full potential.*

24 Cherry St.  
Johnson City  
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Phone:  
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## From the Desk of the Executive Director

We are in the midst of summer and things are heating up, more than just the temperature. Our challenges this time of year are usually about program funding, but this year the challenges are different.

We see increased challenges in several areas. Let's start with the fact that our staff work very hard and should make a living wage. We are fully supportive of increasing the minimum wage.

The minimum wage in New York State will increase over several years to \$12.50 per hour in our area, which is great as long as the funding is available to accomplish this. Right now that is not the case. We are funded by multiple funding sources from federal, state, county and other levels. The minimum wage increased with no plan to cover those costs. We have met with multiple state and federal representatives and I do not



*Darrell Newvine*  
*Family Enrichment Network*  
*Executive Director*

get the sense they are concerned. We will continue to advocate for funding. This cannot be an unfunded mandate.

Also, recently the federal government changed the overtime exemption rate to a much higher rate which will significantly decrease the number of staff we have who are exempt. This will present a challenge for the agency. The federal government is also considering implementing a rule requiring all employees to receive sick time. We will be forced to rethink our entire Paid Time Off (PTO) policy. We have tried to give staff as much flexibility in using their time as we can. These rul-

ings will change our policies.

We all agree there is a need for regulations as a means to maintain or improve the quality of the services we offer, but we believe we are at a point where regulatory compliance is becoming burdensome and does not maintain or improve quality. The amount of staff time used to meet those regulations is ever increasing. We have to return to a more balanced system.

We also believe that the children we are seeing in our programs today present increased challenges from previous years. It was unusual to have one child with challenging behaviors in the classroom. Now it is unusual not to have more than one. We need more support to deal with those children, not less.

These are our challenges going forward and they are significant. We still continue to look forward to another exciting year.

## Earn Your CDA Credential

A CDA credential is a nationally-recognized credential awarded to qualified caregivers who work with children from birth to age five. A CDA is earned through a process where the candidate demonstrates competency in working with young children in groups. We offer a comprehensive package which includes: classes that integrate an understanding of the CDA Competency Standards and how to put those standards into practice, portfolio, guidance, and advisement.

### Class Dates:

Part 1: Tuesdays and Thursdays starting September 13, 2016 through December 15, 2016.

Part 2: Thursdays starting January 5, 2017 through June 1, 2017

**Class Times:** 6:00pm -9:00pm each evening

### Class Locations:

Family Enrichment Network, 24 Cherry Street, Johnson City.

**Deadline to register is August 26, 2016.**

For more information contact Ann Shear at (607) 723-8313 ext. 1186, email her at [ashear@familyenrichment.org](mailto:ashear@familyenrichment.org), or visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).



**62%** of New York State mothers with infants are also working!

Their babies need quality child care for healthy development!

#FOROURBABIESNY




The human brain grows to **85%** of its adult size between conception and age 3.

This is an important time for healthy development in babies!

#FOROURBABIESNY



*Shape babies' brains with responsive and nurturing caregiving.*



**FOR OUR BABIES NEW YORK**

**For Our Babies** is a national movement promoting healthy development in United States children from conception to age 3. This movement advocates for the types of environments, experiences and relationships that infants and toddlers need in order to thrive.

CCR&R promotes high quality child care and early childhood education by supporting child care programs, helping parents find quality child care, and educating the community on the importance of investing in high quality child care.

### New Providers:

**Chenango Family Child Care:** Page Brooke Child Care and Learning Center—Josephine Roselle

**Broome School Age Child Care:** Broome County YMCA—MacArthur Elementary School

*Interested in becoming a provider? Call one of the following:*

**Broome County:**  
(607) 723-8313 Ext. 889

**Chenango County:**  
(607) 373-3555 Ext. 1522

**Tioga County:**  
(607) 687-6721 Ext. 1186

# Protect Your Children from the Sun and Insects This Summer

*Sunburns hurt. Sunburns can also cause dehydration and fever.*

*Too many sunburns and too much sun exposure over the years can cause skin cancer, wrinkles, and possibly eye problems later in life. Here are some ways to protect your children and yourself from the sun:*

## *Tips from the American Academy of Pediatrics*



- Stay in the shade—under a tree or umbrella. For babies use a stroller canopy.
- Dress in clothing that covers the body, such as comfortable lightweight long pants, long-sleeved shirts, and hats with brims that shade the face and cover the ears.
- If your baby gets a sunburn and is younger than 1 year of age, or if your child gets a sunburn that results in blistering, pain or fever, contact your pediatrician, nurse practitioner or physicians' assistant at once—a severe sunburn is an emergency.
- If you cannot keep your child covered and in the shade, use sunscreen **BUT**, before covering her/him with it, rub a small amount to a little bit of the skin and watch for any redness, swelling blisters or any other change in the skin. If any of these develop, talk to your pediatrician, nurse practitioner or physician's assistant.
- Put on sunscreen 30 minutes before going outdoors - it needs time to work on the skin. Rub it in well, making sure to cover all exposed areas, especially your child's face, nose, ears, feet and hands, and even the backs of the knees.
- Look for a sunscreen that is made for children, is waterproof, and says "broad-spectrum" on the label. Use a sun protection factor (SPF) of at least 15.
- Put it around the eyes but not on the eyelids. Sunscreens that are "waterproof" should be reapplied every two hours, especially if your child is playing in the water.
- Zinc oxide, a very effective sun block, can be used as extra protection on the nose, cheeks, tops of the ears and on the shoulders.
- When using a cap with a bill, make sure the bill is facing forward to shield your child's face. Sunglasses with UV protection also are a good idea for protecting your child's eyes.
- Try to keep out of the sun between 10 a.m. and 4 p.m. when the sun is hottest. Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- Try to keep your child from playing too hard; avoid running and other high level activity.
- Even if the child is not thirsty, have him/her drink 5-9 ounces of water or other cold drink every 20 minutes.

## Bug Safety



- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks and mosquitoes, and can prevent Lyme Disease.
- The concentration of DEET in products may range from less than 10 percent to over 30 percent. The benefits of DEET reach a peak at a concentration of 30 percent, the maximum concentration currently recommended for infants and children. DEET should not be used on children under 2 months of age.
- The concentration of DEET varies significantly from product to product, so read the label of any product your purchase.

## Splish, Splash!

### *A Fun Activity from the Courthouse Children's Center!*



Materials:

A towel (or two)

Water

Cooking sheet

A few balls

This project is great for the really itty-bitty ones. They'll have a fabulous time with simple water play. Just dribble a little water on a cooking sheet, add a couple balls and watch your baby explore the wet space.

<http://dirtandboogers.com/baby-water-play/>

# Employee Spotlight

*“FEN staff  
are the heart  
of the entire  
organization.”*



Hi all!

My name is Amy Hettig and I have worked at Family Enrichment for six years as an Early Head Start Teacher. I have a Bachelor’s degree in Early Childhood/Childhood Education from Cortland. I love coming to work every day.

Children can make you smile even when you are having the roughest of days. Aside from work, I’m a full time mom to a busy two year old, and my soon to be ten year old step son! I’m also planning my wedding for October of this year! Our family loves camping, fishing, and swimming.



## Please join us this summer for our Summer Food Services Program

The Food and Nutrition Services, USDA Summer Food Services Program assists families in obtaining **FREE** nutritious meals and snacks for their children when school is out.

The program runs from June 27, 2016 through August 31, 2016. Morning snack will be served from 8:00 a.m. to 8:30 a.m. and lunch will be served from 11:30 a.m. to 12:30 p.m. Monday through Friday each week (except Monday, July 4<sup>th</sup>) at Family Enrichment Network, Cherry Street, Johnson City, in the Cafeteria. Parents attending our program with their children will be invited to enjoy a free meal, too. For more information contact Network Offices at (607) 723-8313.

*The New York State Education Department in accordance with Federal Law and USDA policy is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*



**12-5 PM**

**Local Restaurant BBQ Cook-Off Competition**

**Kids' Que Backyard Burger Battle**

**Live Music**

**Cash Bar**



**General Admission \$20**

**For more information & to purchase tickets visit:**

**[BINGBBQBATTLE.COM](http://BINGBBQBATTLE.COM)**



## New Pathways for Fathers Program



**DADS, GRANDDADS, & FATHER FIGURES...**

### **DADS SUMMER BOOT CAMPS**

**JULY 11-15, 2016**  
**5:30p.m.-8:00p.m.**

**JULY 25-29, 2016**  
**10:30a.m.-1:00p.m.**

**AUGUST 8-12, 2016**  
**5:30p.m.-8:00p.m.**

**AUGUST 22-26, 2016**  
**10:30a.m.-1:00p.m.**

- Parenting Skills
- Career Skills
- Relationship Skills
- Support from Other Men
- Time/Money Management
- Community Resources
- Trained Facilitators
- Have FUN!
- INCENTIVES AVAILABLE!


at Family Enrichment Network  
24 Cherry Street, Johnson City

All classes are free of charge and provide a meal, childcare,  
and transportation within our service area.

Please call Dan Lesch to register ▶▶▶ (607) 723-8313 Ext. 838

[fatherhood@familyenrichment.org](mailto:fatherhood@familyenrichment.org)

Funding for this project was provided by the United States Department of Health and Human Services,  
Administration for Children and Families, Grant #: 90FK0103-01-00  
These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

 Find us on  
**Facebook**





24 Cherry Street  
Johnson City, NY  
13790



We are a proud sponsor of  
Family Enrichment Network,  
and the positive changes  
they make in our community.

*Thank you  
for all you do!*

**VISIONS**  
FEDERAL CREDIT UNION  
visionsfcu.org

**Advertising Space Available**

Space is now available to send your valuable message to OVER 1,000 community members.

“Blocks” approximately 2 1/2” x 3 1/2” are now available, become an advertising partner of Family Enrichment Network for \$15 per year, and receive 3 issues of “free” advertising.

For more information on available space or to set up your ad,  
please call Laura at (607) 723-8313 Ext. 815.

## *Associates of Psychotherapy*

**Serving Broome & Tioga counties**

**Now offering Psychiatric Prescriptions,  
Medication Management,  
and counseling services.**

**Psychiatric Nurse Practitioner  
Counseling for Individuals, Couples/Marital,  
Families, Sexuality issues  
Child and Adolescent Therapy**

**607-768-8879**